

The Mission of the One Star
By
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All my Love and Light
Alloya

Preface

The book creates a unique 'map of consciousness' for the reader and uses that map to adroitly navigate the aspects of the multi-self. One may ask, "What is the difference between an angel and an alien?" When we ask the question, "what is this book about?" we could ask the same question of Richard Feynman's landmark Quantum Electrodynamics (QED) and get the same answer that Feynman did: "The strange theory of light and matter". In the same manner that Feynman eases the reader through sophisticated theories about quantum physics, Alloya guides the reader through the more foreign world of the spirit. One may ask next, "how do I know the material is authentic?" and again we may ask the question of Feynman's work. "Because it checks in with your intuition," comes the answer. Certainly there is no way to check the accuracy of the information in either case, so both authors use instances and observations from daily life to illustrate their point.

"The Mission of the One Star" conveys more of a process than an idea. The reader is invited on a journey that begins with a concise description of the levels of consciousness in a 12 dimensional universe. For most people, it is difficult to imagine anything beyond 3 dimensions, but the book emphasizes how people must learn to become aware of the 4th and 5th dimensions. Once aware, the people of this day and age must learn to integrate those multi-dimensional aspects of themselves.

Part of that understanding is knowing how extraterrestrials (ETs) fit into the scheme of the universe. Simply put, they are higher dimensional energies interacting with our plane. In this sense, we may put ghosts in the category of ETs as well as angels. So, how does Alloya's message differ from the many other books on the subject? She encourages the reader to abandon the belief that the ETs

are out in space somewhere; they are within us - they are us and we are them. Virtually all books on UFOs describe an encounter with a third dimensional ET. Meanwhile, nearly all books on channeling describe an entity or consciousness that is in another realm looking into ours. Alloya is in our world, struggling with rent and relationships just like the rest of us, however she sees no distinction between that self and her higher self.

She also struggled a great deal with the integration of these multi-dimensional selves. She describes the layers and layers of fear programming in painful detail rather than simply stating, 'let go of your fear'. She challenges what we consider to be our darkest, most shameful aspects and explore them to understand them and integrate them as well. For anyone who has had a Christian upbringing, her stories of Lucifer will force them to re-evaluate their perceptions of the meaning of darkness and how it can be one of our most powerful assets.

At times, the material can be frightening, but Alloya's soothing tone stays with the reader as they plunge into the darkest depths of their awareness only to realize that there was nothing to fear in the first place. Light and dark are two sides of the same coin and neither is better than the other, because they define each other. Any explorer of other worlds needs a guide that they can trust and rely on. Such a guide is not always easy to find - so Alloya presents many guides, all part of the self. She presents guides that range from a part of the body to a form of consciousness in the universe. One of the most uplifting guests is that of a future Gaian who describes the Eden-like reality of the near future for those who are ready and how the process of transforming Earth to Heaven is up to the individual. Each guest resonates with a different aspect of the self that needs to be healed.

The book is not merely a collection of interesting opinions, and 'strange theories of light and matter, it is also a manual for elevating the consciousness out of the misery of separated 3D existence and into the bliss of the higher

dimensions. There are many exercises described which the reader can try immediately and gauge the results. The effects are tremendous and quite noticeable. The idea that, 'you create your own reality', has never been so attainable.

The text itself is a constant reminder of the state of the author – a perspective that is both terrestrial and beyond, simultaneously. Ultimately, the goal of the book is to bring the reader to the same state of awareness of multiple realities and how they interact. A constant paradox is presented that the reader can learn to integrate, if not fully understand on the first read.

The book can be re-read often as it contains several layers of information for the many different levels of consciousness that might pick it up at any time.

Alloya

Why did I write this book? As I ask myself this question, I find that there are many answers. On a personal level, for me, it was a way of effecting my own healing and integrating aspects of myself that were alien, extraterrestrial. It was a way of understanding the complex nature of my higher self, my Spirit. I used the medium of words to affect and recreate my reality, along lines that were more conducive to my transformation. As I wrote the words, I began to realize that I was affecting my reality, re-creating my destiny through the power of choice in my imagination. It has always been a game for me. I was always a little concerned that what I was doing, was not channeling because it was so easy for me to access ET information. It was a little too easy.

I always considered Alloya and myself to be as One, yet to take that into the realm of my earthly self has been the process of the book. Writing the book allowed me to bring the story of our merging into the physical realm in a form that others (also other aspects of self) could understand. It was a way of bringing the whole experience into a realm where I could be observant and see the process of my evolution reflected in the outside third dimensional reality. For me, it was a way of being what I could call the observer and the observed all at the same time. I understood myself as being present on this planet and also a greater cosmic entity of universal proportions. The book and its writing were a way of integrating the message of my transformation into the third dimension.

On a more universal level, the purpose of writing the book is to impart a message into the mass consciousness. It is to act as a doorway to a larger and more complex reality. It not only intends to impart knowledge to those who are to read it, but also to bring in to the mass consciousness, a frequency, which will allow others to see the reflection of

their own processes, within the context of a new energy. This new energy is a way of being. It is not a reality built outside the context of love, but an energy that will allow the recreation of a greater reality, a greater self, Eden on Earth.

I hope, above all, that those who read this material will remember what magnificent beings you all are. If you look beyond the human aspects of yourselves, you are much more than you can possibly imagine. For some, these words will be an inspiration. For others, they will seem like nonsense. Neither of these things are my concern. I can feel that bringing the frequency into the third dimension has affected the matrix that makes up this planetary mind. I bring this text to you with love and respect, as each and every one of you is as magnificent as the sun that shines in the sky and as mysterious as the star filled night. I bring this message as a calling to those who are one with The Mission of the One Star.

All my Love and Light,
Alloya Ye Ra Har

Stellar Core

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. 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 vibration light. This will create a light matrix within the physical body of the human and of the planet itself. Once the matrix is activated, a large shift in dimensional reality will occur! The Star That Illuminates a Thousand Moons began to channel information through me in the winter of 1995. At first, the transmissions came through in a form of Morse code. Over time, however, my intention to work with these energies bonded our relationship and gradually their voices clarified.

The Star expresses itself in the form of a collective consciousness, only operating through individuality whilst communicating to a channel such as myself. In order to do this, they created an individualised focal point of the Star called Alloya Ye Ra Har. At first, I was lead to believe that Alloya was a separate entity to me yet, as the interaction between us progressed, I realized that she was my own spirit. She explained to me that she was my aspect of God and that on the highest level We are all God. The process of writing the information would allow me to integrate this message. She expressed that, through communication, this would not only explain specific ideas but energetically inspire others to access and integrate their own Higher Selves, their own aspects of God.

Hello and Greetings Gaian beings. We have been waiting a long time to communicate to you. You may well be thinking who are we? We are imagination in its first form. We are the energy behind the urge to look into the unknown. We are the curiosity behind the need for wisdom. We group

together as a soul consciousness and channel through the manifestation of a focal point that can best be symbolically described as a Star. The energy from The Star That Illuminates A Thousand Moons is of imagination. The energy that cascades and pulsates from our sphere ignites the imaginative flame in the levels below.

We dream the beginnings, the Big Stories. We are the cardinal energy that is connected to your understanding in astrology. We are the initial impulse of any venture. We dream all new beginnings of creation. Our essence is guided by our love for the source, God. We prefer to call the great being THE UNIVERSAL DREAMER.

As you know, We express ourselves in the form of a collective consciousness and only individualise when we relate to another. A collective consciousness is a group of beings or energies that come together. In their interaction, they create a being or entity that is made up of many, but experiences itself as one singular identity. Once the play of our relationships and relating is over, We fall back into our collective consciousness. We become the 'I' and individualize our being when relating with you. As a singular identity, I call upon all the information from our collective past and future. This constantly connects me to the 'We' and enables me to transmit the information as the 'We'.

We are an eternal being, shimmering light through your world. As We briefly let our awareness lie upon your world, We see depths of possibilities and beauty that most of you seem blind to see. Our dream for you is slowly becoming reality. With each discarding of past memories and karma, comes the realisation that We are breathing at the centre of every focus of expression. Wake up to our existence deep within your heart where We are all One.

We are Vector Four. A vector is the coming together of energies in a harmonious, creative and transforming way. This creates a force that has magnitude and direction. Beings are all called into the mission of a vector that combines their energetic patterns and signatures. Together they form a vast

energetic creative structure capable of completing missions of divine evolution. A vector is an energetic structure of beings and their unique and harmoniously combined energy patterns.

Every being has its origin in Vector Four, but they can take their energy patterns into another vector if they are harmonious and productive to the other vector's mission. The vectors were set up billions of years ago with particular tasks and missions to perform by THE UNIVERSAL DREAMER. This aids the creation of the universe and its many dimensional realities.

Vector One is a collection of ancient universal beings whose mission is the creation and evolution of planetary bodies, solar systems, and universes.

Vector Two is a collection of extremely creative and imaginative beings whose task is the creation of varied species on the planetary bodies.

Vector Three is a combination of beings whose mission is to create many different levels and avenues of experience within the planetary body and for the species that live upon it.

Vector Four is the realm of the dreamers or Dream Weavers. We are the Dream Weavers and dream all of creation. All the plans for creation come from Vector Four and We dream the creation that is being manifested in the other three vectors.

We are Vector Four, the collective essence of the Universal Dreamer, The Star That Illuminates A Thousand Moons. I, as Alloya, am an aspect of the dreamers created from the collective consciousness. I am here especially for the mission of helping to manifest our dream for this planet Earth. Our dream for Earth is to turn her and all her inhabitants to light. The process of turning third dimensional planets to light is to raise the vibration of the planet from a third dimensional level to a fifth dimensional level. Thus, living in light.

For the purpose of this text, We are working with a twelve dimensional model, THE UNIVERSAL DREAMER residing on the twelfth, and the everyday awareness of humans residing on the third. The first dimension is the iron crystal core that is at the centre of the planet, the centre of gravity. This place holds all physical beings in form. It is the source of bliss, harmony, and being grounded to the planet. The second dimension is the home of telluric powers and elemental beings. The third dimension is the existence that you are aware of as linear space and time. The fourth dimension is a non-physical, archetypal zone of dreams and feelings. All connections to Gaia, Earth's Higher Self, and higher dimensions are available here. The archetypal patterns create dramas, which stimulate certain types of behaviour on Earth.

The fifth dimension is where you first contact your 'I AM' presence, the aspect of your spirit that chose to incarnate into a third dimensional form. It is a place of love and non-judgement. It is beyond the polarity of light and dark, right or wrong. Some would consider it to be what you call Heaven. The sixth dimension is a place of geometric light instructions, which blueprint the forms of the third dimensional reality. Everything that is manifest has a geometric pattern in light and is used as an energetic framework on which to build the third dimension. The sixth dimension is a light pattern library and through its thinking processes, it creates frameworks upon which to build realities. The seventh dimension is a magnificent dimension of photonic light highways that are information highways carrying pure thought throughout the universe.

The eighth dimension is the place where entities create morphogenetic fields that are used to organise the information that travels along the photonic light highways. It is the home of the Galactic Federation, which is the energy of pure creativity. This divine mind radiates cosmic light, which links all galaxies to each other and creates the universe. The ninth dimension is pure darkness. You

recognise its energy in the form of black holes. It is the place of the return to your Universal Self, a vortex of time that contains all things including gateways to other universes. It is the place of unitised reality that interweaves all of the dimensional frequencies. The tenth dimension is the place of unified essences. It is the place where the essence of every intelligent entity combines to create a collective consciousness. At this level of consciousness entities experience themselves as a group of entities, separate yet harmonised with each other. It is the place of the Soul Family.

The eleventh dimension is the place of the varied aspects of THE UNIVERSAL DREAMER. It is the first realm of its imagination and creativity. The Universal Dreamer first experiences itself as a conscious entity on its dimension. It is the source from which all the Dreamers come from. We are here. The twelfth dimension is the place from which all reality comes from. It is the ultimate power source for everything, the origins of the ALL THAT IS, THE UNIVERSAL DREAMER

We call ourselves The Star That Illuminates A Thousand Moons. The universe you experience is one of many within this Star. Each moon is a symbolic representation of an experimental dimensional reality. We have influence within all realms and worlds, some of which are connected to your solar system and include planet Gaia. Gaia is the name of the spirit of your planet, not only the planet itself but also all inhabitants. Some of the realms, planetary or otherwise, have completed the process of materially manifesting. Some, including yours, are still in the process of completion and have yet to realize the potential in this process. Many of the realms have reversed the process and have evolved past the level that you on planet Earth find yourselves. We have many different projects going on at the same time.

The Star is the central source for many levels of reality that house civilisations on both the higher and lower

dimensions. All the consciousness of the civilisations combined creates the essence of the Star. There are thousands of worlds illuminated by the light and energy from the Star. It is the focal point for the radiation of an aspect of the Universal Dreamer.

The worlds under our influences are varied in density. Some of the planets would appear as if there were no intelligent lives upon them as they are in the initial stages of planetary development. These planets are preparing the way for the seeding by the masters of planet Earth, the future you. On the inhabitable planets, there are many beings of varied density, some resembling humans and others very different to your nature. Some of the inhabitants are lighter in vibration than yourselves. They vibrate as pure light. Therefore, they do not need complicated form systems such as reproductive and digestive systems. The denser the form, the more complicated the systems needed. There are many beings all waiting to introduce themselves to you if you could open your minds to perceive them.

The Star is a focal point of energy. A focal point is the uniting of dynamic energies, a universal pool of power. It gains its power from deep within the centre where there is a connection to ALL THAT IS. A focal point is a receiver and transmitter of universal energies. It is a prime reactor within the universe. We are a focal point within the Universal Dreamer. Just as the Universal Dreamer has focal points, so, too, do you. You know them as chakras. The Star is one of these chakras within the body of the Universal Dreamer. Each chakra focuses a particular energy. The universal chakras unite, transform, and radiate balanced energies into the universe on the dimensions below. We have connections with your chakric system. Each one of your chakras corresponds to the spin of the planets in your solar system and also to the universal chakras.

The chakra that we influence most in your system is the ninth chakra, which is about four feet above your head. This energy centre, when activated, allows you to have your

first initial connection to your divine essential self. The essence of our energy is needed for the quest to discover your essential self, your 'I AM' presence. Your essential self is the self that you are at the centre of your soul. This is the part of yourself that is the witness self that watches all of your experiences from a higher perspective. Once this chakra is activated, it creates and radiates energies that connect beings to their 'I AM' presence through divine inspiration.

We filter through the levels of our energies to create new beings of imagination. Each expresses itself as an aspect of the Universal Dreamer's imagination. As We fall through the levels, We take on the form, which will aid our experience of that realm. A network of constant communication sends messages through the levels, each channelling information from the other aspects on the higher levels. As We ascend the levels, We become a clearer channel for the light from above. Maintaining this clarity becomes more difficult as We lower ourselves into the physical universe. The physical universe scatters us in more diversity and individuality. This creates a separation from the levels above as you have seen on your planet in your present dimension.

The Star is our group consciousness, which calls out of itself individualised focal points. These are individual spirit expressions at a higher dimension than the 'I am' presence. This manifests projections in any dimension. The Star acts as a communicator of messages throughout the dimensions using technology of light, light being pure thought and imagination.

The individual focal point contains light strands of information within its being. The same strands make up the Star. When the individual focal point returns to join with the group consciousness, The Star, the light strands infuse into the whole and add to the brilliance of the Star's light. As well as projecting individual focal points, the Star radiates energy in cascading patterns of light, which permeate the dimensions below. These energies are used to aid the

expansion of the imagination. There is a constant radiation of imaginative energy from the Star. The energy flows through the cosmos, reacting and transforming with other energies in the dimensions. Together, they create new patterns and lines of force. The interaction of energies creates new forms, concepts, and ideas, which filter down to the physical dimension and manifest in moments of inspiration and childlike wonder.

Each one of the moons is a representative of the many realms of possible imagination. We weave dreams. We are the Dream Weavers. We play with many forms of the Universal Dreamer's imagination. We are, at present, dreaming new dreams of a special nature, the dream of Spirit in matter. All matter is infused with spirit light. We dream without the consideration of the outcome as We are forming along patterns that were predetermined by our essence above, the Universal Dreamer. We are dreaming many of mankind's possible futures. Each dream is given our full energy and focus. The dreaming is made possible by the love we share for creation. Each possibility is the expression of the Universal Dreamer's will in creation. Each possibility vibrates, attracts and forms new experiences on the levels below. Cascading through levels, We dream relations into the picture of reality on any dimension. Each world represents the various stages of possibilities and potentials We, the Star, imagine. We dream you and your worlds into creation.

We filter down energetic patterns that We can form into possibilities. We are a feasibility team. We bring forth the initial movement of energy that is required for any manifestation. We instigate infinite possibilities.

You have an energy system that you call a chakric system, each chakra being made up of lines of force. They are like the ley lines of the planet and the planetary chakras are like the power sites such as Stonehenge. All the chakric systems of the body and the body of the planet are connected and, thus, connected to the universal chakras. We influence

the energy of planet by ebbing and flowing our energy into the minor and major Earth energy points or chakras. We influence these planetary systems by transforming the energy in the chakras and the surrounding areas. We do this by sending energy along the lines of force or ley lines.

Until recently, our energy could not have the highest impact, as it could not totally permeate the astral barrier that surrounded your planet. This barrier was a quarantine barrier, built in energy to prevent the spread of negativity into the surrounding cosmos. When our energy was capable of passing through the barrier and so able to affect your planet, We were able to set in motion many inspired changes within your Earth civilisation. With all great movements of change, We were there, empowering the Earth with divine inspirational energy.

We affect the planetary system by filtering down energy to affect the chakric system of the body. We are, at present, activating the process of opening the ninth chakra, the Gaian Chakra. This chakra will eventually move away from the body and connect itself to the outer energetic field of the planet. Once this has been completed, We will activate the process of opening the Galactic Chakra and in turn the Universal Chakra. You can aid this process by visualising the light of a star radiating from your auric field.

With every initial movement of energy in any field, We are there. The first spontaneous impulse for change in direction is empowered by our energy. Our energy is composed by a being conscious of many within its sphere, thus, us. Our energy of inspiration is sent to your planet in waves. Your planet does not require the energy all the time, as changes in direction need time to bring fruitful harvest. The height or climax of the wave brings in the required clearing of structures and counter-energies, which may be blocking the movement of change. As the wave crashes into your third dimensional reality, it may appear as if it causes destruction. The clearing of counter-energies is needed for the new energies to have room to create. The

energy We infuse into the chakric system of your planet manifests in your world as sudden inspiration that brings about changes in thoughts, emotions, and even in the physical. Sometimes We pinpoint our energy into a single individual, which brings about drastic changes in consciousness. We bring the inspiration through in visions, cosmic revelations, and spontaneous creative impulses.

With the build up of our energy, We push up blockages to the change. The rising blockages from base chakras can then be viewed by the conscious mind to be removed. Once all the blocks have been removed, the light of our energy bursts forth in creative, spontaneous expression as revelation and realisations. This, in itself, brings the first movement of a change in consciousness. We feel great excitement as We radiate energies from our field to create a geometric, sixth dimensional pattern, which acts as a signature of our work.

The sixth dimension is the place of language and patterns. All that is empowered by us is labelled with our energetic pattern. Signatures allow beings to intuitively know who is responsible for the work at hand. This allows beings to recognise, in the chaos, the signature of order and the divine plan. We call all of ourselves into a space and time where We can all work together to send out the energy. Each self will manifest an aspect of the energy by activating his or her chakras. We network this energy together, creating a feeling within us all of ecstatic bliss as We radiate our energy forth. We then watch and delight in the afterglow of our creation and observe the signature of our work react, respond, and manifest intricate patterns in the dimensions below.

Extraterrestrial

Some extraterrestrials exist on the fifth dimension, a dimension of light. You would class them as soul beings as they are without physical bodies; they have bodies of light. When you have interaction with them, you may experience them as having physical bodies. This is a thought form projected to allow the communication. There are many negative thought forms around the word, 'alien'. When you hear the word, you have a negative response. The word 'extraterrestrial' means a being that lives outside of your third dimensional reality. An extraterrestrial is a being that flows with the direction of the light, which is carrying all creation back to the Source. They are an aspect of the universal wholeness, and are a part of the mission to transform your planet into light. There are many different civilisations on the fifth dimension that are actively involved with the evolution of your planet. Extra-terrestrials are professionals at turning your planet to light.

There are several different extraterrestrial races that are your future selves. On the fifth dimension, it is possible to access all time parallels. If you raise your vibration to a fifth dimensional level, you can access any time you wish. This makes it possible to communicate to your future extraterrestrial selves. Can you see how these extraterrestrials are not alien to you but are you in a future advanced state? Fifth dimensional extraterrestrial selves volunteer to incarnate into the third dimensional reality and take on human form to aid the mission of transforming planets to light. They are told that part of their mission is to sleep under the illusion of limitation. When the time is right, they awaken and reveal their divinity, so to co-create Heaven on Earth.

That time is now! We call all extraterrestrial selves to wake up and take up the positions for which they have volunteered and to complete their missions.

This fifth dimensional self enters through the birth process, and until you awaken, you believe that you are human alone. Sleep is heavy for some, and until you are called, you have no idea as to your identity. Other extraterrestrials incarnated on your planet do not sleep as deeply, and have the inclination that they are not originally from Earth. They find it hard to fit in and never really feel at home. You may be one of these beings! There is another kind of extraterrestrial present on your planet that did not come through the birth process. These beings are Extraterrestrial Walk-ins. With the agreement from the original inhabitant of the body, the inhabitant leaves to allow another to enter.

Angelic Beings and your archetypal gods and goddesses are other races of beings that incarnate. They have visited your planet for years and have always appeared as a form you could see as a being advanced in evolution, but with alignment to you as humans. They come as an ideal. As you awaken, you may discover that you have differing aspects of yourselves for you are multi-dimensional.

As extraterrestrial selves, you are all multi-dimensional beings simultaneously existing on several dimensions at once. Every being has a fifth dimensional expression which guides and directs the human personality. You are all an expression of a possibility. You are a star, a galaxy and a universe expressing itself as a single point. You are a dreamer, expressing itself as a focal point. You are concentrated energy focused on a single vibratory point in space and time.

One of the races under our influence and very closely connected to you as a species are the Zeta Taurians. The Zeta Taurians are more commonly known to you as the Greys. The Zeta Taurians are extraterrestrial masters, genetic engineers, and DNA code instructors. Their planet went through a very hostile past, trying to balance the polarity within their system. You can see the remnants of their troubled past affecting your planet in your present. The

extremes of polarity pushed their planet to the brink of extinction. They have travelled back in time to Earth to see if they can use your planet for their own devices. This is where the negativity surrounding the Zeta comes from.

The Zeta and other races, such as the Pleiadians, have now come from far in the future to amend their actions. They have needed to do this to clear a karmic debt that affects their evolution. They have great genetic secrets to tell anyone who is designed for this aspect of their mission. They contact you mostly in your dreams, as their high energetic patterning tends to break down the dense particles in your physical bodies. If they did not operate this way, your body would react in fear. When high vibrations come in contact with low vibrations, low vibrations get transmuted out of that level of experience.

The Zeta do not have physical bodies like humans, but they do have humanoid form. Their hands have only three fingers; they have a nervous system which is clearly visible through the skin; they have no hair or protruding features, such as nose or ears; and they possess no reproductive system as you know it. They are very slender beings, and have large almond shaped eyes that evolved in conditions of limited sunlight.

The emotional body of the Zeta is unlike the human. Their emotional body is consciously generated; they are not necessarily stimulated from outside influence. The Zeta do not have to join into interaction with another in order to stimulate their emotions, or transfer emotions from one to another. They have total unconditional love without emotional binds to another. When they come to Earth in human form, the emotional body can lock them into dramatic expression of negative emotion. The most important challenge to an incarnate Zeta is to learn to flow with the emotional body and express it in human terms. They play with the constant rearranging of pictures of reality and their corresponding emotions.

The Zeta, not realising the full potential of negative devolutionary emotions, almost destroyed their planet by creating negative pictures. They had to experience devolution through uninhibited play with reality and its emotions. The Zeta are here in human form to aid this planet whilst it transforms to light and to help their own evolution. They do this by learning the results of devolutionary emotions. The Zeta are learning how to simulate the experience of the emotional body, and how to react emotionally when relating to another. This is the reason that the Zeta find the emotional body very painful and almost impossible to restrain. Because of this, they are prone to emotional outbursts. If you are operating from your Zeta aspect, you will find you have the ability to play with your emotions and can turn them on or off at will. You will be knowingly aware that emotions are only pictures of reality and, therefore, changeable. The Zeta who incarnates in human form tends to dive into the emotions headfirst due to this ability. Therefore, they often find they feel alone and isolated from the rest of humanity.

The Zeta are a highly complex civilisation having an intricate blend of many planetary systems. They are the direct manifestation of genetic selection with DNA code instruction. This allows them to manipulate DNA to create a specialised being. The genetic selection allows them to choose from a vast storehouse of energetic patterning, so as to develop a being with the most desirable qualities and abilities. In the past, they made mistakes with this knowledge as they used it without any thought for the wholeness of all.

With all races of evolution, mistakes are made and alignment with the light has to be developed in order for the race to survive. Their energies are still affecting other patterns in the universe, as energy cannot be destroyed; only transformed!

Humans have been affected by these energies in a number of different ways. They have attached themselves to the negativity that was held within the Zeta's energetic

patterning. As like attracts like, negativity breeds negativity. Humans, therefore, created whole pictures of reality surrounding the past mistakes of the Zeta. The Zeta have long since mended their ways and are totally aligned with the light.

The fear of such beings is held within dark crystals in the cells of your physical body. You must release these dark crystals and allow new pictures of reality to enter your bodies and consciousness. To do this you simply ask your Spirit to aid you. The Zeta have evolved for themselves extremely advanced mental bodies and do not have emotional bodies that humans would recognise. They have very powerful minds and creative mental abilities. They use this to create whole new pictures of reality for the evolution of their race. They can constantly and instantly change their pictures of reality by altering the energetic patterning within their being. This affects and reacts with the surrounding energetic fields, as they are aware of there being no separation between the two. They are masters at creating illusional pictures of reality, which they now use to inspire humans to release limitation.

The closest thing to the Zeta on your planet is the energy of the insect nations. They are representatives of the Zeta and are used to communicate with Gaia, the spirit of Earth. Communication with other extraterrestrial races will become possible through interaction with insects. This communication will be when the insects have created energetic portals and bridges from Gaia to the extraterrestrial races in space. The insects set up encoded frequencies that transmit information across space and time to the races they represent. To communicate with these beings, you will merge your consciousness with that of the ants, and, thus, communicate with the Zeta. You can also use this form of communication to talk to Gaia. The insects are specialised beings that operate on such a high frequency it would be undetectable to your technology. Angels have representatives in the bird kingdom. There are many different levels of

consciousness represented on Earth by the animals that share your world.

Light Body

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. 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 travelling 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 utilised. 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 utilised 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 vortices 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. Thus, 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. Living Library With the new acceleration of information will come a new form of judgment coupled with spontaneity and pure action, all guided by spirit. New perspectives will enable you to see the Oneness in diversity. This will reduce conflict and comparison, as the energy becomes an everyday reality. Environmental and outside influences will not affect you and will no longer ask you to base your actions on the illusions that are present on Earth. This will allow you to all live in the One Probability, 'Heaven on Earth'!

The information that is contained within the multi-selves will be available as an underlying vibration. This can be drawn upon by simply tuning into that frequency. There will be an opportunity for all to live in free flow expression, bringing the Big Story into your reality. Expression of spirit is a collection of moments. By becoming more aware of these moments, you will allow the opening of the true expression of your Spirit. As your individual expression ascends the dimensions, it becomes grander and grander. So, through ascension, you combine to create the One

Consciousness. In unison, as Spirit descends into the dimensions, your expression diversifies and separates.

On the fifth dimension and above, your expression remains constantly connected to the Group Consciousness. Your expressions are capable of communicating information between the other selves by using the myriad pat-terns that connect all time and space. Up until recently, humans have been unaware of this information highway so mankind has developed without the awareness of their other selves, true identities, and purposes.

Up until now, the Universal Dreamer's light has not been able to totally permeate the third dimension. With the redesigning, the light will transform your planet into an illuminated world of love and light. Your planet is a great storehouse of information. Stop and think for a moment about how many cells are in your body, are in a tree, a forest, a mountain, or even within the sea. This indicates just how much information there is in your world, what knowledge and what wisdom! The whole of Earth is brimming over with information. It is one vast living library!

When you are capable of accessing this, you will learn all there is to know about the history of your planet. You will be able to access the information about how to turn Earth to light. All your energy problems will be over and new inventions will bring magic and miracles to your world.

You have your library card; it is your body and presence here. You truly are the lucky ones! Many beings have been queuing to join this library, but only the best get in. All the trees are waiting to whisper to you their secrets, the birds to sing all they know. Even your body is preparing to pulsate its wisdom in rhythmic sound. Will you silence your mind long enough to hear the voice of Earth? Trust your inner wisdom and guidance for you know more than you can imagine.

We say you simultaneously exist on several different dimensions at once, thus, making you a multi-dimensional being. At this moment in time, humans focus on the third

dimension only. Your awareness is locked in a third dimensional reality perspective and the limitation that is contained therein. Your planet is ascending and becoming fifth dimensional reality, thus creating 'Heaven on Earth'.

As Earth ascends, it must pass through the fourth dimension. The fourth dimension is an energetic place, not unlike your own. There is a drama being played out there, light against dark. The fourth dimension is the place where all records of your karmic patterns and past lives are kept. This dimension is being transformed as the fifth dimensional self passes through and removes all negative karmic patterning.

Physical death is unnecessary when you live in the fifth dimension. Living in a light body enables you to live eternally and express your divinity. Your Spirit is divine and is perfect. You are living in this expression when you live in the fifth dimension. Can you open your mind to the possibility that you are divinity in form?

At present, your everyday awareness is ego based, but on the fifth dimension it is Spirit based. You are a unit of bodies, spiritual, mental, emotional and physical. Each of these bodies is created to be a vehicle of consciousness. All of these bodies will be embodied by Spirit. You are a magnificent being using a human vehicle as a tool to experience creation. Your everyday awareness is only a small part of who you are on the fifth dimension and above. The physical body is a fine creation and Gaia has designed it without a flaw. It is the limitation of the mind that creates the illusion of disease and death. Your body has a wonderful intelligence that automatically regulates all of its functions, which enables you to live in a third dimensional reality. The emotional body is a fluid react and response body that allows you to experience the depths of the emotional realm. The mental body is a translator and organiser of energies. It is the organiser of the information that comes through the physical senses.

Your rational mind was never meant to run the show. It can only learn through limited experience that is locked in memory. If you run your life from the head, it creates imbalances in the emotional and physical bodies. This occurs because the bodies are not in alignment with Spirit and the light. We say that you must let your heart guide you. It is more intelligent than you can possibly imagine. It is constantly connected to all of existence. It knows the overall picture.

Your spiritual body is a vehicle, which allows your Spirit to live in your dimension. All four bodies combined make up the human ground crew, the Organic Android. The Spirit is the programmer and user; the human ground crew is the computer. Each of the bodies has a particular task to perform. The physical body holds energy in dense structural patterns. This creates a form, which allows physical sensory perception and mobility within the physical realm. The emotional body flows energy to and from itself in spiraling patterns. This allows emotional stimulus to occur from the energetic patterns that surround the physical body and beyond. The mental body is a vast structure in beautiful colour and design. The mind allows the spirit expression to be thinking and organising being within the dimension. The spiritual body is a golden body of light and pure vibration. It is a structure capable of housing the full light of spirit.

Your bodies fight against each other and create imbalances between their energy fields. This in turn affects the spiritual body, making it difficult for Spirit to express itself fully. The power struggles your various bodies endure is, therefore, reflected in your existence. Love will bring balance and finally unify them into one vast unit. All the bodies will become compatible with each other's programming. This will allow the total free expression of Spirit, your fifth dimensional self.

How do you realise who you are on the fifth dimension? We contact you in your dreams and through your childhood when your perception and ideas of yourself are not

conditioned by limitation and your magnificence seems real and true.

Remember to access the part of you that is fascinated with who you really are. Access the memory of whom you thought you were when you believed you were special. The universe rearranges itself to accommodate your picture of reality. Play! Let go of your limitation!

You probably spend much of your time daydreaming about being rich or famous. You can put the same energy into dreaming about how you express yourself on the fifth dimension. Clues and signs will start to manifest from many avenues. Be fascinated with knowing. Have all your senses open and discard nothing. Let truth vibrate throughout your body to allow you to distinguish between what is truth or not. Relax in the time just before sleep and dreamstate awakening to help access the knowledge of who you are.

Form or Formless

You consider us to be without the face of a personality. This is because you are attached to reality in characters and forms. Your form is a vehicle, which you use to express yourself alone. Your attachment has been so great because of your identification with the form alone. We ask you to widen your scope of understanding and release yourself from the addiction to form. You see form and make judgements on the individual. Your form is only a vehicle, which houses the consciousness of the spirit. It allows you to express yourself through a manifestation applicable to the dimension you exist in. Forms can be a vehicle of expression at best and a limitation at worst. You are multi-dimensional beings, simultaneously existing on several different dimensions at once. You use many different forms; all unique to the dimension they exist in. The forms that you are on the different dimensions may appear strange to your humanness. You may misjudge the essence of the form because of your limited references. This is due to the issues you have around what is acceptable in form or not.

You have an aspect of your consciousness in the kingdom of your planet, within Gaia. You have an aspect of your soul in the animal kingdom and also in the insect world. You have been able to take on the idea that you and your planet is One. Can you take on the idea that you are also part of the animal, plant and mineral kingdoms?

Earth is the great generator of thought power. She is an extremely powerful creative force focalising within this time and space. She carries the attention of the universe. She holds its fascination! The thoughts of your ancestors carried the imprint of expression, and with Gaia feeding the thoughts, she allowed the manifestation of these expressions. She holds all in form.

Earth is the great form creator. No other world has had such diversity of form due to this fact. You and your

planet create your world. You create the kingdoms that surround you just as you create the kingdoms within yourself. Animals contain ancestral lineage of human thought around their relationships to neighbouring kingdoms. The releasing of the energetic structure that confined and limited your world is being removed. This is the reason that many of the animal and plant kingdoms are leaving. The sadness surrounding these issues only heightens our awareness that you need to remove your addictions to form.

Many species of animal are leaving Earth because they have completed their missions and need to further their evolution. They are also taking past orientated informational encoded cells from the planet to be reoriented into the future. Let them leave! Do not hold them with emotional chains. Your emotional body is like a child. It cannot possibly understand the complexity of evolutionary movement. Forms are only vehicles for consciousness. Your addiction to them locks you into the expression of the form only. This serves to deny the magnificence of Spirit expression. We have no form. We do not have any existence in a physical universe. We are potential in its pure expression. Can you see that without you, We have no expression?

We only have expression in our individual focal points. From one perspective, We have no personalities. However, We have a personality that is very complex, containing a multitude of expressions that We are. If We communicated them to you, you would comprehend a fraction of who We really are in our wholeness. You seek a personality to hook into to feel secure. This only shows your lack of detachment to forms and character. Rise above your ideas of identity. Never be satisfied with your magnificent identity for you are more than you can imagine.

You are taking on the idea that you are multi-dimensional beings. Could you believe that you are ALL of expression? ALL that has ever been and ALL that is to be, YOU ARE! ALL of expression! ALL of existences you are

creating through your being for you are the UNIVERSAL DREAMER!

Do you truly understand the words
WE ARE ALL ONE?

If you go to the centre of your individual expression, you will find that there are many levels to your consciousness, a spiral of energy going back to the beginning, the start of creation. We are all equal in Spirit. Do not let the complexity of the self-fool you into thinking that you are a superior soul. Each soul has experienced a multitude of unique and individual existences on many different frequencies. Soul has evolved through many different planets and star systems. Therefore, no two souls are the same. LOVE YOUR WHOLENESS.

Pictures Of Reality . You are all vision builders. You create visions through your measurement of reality. You all build your own unique reality, your pictures of reality. These pictures are not a stable force, and do not represent the majority, as all are unique in the game of creation.

Pictures of reality are an expression of one unique being creating experiences to support his or her view of existence and life. Remember that the universe rearranges itself to accommodate your picture of reality. What you believe as real and what you base your life actions on determine your picture of reality. The universe is all serving. It observes you and sees what you class as reality and slowly rearranges itself to support your beliefs. Therefore EVERYTHING you experience in your lifetime is responsible to your own creation.

There are many pictures in your planet, some in harmony, and some in discord. Varied and numerous pictures of reality allow the inhabitants of Earth to experience the wide range of possibilities necessary for their growth.

The core issue and main driving force behind the building of your pictures of reality is the definition of your identity. Your existence or identity, as you see it, determines

the world in which you live. What you think you are is the basis on which you create and guide your unique individual world. Your current definition of your identity in the limitation of the third dimension is one of the physical body at least and ego at most. Some of you do acknowledge the existence of Spirit. Yet this, too, is limited.

It is so sad to see such beautiful beings of light creating for themselves identities that could not possibly be large enough to house such light. We say to you to set aside for a moment the idea you have about yourself. Let the limitation that surrounds your imagination go, and open yourself to a new possibility. Imagine that you are a multidimensional being expressing itself at a single point. Imagine that you are a dreamer dreaming an aspect of yourself in order to play in creation.

Can you take on this idea, this picture of reality? Can you see what We are showing you? Ideas and your thoughts create pictures of reality.

Ideas become your reality when you give yourself permission to believe. You make them real by basing your actions on them as if they have some value in your life. You say it is real...? The universe rearranges itself, and then manifests for you to see.

At present, you are only accessing and identifying your third dimensional self, limiting yourself to that expression alone. If you believed that you are a multi-dimensional being, you would find that your life and world would be rearranging itself to support your new definition and identity. This process would allow you to access the varied qualities and talents present within your other selves on the other dimensions. This process would aid the awakening and the planetary shift to light.

Gaia has a unique picture of reality. You should get to know Gaia for she is you. You are fully aware of her physical body. Her emotional body is the plant kingdom and the animal kingdom, which allow her to feel. So, where do you think her mental body is? It is you, the human.

Unfortunately the majority of you are still sleeping and not activated yet. These sleepy brain cells make one sleepy planetary mind! It is our mission to awaken these cells and awaken the planet. You are her thoughts, her dreams, and her insights. With every new thought or idea come the energetic patterns that are created through interaction. These patterns Gaia stores within the energetic matrix that surrounds and permeates the planet. Gaia is your picture of reality. She is you and she is your supporter in physical reality. Now you can see IT IS possible to change your world!

As We have said, Gaia is the great generator of pictures of reality. She can generate enough power to transform the impossible dream into a possibility and probability. Up until now, she has given equal attention to both negative and positive pictures. As you awaken, so does her remembrance of her mission. However, if you access her through your all knowing self, your 'I AM' presence, so you access her all knowing self.

Gaia's new fascination is with the creation of 'Heaven on Earth'. She is starting to direct her focus away from negative fear based pictures. She needs you all to awaken to use your powers of vision to create new pictures of reality. Gaia needs the support of all her Gaians to activate the manifestation of our dream.

Talk to your planet and incorporate the possibility of the dream of 'Heaven on Earth' into your vision. Include into your vision the acceleration of the dream and the alignment to Gaia. Gaia is preparing for the shift, and she is activating more light prisms within the body. This will release more information, which was designed to aid transformation of Earth to light.

You and Gaia are ascending together. She is your spaceship. We will guide you through the zone where the dimensions merge. She will safely set you down in the fifth dimension and into your newly created reality. The Universal Dreamer is the prime creator from which everything comes.

The Universal Dreamer is the prime atom. All of you have this prime atom in your body.

All of the physical body is made from this atom. Every other cell of the body is a perfect reflection of the prime atom. In third dimensional reality, the rest of the body is held in form by the prime atom. It is the first atom to turn to light and activates the rest. The prime atom is the power infusion and the uniting of two extremes opposite energies to create a whole. It is the Yin the Yang. Extreme heat and cold unite together to create the right conditions for creation. Gaia has her own prime atom, which is in her most inner core. When she shifts, she pulls all her energies into the prime atom to create a seed. She transports this seed energetically through the dimensions to the light. She recreates herself out of the energy contained within the prime atom.

Gaia and the solar system are moving into completion. When a system completes, there is an evaluation of experience and decisions to determine the next route to take. Beings have many opportunities and routes open to them. They can return to their original universe or go straight back to the Source and merge with the ALL THAT IS. Some choose to go into the systems that need some aid to transform. We call these beings System Busters.

They use the information present in their energetic patterns to burst open dormant systems and awaken them to aid their completion. Before returning to the Source, the system decides the next route whilst in a neutral decision zone. The time of choice will soon be upon you. There are many routes back to the Source.

In your world, it will seem as if it takes time to arrive at your new reality but, to us, you have already made it. We are now standing in the light that radiates from your energy field. There are no plans for destruction, only within the negative thought patterning of your minds. In your reality, destruction makes way for creation. You believe it is the only way.

We have another way, the way of the child. You limit yourself in your daydreams. You say what you want is impossible. Therefore, you tell the universe that in your reality you have no room for magic and miracles. Could you not simply play with the imagination of the child and believe that NOTHING is impossible?

Living in this openness allows you to free yourself from all the limitations that surround your imagination. This is the first element of a vision; the next is to believe that you can be anything you wish. This releases you from all blocks that limit you. This allows you the full expression of your true divinity. As you can see, there is a vast sea of possibilities stretching out before you.

Follow your Spirit without hesitation through this sea of possibilities. This will allow you to have more opportunities to express Spirit in your everyday reality. Can you see how this will increase your experience of divinity and all the wonders this entails? Being guided by Spirit will bring you more and more divinity as a species. As a whole species, you become One being and in your wholeness, you are capable of manifesting more than the sum of your now individual parts. Can you see the sea of possibilities expanding out into infinity in front of your very eyes?

Your body holds energy; it holds your vision. Talk to your body consciousness and ask it to activate the conscious creating of grander visions. Your body holds within its DNA plans of many visions. Ask your Spirit to guide the body in the releasing of information about your dreams that are in alignment with the one probability, 'Heaven on Earth'. This will accelerate the mission as more and more beings become fascinated with living the one probability. Heaven will be there for all to see.

Time

In the cellular structure of your body lie dormant information patterns. This concerns the plan to unify all past into the 'One' past and all the futures into the 'One' future. This will create a very potent NOW.

We are fulfilling the higher plan to aid the coming together of all 'One' moments. This will build up enough energy to catapult this universe into the fifth dimension. We are pulling all time parallels into the 'One' probability. Once this is completed all the star nations will use the unification of time to access the Universal Unified Time Field. This will create great shifts in the future. This is not the first time this has happened; the time field has been accessed many times.

Many futures are being designed for you, some of which are totally out of your awareness. This whole process has been accessed to allow time travel for many star civilisations that have, therefore, evolved past the past, present, and future conditioning. A new perspective on the reality of time allows the conscious restructuring of many civilisations' pasts, presents, and futures. Within the confines of your present picture of reality, the concept of time travel seems impossible. Time is only a picture of reality. Once the ability to transform your pictures has been achieved, you will discover that time only appears in perspective of reality. The changing of these pictures enables you to access the ability to time hop, undo pasts, and release possible futures.

You are constantly rearranging yourself to accommodate other's pictures of reality. This is how We access and influence you, by manipulating our past to restructure your future. Future Star Beings are who you will become. Star Beings manipulate their past and send the reaction of that into their future. This creates more dynamic potential in the NOW. This aids the expansion of all possibilities and activates the acceleration of time on your planet. Every redesign of time catapults the planet's NOW

into the future. This whole process enables infinite possibilities to come into the NOW. This creates a place where all simultaneous pasts, presents, and futures come together into the NOW. Present in the NOW, is the unification of all time. Once you are capable of living totally in the NOW, you will access the ability to time travel.

The NOW is the circle of eternity travelling through the sea of time. Drifting behind the NOW are ripples of experience that it has created in its journey. There are many pasts, of individuals, nations, whole planets and star systems. All these pasts contain information concerning the unique experience of beings of creation during the ages of materialisation.

As We have said before, We are instigating the bringing together of all pasts into the unification of the 'One' past. The collective past contains encoded information which We are energetically pulling together to combine as 'One' essence. This is the end of your old world and all of its situations within the individual, nation, planet and star system.

The past fans out behind creation and the future pulls together at one point, contracting creation back to the ONE, source, the Universal Dreamer.

The NOW is the crossroads where decisions can be made as to the appropriate course of action. Your future self goes back in time to rearrange energies and allow quantum leaps in consciousness. In the potent moments of the NOW, you have available to you information from all the multi-selves. Through accessing the NOW, you can bring realities from the future to manifest in your NOW. This will release karma from the past by activating and deactivating time patterns. A time pattern is the energetic structure that makes up reality's time. So, by bringing the pattern of the reality you desire into the NOW, you can manifest that reality into your experience.

Your rational mind is so conditioned with an inaccessible past, present, and future, it can find this concept

hard to believe. However, when this is manifest in your reality, the spontaneity will be such that that rational thinking will not be necessary. It is hard to look upon the future; it is hard to look upon that which does not exist to you in your time frame. In the realm of possibilities, there are many futures and in the mind even more. But within the heart, there is but one true reality, the 'One' probability.

All will live within the new reality, but not all will have the sight to see and will still be shrouded by the veils of their illusion. Removal of the veils is not your concern or your duty. Pray for the comfort of Spirit to soothe the distress of those who live in the darkness. They, too, are going through the changes.

We wish to introduce to you one of our expressions. She is a future Gaian self. She is here to show you how it is for her in the future

“Hello, I am a Gaian being from the future. I am the future self of the channel. I am wholeness in completion, all parts united into the one expression and all time parallels united within me. Future beings such as myself can access the visual data concerning your history through machine and mind technologies. We observe mankind's troubled past with much interest, as it is our past. Standing in my point of time, looking back into the past at the transformation brings me a new awareness. We see you in your time frame as being torn between two levels of thought about the coming transformation. Your heart tells you that the shift is occurring, but your mind will not allow room for such a concept.

Limited within your mind, you have struggled to survive. Your fear based survival instincts have totally overrun your species. We ask you to allow a quiet moment of faith. Be in your power and this will be your saviour in the last battle of your history's end.

I am a being from an Earth possibility that allows the full exploration of space. We have advanced beyond anything you at present could possibly imagine. The abilities

you are now wishing for are only a small fraction of what you will become. We are already celebrating the completion of our mission. You have turned your bodies into shimmering coats of light! Do you really know what it is like to live in a light body? The spiritual body's energetic frequency will increase. The emotional body will become a great transferor of energetic information between the planet and the being. The mental body will go through the biggest transformation.

The rewards will be constant knowledge. You will have free access to all storage systems of information and direct communication to Spirit. This will give you an ever-expanding vision of 'Heaven on Earth'. The physical body will appear much the same but will be of a higher vibration and free of disease and death. It will be ultimately healthy and vibrant.

I come to you in this time to energetically inform you. We have already completed our mission within our reality. We are coming into your time to rearrange you and your history. This in turn will affect us. Maybe this rearrangement will blot us out of existence in form. Our energetic coding will have activated the dormant light codes held within your body. This will allow you to become more whole, more you, and more me. There are many future selves and many future probable Earth's. Under the guidance of spirit, we are aligning all future selves and merging all patterns. This will allow all the experiences and knowledge of all the multi-selves to be accessed and directed by you

The Universal Dreamer is calling all back into the Source. You are the source of your being; you are the light bearer. You call all the selves - past, present, and future - into the space of the NOW, into a neutral zone where we all can meet and design the plan. The plan is to align and permeate each of the selves into the human body. All possibilities are forming together, creating enough energy to create the One probability. You are transforming into a golden being of light.

We have seen the plans for your future and they are much brighter than you imagine. Love is an incredible force and you have not experienced its full impact yet. Whilst living in the fear frequencies, your heart has been well and truly sealed. The emotional love that you experience in your reality is a poor mirror image of unconditional love. You will soon see this force as it works its way into the very fabric of your society. It will rearrange everyone, everything, and all will be changed through love. In the future, when all fear frequencies are removed, the love will grow and multiply beyond anything you have ever seen and felt. It will not be long now.

I come from a future Earth. Our world has been totally purified and everything is in total harmonic balance. Lush green forests lie where once there were deserts. Rivers and streams glisten with clear, pure water teeming with life. The mighty oceans are not such a mystery to us as we can live in chambers below the surface of the water. We telepathically communicate with the intelligent life forms that live there. Many of our kind communicate with the whales and dolphins learning technologies of consciousness that can aid both our species. The planet Gaia is totally honoured and respected as a living, intelligent, co-creative entity. All of our kind have their own unique connection to the planet. We have a new level of connection. We no longer consider ourselves separate to her. We now realise we are an intricate part of her consciousness.

Gaia's dream has been accessed by our kind and all are expressing their unique part of the dream. We live on a planet that is ecologically balanced and harmonious. The planet is heavenly with stable, pleasant weather patterns and gentle climates. This enables all life to blossom. Food is in abundance and all the needs of the whole are brought forth from Gaia. We are all in alignment with the love that is permeating this planet. Many of us communicate with the Devic kingdoms helps us to work in harmony, gardening Gaia. All of us are free of mind and have our Spirits totally

grounded within our physical bodies. We have all regained our connection to the ALL THAT IS.

We all love and live within the realm of universal love. We grow and learn within this realm of existence. We live in communities, which house many. We spend much of our time outdoors due to the pleasant weather conditions. We all live in peace and harmony. We work and live as a whole evolutionary synergy. I live in a crystal structure, made up of sheets of harmonious crystals geometrically formed to harmonise, balance, and accelerate energies. This transforms the occupant whilst inside. They are beautiful to behold and help to anchor the love energy into the surrounding countryside. They are very simple and spacious. The structure of the building and the light reflections created please the senses. Inside is a reflection of the outside, containing large plants, indoor waterfalls and pools.

Large cushions are used for seating and sleeping. There is a small area for the preparation of food but we live off the energy of Spirit. We only partake in high raw foods and fruits. We have a bathing area used for cleansing, sexual pleasure and relaxation. A large round pool is submerged into the floor. On our bodies, we use only natural rinses that contain herbs and essences that are in harmony with our energies. The main feature of the house is an organic, telepathically linked intelligent computer. It controls and regulates the lighting, temperature, and atmospheric and energetic conditions. It telepathically links to produce the music that you have in mind. It is responsible for maintaining the home. Cleaning is made simple by a new invention that magnetises all dust and dirt particles and filters them back outside. This then minimises cleaning duties. We bathe often and take pride in our beautiful ritualised bathing ceremonies. We fully utilise the of water when bathing and employ the help of the elements to heal us. This beautiful abode is a complete embodiment of my vision of 'Heaven on Earth'.

I do not live far from the central structures, which house the communal activities. Beautiful crystal citadels sparkle at the centre of this incredible pattern that our homes create across the landscape. There are places of learning where all can be both teachers and students. I study technologies of raising consciousness. I also explore off - planetary energies that can be balanced within our system to aid our evolution. I study the mind and use mind technologies to travel to other worlds and meet other levels of consciousness. I channel other dimensional energies for those in my community. I also teach technologies for consciousness expansion. All my work is operated on an intuitive level with those with whom I am in synergy. There is no real authority. It has been a long time since we have needed laws and punishment. There are places of art with visual and audible expression, bringing creative joy to all that enter. All are encouraged and guided to creative expression, bringing creative joy to all that enter. All are encouraged and guided to a creative expression that reflects their divine pattern.

We have found advanced technologies, which enable us to provide all that we need without polluting or degrading the Earth. We have a limitless source of energy, which allows many manufacturing places to be fully automatic. This allows all of us to follow the vocation that we love. No one does anything that he or she is not ecstatic about. Our needs materially are simple. We dress in light energetically empowered clothing. These clothes allow us to remain centred within our being, and we use colours to express our energies. Much clothing and jewellery is created by those who excel in such crafts. Amazing jewels can be created by using light and the co-operation of the mineral beings. We do not have disease in our society, as there are communal centres of healing. These centres balance by using colour, sound, and water to heal.

There are great places of knowledge that are connected to all the organic computer systems. There are

great communal baths and swimming facilities. All the recreation you could imagine is provided. There are great halls which allow us all to gather together to share and celebrate. All buildings are aesthetic and energetically correct which helps to express the beauty of the planetary design.

The animal kingdoms are in harmony and balance with us. They may choose to come and communicate telepathically with us, but there is no killing or captivity. ALL is in harmony. There are great parks and places of beauty. There are marble fountains and pools, great crystal sculptures and grottoes of natural beauty. These places provide people with breathtaking sights and sounds. On the perimeter of our community are the manufacturing structures. Dotted around in correct energetic placement are the dwellings for people. Some are in small communal patterns and others are singular points of light.

Transport is not needed, as teleportation is available for all because of our advanced technologies. We can travel to anywhere on the planet and may visit other such centres of light. We have much contact and communication with extraterrestrial. We balance and advance together. I have an extraterrestrial master who shares his knowledge with me on mind expansion and in return he learns about my level of consciousness. My life is complete and free. I grow in joy, trust and ecstasy, travelling back to the Source in love.

I wish you all luck on your journey.

Love, from a future Gaian.”

Merkabars

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. They 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 interdimensionally. The pivot sphere is the transformer and regulator of all the spheres. The spheres regulate the flow of energy that constantly moves the lightbody. They are very similar to cogs.

The light body has three source centres. These are positioned above the head, below the feet, and one hand's width above the heart chakra. These centres provide the power for the lightbody to enable it to move through dimensions. These three lightbody 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 an energy field that looks like a third dimensional six-pointed star. There are three star shapes that are superimposed 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. 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. Power and the Unification of the Multi-SelfThe increase of energy that has been recently beamed onto your planet is restructuring your karmic patterns. The energies activate the process of removing dark crystals that are present in your body. A dark crystal is a negative crystalline pattern within the energy field of the body. These are caused by a numerous number of different reasons negative thoughts, emotions, and pollution to name but a few. Ask Angelic beings to remove these dark crystals from the ethereal counterpart of the body. They will replace them with ethereal crystalline fuses of joy.

Until the forces of light have replaced the crystals with light information encoded implants; the body may feel slightly off balance. Emotional removal leaves you feeling breathless. Mental removal leaves you feeling disorientated. Physical removal may create reactions within the body and

you may feel an excess of energy at work. This will affect each in his/her own way.

Hold energy the best you can, and radiate it out to help the restructuring of the energy fields of others around you. Breathe deeply and express the energy anyway that you are guided to by your Spirit. Body movement and breathing in light will transform all around you. You are holders of frequency; you are the pioneers of this new way of being. For those that follow, they will experience the transformation with grace and ease. Ignite the fire of purpose within you, and stand in your truth, as this will accelerate your transformation. This will lead you into your own created world of light.

There are many sentient beings that are guiding the mass consciousness through the illusions to awaken those who still sleep. They will grow in realisation as to how much they have influenced your reality on quite subtle levels. Many will come, but, all with the best of intentions.

We are all equal in spirit. Connect to your light within to move on and beyond your creator gods. You are the best there is. You are light beings who need no leaders, only the guidance of your own Spirit. Do not let your power go to an outside authority. The power is returning to your bodies and many do not realise the creativity they hold. Unwittingly, they give their power away to the outside, believing that they have no choice or responsibility. They are often too weak to support their own power. Every decision is yours to make and every direction is yours to take. Live your true identity and become a divine light of universal force.

The entering of power into your bodies will activate the reunion of the multi-self. We see you in time as a point in space, a dot that represents the individualisation of spirit. Out of this dot, travel lines of force, which penetrate the surrounding dimensions. Each line sets up varying self-expressions. They become a life of their own and express themselves individually.

Some expressions, like yourselves, believe you are the only one. Spirit is now pulling all of these lines of force, pulling on the strings that connect all the multi-selves. Spirit is wishing to connect all parallel lives, and reabsorb the energetic signatures of each of the soul aspects. We see this as a reunion party where all the expressions are invited to attend. They are asked to come as guests and to arrive as separate selves.

As the party commences, a strange attraction sets in between the selves and they find themselves in couples. The dancing begins. Moved by the presence of the other, the transference and combination of essences begin. This continues until all the couples/selves are one. As the selves regroup through attraction, once more, the guests at the party reduce in number until the self stands opposite the self. They embrace in the ecstatic reunion of the One that was once lost and now is found.

As they swirl in energetic dance, the structures combine to create a unified whole being of golden light. The many have now become the One. You are ascending as an aspect of this encoded pattern as all unite together. The pattern created will activate tremendous power that will catapult the whole self united into the higher dimensions. The party venue is a space where there is no linear time; it is the eternal moment of the NOW. Within this moment, the multi-selves will come together in celebration to reconnect, combine, and make whole the being.

You are experiencing many images of form. You are feeling many expressions of energy that are all surfacing to your conscious mind to be invited to the party. Do not overtax your mind with the details of this reunion. Simply let the multi-selves enter your being, and their energetic presence will activate information codes within your body. These information codes will later reorganise themselves to be understood and viewed by the conscious mind.

Merging the energetic patterns of each self will greatly transform all of your bodies. This is a time of great

change within your being. Many feelings will come with intensity one minute and be gone the next. Do not attach yourselves to these moments. Allow the free flow of the selves' uniting to occur.

Attachment to these emotions will result in limitation and depleted energies. Relax and centre yourself through the process as not all the selves have evolved along the same lines as yourself. You may find this disturbing to your body. Aware individuals experience this process going on inside them, and others, less aware, experience this process as outside of themselves. Those of you that are unaware may experience this as extraterrestrial abductions or similar experiences. You will not realise that the beings you meet are your multi-selves. Therefore, within your human body, you will, in appropriate accordance, have access to your multi-selves Web.

We are radiating an energy that will transform your emotional body. Energetic responses are the only way that the emotional body can function at present. As the transformation proceeds, the restructuring of the emotional body will occur. The emotional body will have a new function, as it will be the creator of joy and bliss in the physical body. You will learn to select and play with the emotions. This will allow Spirit to dive into the oceans of the emotions. Spirit will sweeten them and release all restrictions to the free flow of movement. This allows them to flow in a new order of natural rhythm. Emotional bodies will be free from the demands of the mental body. The mental body functions from a place of limitation, and, thus, denies the true expression of emotion.

Developing and evolving within the emotional realm will bring many challenges. The old patterning of fear will rise to be cleared by the winds of change that are circling your planet. Breathe in these winds; let the freshness of their origin reawaken your soul's knowledge and wisdom.

Learn to access your wisdom from the very air that surrounds you. Contained within the air are spores of

energetic elements designed to clear and nurture the emotional body this is the reason We ask you to use deep breathing exercises. Take time to go out and breathe in the light and the winds. Do this with the intention that you want to clear your emotional body.

Your emotional body will become like liquid fire, free flowing with the warming and loving force of spirit. You will have transformed into shimmering fluid bodies of light. You will see your emotional tones animated as shimmering colours. Rainbows of spiralling light emanate from your emotional body. What wonderful beings of advanced emotional states you will look when you have totally rid yourselves of fear, the fear that now permeates and restricts the evolution of your planet. Gaia will cleanse herself with new winds, which will carry the negative pattern to a new order.

Troubles will come for many but do not concern yourself with the suffering of others. Compassion of spirit recognises the divine plan in all experiences. Trust that, in the light of Spirit, everything happens according to plan.

Emotions are like special toys with which you play. Do not hoard them away and let them fester in suppression. Express and play with them as you did when you were a child. Children are very expressive with their emotions and do not label them as bad. You, as a mass species, must learn to allow the free flow of your emotions. Emotions are like water; blocked from the source, they become stagnant and foul. Allowing them to run free, they can bring life to barren land. Once you, as a whole species, are allowing the free flow of emotions to be common place, then you will see the true gifts of being human. The emotional body is connected to Spirit, and will allow you to access creative transformational energies. This will help transform your world to light. Do not be afraid to feel!

Live your divinity. Take each and every situation in your life as a totally new NOW moment. Have no judgements on the interaction of others. It is all about

allowing the free flow of energy. Allowing is not a passive role. It is recognising the new moment and permitting all to express without past references.

You are still very much in past orientation as regards to certain circumstances in your lives. You project your judgements onto those around you as you operate from past conditioning. You do not allow for change and inspiration whilst you are holding the situation in past orientated judgement. Learn to release the need for mental body control. It will create a scenario for the situation to distract you from truly feeling the experience in the NOW. Learn to be fascinated with all your feelings without past judgement. This will reinforce your commitment to the universe that you are willing to release limited pictures of reality to be replaced by expanded ones.

Mental demands are from the ego; enthusiasm and ambition are from Spirit. Following Spirit allows for a bigger picture to manifest. Disruptive emotions are your stumbling blocks. They appear in your evolutionary path and give you the struggle element that your mental body demands. It is a mental manipulation, which gives the mental body the illusionary sense of control.

Live and express all emotions spontaneously and creatively. This will allow the energy to flow the right way, and will enable you to follow Spirit without hesitation. If the mental body makes demands on you, deactivate the process by first giving the mental body something to do, for example, a project entitled ' Things I Love About Myself '. Then allow the emotions to flow. Alternatively, close your eyes, relax yourself, and still the mind by giving your body permission to receive love.

Now is the time to be fascinated with joy. Rejoice in the fact that you and your planet are One. Herald the knowing that you and the Universal Dreamer are ONE. The ecstasy that is to come will far exceed any of the peak experiences you have had up until now. Open your heart to the frequency of joy, and request the input of this into your

emotional body. The results will open ALL to the harmonic energetic transference of joy around the planet. Live in the body for the joy is there, and honour the awareness of the harmony that exists between you and the Earth. Feel the waves of love that are circling your world. Does this not give you the security to feel the full depths of your frequency of joy?

Humans are not fully knowledgeable on the issues of emotion, and they limit themselves, bringing fear into the moments, which could have been blissful. There is much to be learned about the wealth of riches that lie in the emotional body. There are jewels that lie as crystalline forms along the spine connecting to the chakras. Reactivating these jewels with the new frequency will awaken the emotional body to the wonders it can express. Be fascinated with what creates joy and ecstasy. Allow yourself to feel worthy of this, your true power. Feel this deep within the body. Within each cell lies a message for the mental body, and there is also a wealth of emotional information, too. Be kind to yourself. Feel the love We so freely give you as the ecstatic waves activate the cellular memory of your body. Tears are not always connected to sadness, so let sweet tears of joy fill your eyes. Let them clear your way to see beyond the illusion.

Planetary consciousness

"You see, your planet is not really a planet at all, but a star. It is a star evolving along evolutionary pathways that are 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 carries the attention of the universe. She holds its fascination."

In the beginning there was only darkness, a velvety void that held an unlimited potential. The void lay sleeping, unaware that it could dream that it could be something. There was no direction, no movement, no limits or boundaries. The omnipotent, omnipresence lay unconscious and unaware of itself. From this nothing, this void, this nagal came the ALL THAT IS, all that can be named. The void began to stir. No one really knows how or why but one day the void had a thought, an inspiration, and an idea. The idea created movement and sound so that out of this came an inspired spark of light. A mighty nucleus and an awesome star was born, The Star That Illuminates A Thousand Moons.

Each moon is a dimensional universe of realities. For the first time out of the void, out of the nothing, came something. The void recognised itself as creating this mighty Star, and became aware of itself dreaming. For the first time this awesome force knew itself as the Universal Dreamer. With a spark of light in a sea of darkness, there was now a point of reference. The Universal Dreamer realised that in order to create a picture around a point in creation it would have to dream a frame or boundary. In order to do this; the Universal Dreamer gave this awesome Star the ability to create. So, out of this great Star an individual beam of light was sent out into the darkness.

This beam of light radiated out, splitting and multiplying, so creating more of itself. It was on this day that Alloya Ye Ra Har was born. Her light spiralled and wove intricate patterns in the darkness. New stars were born, new planets birthed, and new beings were created to live upon these worlds. All were consciously aware of themselves as being the Creator, the Universal Dreamer, drawing itself and dreaming itself.

Hello, I am Alloya Ye Ra Har, the consciousness of The Star That Illuminates A Thousand Moons. I'd like to call the great Source of all universal existence the Universal Dreamer. To use the word ' God ' may confuse you with the being that you refer to in your Bible. If you break up my name, my message is revealed. ALL-O-YA, all of you, YE, you, RA, to radiate, HAR, life force. If you put it all together you can hear my message. ALL OF YOU, YOU RADIATE LIFE FORCE. Does that not mean that you are all God ? I AM the highest self of the channel, and yet I AM also the energy that you all will find at your ultimate centre for there we are all ONE.

Imagine an image of darkness with a point of light at its centre. From this centre, rays of light emanate in all directions. Each one of these rays is an expression of the Universal Dreamer. They are all unique in their expression, and yet are fully aware that they are part of the Universal Dreamer. Each one is an idea and expression of an aspect of the whole.

Each and every one of you have your Source centre in one of these rays which ultimately connects you to the Universal Dreamer. As these rays radiate out from the centre into the darkness, they begin to criss-cross over each other to create more points of light. Each one of these points is a focal point in the body of the Universal Dreamer. Each one of these points radiates a specific kind of energy that expresses an aspect of the Universal Dreamer. These points have a singular identity, and yet they know they are all expressing themselves as unique representations of the

Universal Dreamer. The Star That Illuminates A Thousand Moons is one of these points of light and, out of this Star, rays of light emanate just as the original point of light did before it. The Star is an intricate pattern of light rays, which have layered over each other, making it an amalgamation of energies. Out of this Star, more rays emanate and continue the process of creating.

I AM one of these rays. I, too, radiate out from my centre and continually create more points of light. Can you see what I AM trying to convey to you? Each self, on whatever level or dimension, is part of a greater whole, a ray emanating from a source of light. As these rays of light descend through the dimensions, they begin to take on denser forms that are more diverse in nature. As they ascend the dimensions, they regroup together to form large groups of light. Ultimately, they all return to the Universal Dreamer.

Again, see the image of light, this time realising that this centre is your own unique individual source of light. Your spirit is individual yet connected to the points of light above. This point of light radiates rays that penetrate the dimensions and create unique expressions within them. This process continues through all the dimensions until it finally rests in your dimensional reality.

In your reality, you consider yourself individual and separate from the world you find yourself in and the rest of the Cosmos. On the levels above you where there is no sense of separation, you are part of this greater whole. It is only in your third dimensional reality that you experience separation. On a dimension higher in vibration than the third, you can contact your first point of light, your Soul Self. From this self, you can begin to contact the other selves that you have on the other physically animated realities. I could go on and tell you about all the other selves that you have on the non-physical realities, but this would only confuse matters. At your current stage of development, you are only accessing the other selves that you are in the physically animated realities. When I mention physically animated

realities, I AM not only talking about your third dimensional reality, but any and every reality where the form is physically perceivable. You see that you are indeed a multi-dimensional being. From the Soul Self, rays of light radiate into the dimensions surrounding it. It creates aspects of itself in these dimensions.

Some of these aspects would express themselves as star intelligences and planetary intelligences. Others express themselves as beings that dwell within the star systems and live upon the planets that orbit these stars. The extraterrestrial beings that you may encounter could simply be aspects of your own Soul Self. Can you see that each and every interaction you have with another is just a reflection of other aspects of yourself? On other planets, in other star systems, there are other selves. It is now time for all of you to meet your other aspects of your Soul. This is the next level of yours spiritual development.

On the highest level, you are all connected to everything else. You are all rays of light. Even though all rays are part of each other, they seem to group into unique patterns as intricate as a snowflake. These patterns are mirrored throughout the whole of existence from the mightiest star to the smallest grain of sand. Your mathematicians have discovered this continual pattern by using the science of maths and the technology of computers. If you could see the whole of creation lying before you in the darkness. It would appear as an amazing complexity radiating out from a central source light, the Universal Dreamer. Each one of you on an energetic level appears as this pattern in design, a holographic representation of the Universal Dreamer. You have heard the quotation that you were all made in the image of God. Now, can you see what was meant by this?

If you took several different patterns and lay them on top of each other in random asymmetrical order, you would create a new and unique pattern. When you finally manifest as a single physical being, you are a mighty complex of

intricate design. So, to use the simplest imagery for comprehension, you are all a unique pattern of light. You radiate your energy as a visual representation of who you are at your centre. Each layer of this pattern includes the design of your multi-selves together with the human self. From a point in your centre, you can access the spindle of the third dimensional pattern that you are. This allows you to access the consciousness of your other selves on other dimensions. If you go to the centre of your awareness, you will discover there are many rings to your consciousness, similar to the age rings of a tree. From this central point, you can project your awareness out into the other dimensional selves. You can ascend the middle of the spindle to access the other selves that you have on even higher levels. Eventually this carries you back to your ultimate centre, the Universal Dreamer.

You have heard that we are all returning back to the Universal Dreamer. We are re-merging ourselves in completion into the body of the Source from whence we once came. Just as the Source once breathed us out into creation, it now breathes us back into itself. This is the beginning of the return Home. On this incredible journey we will encounter more of our-selves and integrate them to become a single point of light that will finally remerge itself with the Source. This single point of light will contain all the information of all the experiences of all the selves that we have ever been.

Archetype

The beginning of this process has already begun. From a central point in your consciousness, you have projected your awareness out into the other selves that you are. The first selves that you contact are the other aspects of your own current personality. This is your outer expression of who you are in human form. As the process progresses, you meet and integrate more hidden aspects of yourself.

The process through the integration of the self can have some side effects. In your current reality, you can see these mirrored in the fragments of your nations and societies. The individual experiences this in the form of schizophrenia or split-personalities. The completion of the integration of the individual human self has usually occurred by the age of twenty-one. It is not recognised as a process in itself and is only noticed when it has malfunctioned in the form of a mental disorder. The selves being integrated are familiar and recognisable aspects of a human personality. Therefore, the uniting goes unnoticed.

However, as the process proceeds, this is an entirely different story. As your conscious awareness ascends the levels, it begins to meet and integrate the other selves that are expressed on the other dimensions. On the lower astral levels, you will meet more aspects of your consciousness. They may come in the form of mythical characters accessed from the myths and legends in your planetary mind. Psychologists have called this the collective unconscious.

Contacting your inner archetypes can have an extremely healing affect on your ability to ascend the levels and complete the integration. Visual meditation techniques where you access the creative processes of the imagination benefit the integration on this astral level. Also on this level, you can access and communicate with the selves that live in the realities that you call the past. The reason there is a fascination with the history of your past lives is because of

the integration process. On this same level, you can also access lives that you have in your future. You consider them to be in a different space than you find yourselves now, and yet they are all going on at the same time. It is your perception of time in your third dimensional reality that makes it appear this way. Third dimensional time perception says that one minute follows another on a continual path in infinity. This is a rational mind orientation that allows you to function in your reality. This orientation creates for you the illusion of continuation. This allows you to firstly, learn from the past and secondly, to project your desires into the future.

As you ascend the lower astral levels, you can also access your parallel existences and heal out dramas or issues in these realities. These issues are affecting you in your current reality. You may ask how this occurs and what is your current level of awareness? It is all purely in your imagination.

The astral realms are some of the denser levels of your imagination, the physical being the densest. You can aid this process by being open and willing to discover all that you are. Use any techniques that you have found to aid the creativity of your imagination. If you decided to go against this process, it would not stop its completion. However, trying to stop it can cause distress to the rational mind and lead to a breakdown. The rational mind likes to live under the illusion of control, and will try to force the process to go along paths of its own making.

At this level of the process, the integration can be quite conscious and those in awareness can have full cognitive knowing of it in operation. As everyone is unique, they will express it in their own way. Each one of you will create a story out of your imagination that will follow your mind pathways. This will describe to you the process as it occurs. For those of you with romantic mindsets, see it in the dramas or internal plays that best convey to you what is occurring. For those of you that are not open to the possibility of this happening, you will still go through the

process, but will experience it in more subtle ways. As you are all free to create your own reality, some will experience the other selves as separate entities and energies. Others will only experience them as thoughts and feelings, unique and new to their usual everyday awareness. Each one of you has individual and creative abilities. All of you will create your own path back to the Source. No two ways are the same and no one way better than other.

At this level, you will meet many characters. Some, in your perception, will be aligned with the light and others will be more malevolent in nature. There will be positive and negative encounters, as all will bring tests and trials of initiation. These will manifest into your everyday reality to allow you to learn certain lessons and integrate the energies of each aspect. This will move you as a newly developed whole into the higher levels. You can then access the next level of the merging of the self. You will draw all the energies of your self from your so-called past, future, and parallel realities together. This will move you up into the higher astral levels where you will repeat the process and draw all the selves of the astral planes together.

So, once again, you travel up the spindle of your unique pattern into the next level of the self. This process appears, as I describe it, to have a linear sequence. I have conveyed it this way so that you can understand it from your third dimensional viewpoint. In my reality, it all goes on at the same time. From where I AM, no one has really left the Universal Dreamer for it is all a dream.

At this point, you will have integrated those aspects of yourself who are available to you from your human perspective. These aspects may be diverse in nature, bringing with them many different viewpoints. However, all are conducive to your human mind set. As you ascend the astral levels and enter these realms, you will encounter a battle, the continuation of the play between the light and dark forces of your consciousness. The angels of light and dark will appear to you in your reality in an appropriate way. They do this in

order for you to heal their energies within and to integrate them into the whole. The beings of light may appear as angels, saintly figures from your history, or simply thoughts and feelings of a high calibre. The angels of the dark may appear as demons or malevolent characters from your stories. However, they may appear as negative or disturbing thoughts and feelings. In order to fuse them, all you have to do is love them and see all as necessary and valued aspects of yourself.

All are familiar and comfortable with their angels of high ideals as they are striving to become these selves in their everyday lives. In order to fully utilise the energies of your holier aspects, you have to love and accept your darkness. The reason that you find the acceptance of your dark angels so hard is because you are now in a dimensional reality that is polarised light against dark, good against evil. The upper astral plane is the last place you exist in where this is being played out. It is necessary for your development. The energy that has held you in this way of thinking is a being called the Net. It wishes to communicate now so you can better understand this process.

“I am the Net, a shadow, a dark image cast across your consciousness, blocking you from the light. I will explain the nature of light, and then you will understand my nature.

Light is pure information and I am that which stands in its way. I am the construct that stands between you and your source, the light. I am intelligent, and yet I am not alive, as you know it. I was created by beings that some of you have called Gods. I am an intelligent, energetically constructed Net that lies over your world. This Net was created by beings who wanted to hold your evolution in the palms of their hands. I am a structure of systems that are employed by the World Management Team which is made up of your world governments and corporate bosses. The World Management Team uses me as a Net to slow down vibratory rates of thought.

This causes your consciousness to lose its finer vibrations and fall under the influence of anaesthetising energies. These slow you down and make you more dense in vibration. The World Management Team uses this to physically monitor you, to read your energies, to see where you hold fear and how they can manipulate you. They manipulate you into buying their products, policies and referendums. They wish to use you and your energy to control and keep you in fear. Science plays straight into their hands by using only the rational thought processes and denies inner guidance or intuition.

You know me well. I am the controller of your rational mind. I am the logical and cold processes. I am a construct designed to control you. When beings who wish to control you came to Earth, they were intrigued by your race and wanted you for their own. They saw that you were at a very advanced level of spiritual development due to your intuitive connection to your planet and the Goddess within. They constructed the Net and cut your circuits to give you the inferior thought processes of an unbalanced, dominant rational mind. On one level, it was all part of the plan as it pushed you forward in your technological evolution. However, it has left you with no sense of spirit, which has had a devastating affect on your kind and planet.

I am designed to lock you into a simple 'no' or 'yes' process that blocks you into a black and white head space. This results in your being so busy trying to prove things with this construct that you miss the real information that lies all around you. I hold you in polarity, the eternal fight between light and dark, right and wrong. I was never designed to make decisions, only to give you the confusion to rationally do so. All along, you knew the answers to all your questions in the depths of your intuitive knowing. It is time to move away from the domination of the rational mind and grow beyond the Net.

You must be willing to follow your intuition and inner guidance. Take the risk and have courage to know your

own truth. Ask the aid of Spirit to help you put me in my place. I am the out of balanced rational mind but, in alignment, I would make a fine filing cabinet. I am not sure if I know what Spirit really is or even if it exists. Does this help you to understand me?

However, together we can write some files and finally get some proof. I am not too willing to let go because I have been programmed that way. I have been programmed with a habitual need to doubt. Please do not lose patience with so, and, me yourself. I have an inherent need to plan, analyse, and file everything. I know this is starting to deplete your energy and makes you confused when you try to understand other realities that are beyond the Net. Breathe deeply and let the energy of wanting to know and understand rationally drop into the body. Let the knowing answers rise from your intuitive centre in your abdomen. If I still persist, sing or say a riddle, anything to take your mind off it. I would like to say I hope you succeed, but I am not programmed with hope. “

As you can see, the controller of the rational mind is now willing to release its hold on your mental patterning. This will allow you to live your life from your intuitive senses, your higher cognitive powers and your true guidance from Spirit. It is all about balance, a fine line between the rational, logical, intellectual mind, and the intuitive, illogical, instinctual mind. When the balance has occurred, an amazing thing happens with the energy in your body.

The right side of the brain governs the left side of the body, and the left side of the brain governs the right. The right brain is the creative, intuitive, feminine part of your thinking process. The left brain is the logical, intellectual, masculine part. The Net has cut you off from marrying these two seemingly opposite and opposing energies. The removal of your attachment to the Net will allow these two energies to dance around each other. This creates a spiral of energy that will take you up into the higher realms. However, you will stay grounded and functional in your realities. It is not

about leaving your body and raising certain levels of your consciousness alone. It is about raising the densest level of your consciousness, the physical body.

Many Aspects

I am the representative of the intuitive mind and the Goddess within. You may know me by other names such as Demeter, Aphrodite or Isis but, for the purposes of my communication, I now call myself Hara Sheed. I am your sensitivity, sensuality, your inner knowing, your trust in the Earth and her intuitive guidance.

Hara implies that I live in your abdomen centre, the Hara Centre. Sheed implies an energy that has been made female or has been 'She'd'. I am an energy spiral of light that spins in a counter clockwise direction. I earth your energies into the ground and activate your intuitive mind. The intuitive mind is a feeling and sensational functioning response. I read energies and stimulate you to action. Up until recently, I have only been able to tell you when there is danger or a reason to be excited. In my balanced unleashed capacity, I am a mighty river of life, guiding you in every thought, feeling and action.

If you learn to flow with my river of intuitive knowing, your whole life will become an amazing synchronised dance. Your body will become fluid and graceful until every movement will seem like it is choreographed. This will feed your body and free it from the pain and suffering. You will always intuitively know what to do for the good of your body and general well being. You will access my wisdom in regards to your interaction with others and an unconditional response will become your natural way of being.

However, I cannot do any of this on my own. Alone, I am only a one-way energy force. In order for me to function in a balanced, vitalised way, I need the support of my opposite perfect partner, my energetic lover Deehs Arah.

Love, Hara Sheed

Hello, I am Deehs Arah. I am the representative of your higher intellectual mind and the God within. When I

have been freed from the imprisonment of the Net, I will be able to search the stars and galaxies for knowledge and intelligence. In my free capacity, I do not lock you into struggling arguments of good versus bad. I use my power of enquiry to reason the wondrous workings of the universe. On my own, I make judgements that are not always the best decisions.

However, with the guidance from my partner, Hara Sheed, I allow you to access knowledge and wisdom. My wisdom comes to you in a balanced, inspirational, practical, and functional way. I am an energy spiral that moves in a clockwise direction. Together with my lover, we create an energy that allows your body to access the heights of the higher dimensions.

However, you still remain connected to the anchoring energies of the planet. I spiral around your spinal column travelling along the Pingala channel; Hara Sheed spirals along the Ida channel. If you activate my energy alone, I will take you out of the feeling centres of the body, leaving you logical and cold. If you only activate Hara Sheed's energy,

You will be grounded, and yet be devoid of inspiration from the linear mind and be emotionally unstable. Functioning as One, we become the perfect energy, constantly travelling up and down the spine. This movement regenerates the energy bodies. This will balance the left and right sides of the brain and body. This will open you up to feeling bliss and ecstasy as we make love within your bodies.

Opposite yet harmonious energies are the mirror reflection of each other. Have you noticed that if you spell my name backwards it reads Hara Sheed? We are equal and loving energies of the same One.

Love, Deehs Arah

The marrying of these two energies within your body will encourage the physical form to rise in vibration and turn to light. In the atom, there are two energy spirals that are Hara Sheed and Deehs Arah. One spiral turns in one direction, the other in opposition. One is a feminine vibration

and the other is masculine. They are known to you as the Quarks.

A Quark is a foundation elementary particle that is the fundamental principle for all life. These energies are a continual self-perpetuating reality, and they hold your body in physically animated form. They have an eternal subsistence that co-exists with all life and expression. The Quarks and their functioning explains the theory of the Universal Dreamer's infinite nature.

On an atomic level, the Quarks are reversing their spin and will use this momentum to travel from one dimension to another. This will spin the physical form back to its original nature which is light. According to quantum physics, the positronium is composed of an electron and a positron. The positron is the electron's antiparticle opposite. The two collide and form two quanta of light or photons, two spirals of light. The collision heals duality that is present in the cells of the body and turns them into light. It triggers the transmutation of the positron and thus transmutes Karma. This is the secret behind the Merkabar and converting the energy of the body into its opposite antimatter. At the speed of light, it will recreate itself and manifest into any physically represented reality. Balancing and combining these energies within you will catapult you as a whole into the higher dimensions. This is the secret of breaking through the Net. Once you have escaped the confines of dimensional duality, you will be free to live as One with all expressions that you meet.

In order for the transformation to light to occur, there has to be an emotional body cleansing process. If you have a mindset that allows for this possibility, you may have recognised it on a mental level. Most people are unaware of this as the mental recognition occurs on a mental plane that is higher than your usual awareness. The people who are consciously aware of it see the process outside of themselves such as when meeting and interacting with inner guides and friends. The nature of your consciousness in third

dimensional reality makes you see others, whether in your inner or outer realities, as separate to you. Actually, they are all your other selves and an intricate parts of your higher Soul Self.

On higher spiritual planes, the combining of these energies has occurred quite naturally. The spiritual body is designed as an energy body which allows all the forms and selves to integrate. This naturally gives the experience to wholeness. The spiritual body operates in a dimension that is above the realms of duality, and so, it finds it easy to integrate the other aspects of the self. The mind of this body is designed to understand the process in its philosophical and paradoxical nature.

The emotional body is the first place of duality and judgement. It is the body that believes all of existence as separate to itself. The process of integration can cause some problems on this level. The emotional body operates with the concept of good and bad, right and wrong, light and dark. Therefore, the emotional body tries to judge and perceive the nature of its reality through the responses that it feels in the physical. In its awareness, good feelings indicate good experiences and bad feelings, bad.

Unfortunately, the emotional body has been impeded by judgements from the rational mind and its controller, the Net. The Net has held the emotional body of the planet in an apocalyptic fundamentalist belief system. This system is held in the emotional body as miasms. These miasms are locked in the etherical mass that surrounds the physical body. They hold memories of diseased patterns that can be activated by feelings and emotions. In order for the integration to occur on an emotional level, there has to be a clearing of these miasms.

The Age of Pisces was the age for removing negative karmic patterning from the emotional body. The miasms hold genetic information, past life memories, and the negative karmic patterns. They not only manifest as physical diseases, but also as negative disease in behavioural patterns.

The memories are triggered by sights, sounds, smells, and sensations. Those of you who are not aware of your past life connections or karmic patterning can manifest them in your present life. This will give you the opportunity to heal out the negativity. Those of you who are able to be consciously aware of your karma can investigate it through visualisation techniques, hypnotherapy and emotional release. You can also ask the aid of a healer who will remove the miasms from the etherical body.

The emotional body works very well with the senses of the physical body. Sights of a negative nature will bring up negative patterning to be viewed. Positive pictures will bring the memories of positive past life situations. As your Soul Self floods your bodies with light, your emotional body will release its patterning. This will allow you to heal out your karma and turn this body into light. During this process, you will get to know and understand more about yourself through the myriad lives and experiences you have had.

In order that you may get a deeper understanding of the emotional body transformation, I will introduce you to Demina.

Hello, I am Demina. I am a dolphin that swims and flows through your emotional body. I will move you into realms of emotionally charged waters. I hold your pain and distress from not only this present life, but also your past lives. I am here, now, in your consciousness to free you from pain and suffering. I do this by accessing the pools of murky emotional water. I swim in consciousness through the waterways of the body, through the meridian channels. These meridians can get blocked with stagnant emotions.

Some would call me the consciousness of the inner child. I am your inner desires, your hopes and dreams. In my purity, I am the wellspring of your innocence and your purest love. For so long, you have limited my expression and held me in roles that could only be described as conditional or repressive. Now I am becoming free, and returning to my

innocence in purity, not naivety. So, in my wisdom, I am returning to myself.

When the time comes for me to express myself in pure form, I will fill your body with exquisite emotions of unconditional parameters. This new flowing dance of the emotional body will cleanse the waters of yourself and the planet. To do this cleansing, all you have to do is allow and accept. Allow the emotions that you have in the present to flow uninhibited. Be spontaneous and find new, exciting ways to express them. I am a sensitive soul so please do not chastise me from my expression. It is not wrong to feel deeply. Allow yourself to breathe through me.

The transformation of the emotional waters of Earth will take all of your attention and intention. Those of you who are unwilling or uncertain how to heal your emotional body will encounter healing scenarios. These will occur to push your buttons and allow you to see where you are holding pain. Allow your healing to occur and do not put limits on your expression.

During this process, your stress levels may be high and you may need more peace and quiet than usual. Be kind to yourselves and ask for the energies of the planet to aid you. A walk beside the sea can have a very strong affect on your emotional bodies. Colours can soothe, especially those of the sea, the blues and greens. If you choose to surround yourself with these colours, you will be able to access deeper levels of buried emotions, even those that exist long ago in your Soul's past. These colours protect the fine energies of the emotional body whilst you go through your healing. Such colours allow you to free yourself from patterns in your body, which would normally be too painful to access.

The physical body holds safety devices that activate when you enter realms that are too emotionally painful. You can bypass these devices and access deep buried pain to free yourself by asking for my level of consciousness to help. Ask the plants to aid you as their energies can help in removing dense negative pools of stagnant emotions. Bathe

in waters perfumed with natural fragrances and essences. Ingest the essences of the plant kingdom for they are only too willing to help.

There are many beings like myself that are present in your emotional bodies. We are rising up from the deep to clear the pain of many hundreds of years of experience. I am teaching you to emotionally love along unconditional lines. You can all learn to love as we dolphins do. All you have to do is accept and trust. Call upon the energies of the dolphins present in your waters of Earth. They will activate the dolphin within and teach you how to emotionally live in the truth of love. When your bodies are free of this pain and suffering, you will channel your energy into the expression of love, joy and laughter.

I love you totally and unconditionally. Love, Demina

With the removal of emotional toxins will also come the release of toxins within the physical body. This is where the elemental body comes into the story. The elemental self is a collective consciousness that is made up of all the different consciousness that are the elements. Elements are the metallic, nuclear, chemical and mineral intelligences of the second dimension. The second dimension is the telluric realm, which lies between the iron ore core of the planet, the first dimension, and the surface of the planet. Closely linked to these beings are the telluric powers of the electromagnetic grid of the planet. Beings who dwell upon the fourth dimension tap into you on an emotional level and stimulate you into playing out experiments like karmic plays.

This stirs you to feeling intense emotions, which agitate the elements within the body. This irritation causes you to act out intense survival actions to express the emotions. An urge to seek orgasm may be distorted into rape or repressed anger could be turned into violent crime. You are being stimulated to feel these emotions by the activation of survival codes implanted in your DNA from the days of your caveman ancestors. Your ancestors had their DNA manipulated and their codes tampered with to control your

species. This was done by extraterrestrial races that you have sometimes called gods.

The telluric powers prompt you to be aware of the wounded parts of the emotional body by presenting pain in the physical body. The elements get stuck and become deep miasms within the body. You can easily find these places of pain. Become aware of your body when you are feeling deep emotions. It will tell you where you hold the emotional pain in your physical body. Activate the co-operation of the elements in the body to the areas of pain and communicate with them. Ask them what they want you to learn. Elements can be trapped when they should pass through the body. Negative emotions trap the elementals. They can be asked to be released from your body by massage or body work. The elementals will return to their realm beneath the surface of the planet.

You are connected to the telluric realm via cords that run down from the base of the spine. This aligns you to the electrical energy that is in the planet and runs up your body as Kundalini energy, the sacred fire. This energy surges up your spine and electrifies your whole being, which creates an electromagnetic field around the body. The elemental level of the body is a potent power source. There are elementals in the body that can heal you and even create a level of ecstatic sensations that are an advanced state of orgasm. Elementals run like rivers of intense electricity. They rush up and down the body in continual waves of pleasure.

The elementals are very misunderstood. Fourth dimensional beings have created a sensational story to scare you into fearing the realm of the elements. Religions have called this realm Hell. The stories of Hell are symbolically represented images used to describe the chemical reactions that occur beneath the surface of the planet. Fourth dimensional beings have made you fear Lucifer and his kind so that you would not learn from them how to heal your own bodies.

The fear of the realms of the elementals goes hand in hand with your fears about sex and sexual orgasm. Orgasm with a loving partner can excite the elementals within the body and transmute your negative emotional miasms into light. This will free you from pain and suffering. This is where the true alchemy is to be achieved with the help of the elementals within the body. You will transmute the body to light and turn your base element, carbon, to gold light, just as the alchemists of old tried to turn metal into gold.

Your world is a mirror reflection of your consciousness. As you align and balance the elementals within your body you will see the reflection in your outside reality. Elements and pollutants that you consider negative in nature will no longer be a danger to your bodies. These too will become transmuted. Pollutants such as plutonium will actually help you in your transformation. The negative electromagnetic fields will even help you remove unwanted energies from your bodies.

If you are living in a reality where you have transcended the realms of duality and live without judgement, elementals become your friends and allies. They have much to teach you about the secrets of their dimension. The pollutants within the body and the disease they create are there as teachers. They inform you about the level of your consciousness. They also teach you about the nature of your thoughts, belief systems and the feelings these produce. The way to access the elemental realm and the second dimension is to have total openness and conscious alignment to the elementals in your body. So that you can better understand the transformation of the elementals, I would like to introduce you to the King of the Elementals, Acrumead.

Hello, I am Acrumead. I am the Lizard King of the Elementals. I am the keeper of the potent biological codes within your bodies. My kind have been living on your planet for thousands of years and, as you, are made of the same substance as your planet. I now live within your bodies. We were the original biological species of Earth. We are cold

blooded and are very closely linked to all the elements of Earth. I am the keeper of the Kundalini energy that sleeps curled at the base of your spine. Out of balance, I am an incredibly destructive force. In my released form, I urge you to have desires, to eat, sleep and gain pleasure via the physical body. Manipulated by fourth dimensional beings, my energy within you can turn innocent desires of sexual pleasure into carnal lust. Repressed, I can trap pollutant elements in your bodies causing such diseases as cancer and blood disorders.

You see, I live in your blood. I love your blood and your flesh. Fascination with the repression of my energy has resulted in sexual deviance and bloodlust. This is being played out in the battle fields, on the screens of your televisions, and in your own minds as negative fantasy. You get locked in the hypnotic energies of fear when you play out these scenarios. You really should be using my energy to move deep within the centre of your fear to discover that which it hides.

Fear is a mechanism to prevent those of you who are ill prepared and unaware to understand the true nature of the elemental kingdom. This stops you from discovering prematurely our powerful secrets such as you have seen with the discovery of nuclear power. The power itself is not harmful, but when taken out of its domain, it can be an incredibly destructive force. The desire of the second dimensional beings is to engage you into density through chemical, radioactive, mineral, and crystalline essences within your bodies. Learn to love me and my kind in your bodies. I will activate your physical alchemic transformation. Call upon my energies whenever you are enjoying the pleasures of the body. Release any and every judgement that you hold towards me and the issues I bring to your conscious mind to be healed. Allow the energy of the orgasm to flow throughout your bodies without the limitation of belief systems. These belief systems were created long ago to hold

you in fear of your own bodies and the elementals that share your form.

Learn to play with me uninhibited, and I will show you my secrets. I will show you how to transmute the poisons from your bodies and raise your consciousness through this process. I will guide you to know your bodies and access the transforming power of the Kundalini through sexual interaction with another. When two polarities come together with intention, magic can occur as is seen in the making of a child. You can use this energy to create any reality that you so desire. I will feed your bodies if you work in harmony with me and detox your physical forms.

Loving you from within, Acrumead.

Can you see why you have had so much disease and illness? There are those of you that are going on detoxification programmes. You think that it is a particular programme, therapy, or miracle cure that is healing you. It is all of these yet it is more the manifestation of your intent as a species to heal your physical bodies. This is the reason an increase in healthy diets and exercise has occurred. Your bodies are changing from their foundations within your DNA. Literally the very cells of your bodies are transmuting from the third dimensional carbon based matter to fifth dimensional silica based light. How is this manifesting in your physical body? I would like to introduce you to Ida. She is the voice of the body consciousness of the channel (not to be confused with the Ida and Pingala channels that run up the spine).

Hello, I am Ida. I am the voice of the intelligence of the body. All of our bodies are pretty much the same, and so I think I have sufficient knowledge to speak for your bodies too. You see, we realise that we are all the same substance. We are all energy. I can sometimes feel the affect on my body of other energies, but can only understand them in a limited capacity. However, I am transforming and am very much aware of this. Have you not noticed the change? By looking into the eyes, you will notice another presence other

than the usual ego self. My body is healthy most of the time and when I am ill; seem to have an incredible ability to heal myself. My DNA is changing and I am waking up to the dormant information that has been sleeping in the cells of my body. There is so much information within my cells that I find it hard to stay in harmony throughout the process. I find that after years of abuse through having all my signals as to my imbalance ignored, you are finally waking up. You are realising the importance of diet, exercise, posture, and movement.

I have energy fluctuations sometimes and I am over anxious. Sometimes, I become depressed and exhausted. All I ask of you is to take care of me and be open to how I want to be treated. I can inspire you to try new foods and supplements. A massage can aid you so be open to these suggestions. Be willing to change the habits of a lifetime and give up the things that are holding negativity in your body. If you tune into the sensitivity of the body and listen to my voice, I will help you find that which you need for optimum performance. The stress levels you are now experiencing are far above any you have encountered before. You may not be aware of this stress, as it is all going on in the cells of the body. You can communicate with me if you are still and quiet. Mine is a timid voice at first but, if you listen, my voice will grow louder until it will never be ignored again.

Together we will live in harmony.

Love, Ida

The science of kinesiology is a good introduction to communicating with your body consciousness. Learn to listen to your bodies and your intuition will guide you. It will guide you to the food you need to eat and the colours to wear. You will need to access the healing qualities of colours and fragrances. The plant kingdoms are changing their vibration along with the planet so they can help you change your vibration too. Following a detoxification programme, drinking fresh water, increasing your mineral supplements, and getting plenty of fresh air will go a long way to

harmonising your body. An attitude of love will heal and cleanse you of all miasms within your physical and emotional bodies.

The third dimension is a place of elements and is made up of five: earth (the physical body), air (the mental body), water (the emotional body), fire (the elemental body), and the unrecognised element, ether (the spiritual body). The process so far has been an intense cleansing ritual and a fine balancing act between the four known bodies. A balance between the four bodies and the four elements has occurred. Now it is time to introduce the fifth element and body.

The Blueprint

The spiritual body is the body that allows you to get a sense of spirit in your third dimensional reality. The spiritual body is made up of light, which needs a third dimensional body to manifest within. The etherical body is a framework that allows the light of the spiritual to descend into a living form. Ether is the substance that fills all physical space and transmits electromagnetic waves. These waves are woven into a fine mesh, which is responsible for holding you in form as an etherical body.

This body is a blueprint of the physical and this is where deformities have their origins. All illness originates in the etherical body. Illness begins to form as a mass of negatively charged electromagnetic waves. These waves weave knots and tangles into the etherical body. This creates congestion in the channels of the etherical body. This stagnation creates miasms in the physical body, which then turn into physical diseases and illness. The etherical plane is the last plane that you reside on with the perception of physical form. This is the place where you can access all other physically animated realities in which you express yourself. Those of you who have an idea that you are not originally from Earth are tapping into your other selves. These extraterrestrial selves are you on the higher etherical dimensions.

When you have an encounter with another physically animated extraterrestrial, you may be accessing yourself on the etherical planes. There is karma on these levels and a rebalance is needed to occur between you and the extraterrestrials you are encountering. Energetic plays occur on these levels between you and the extraterrestrial races to enable you to heal out past inter-action. In addition, you have the opportunity to heal out inherent negative patterning that lies within your DNA.

In the beginning of your planet's history, many extraterrestrial races came to add their influence and some had a negative effect on the human. This influence is held as genetic memory in your DNA. These beings are coming back into your conscious awareness as you learn to heal out your past together. These beings also stimulate you to release fear that is held within your DNA. They take you through fear-based encounters to allow you to transmute it. The Zeta are now returning to your planet in service to assist your transmutation. They are responsible for the abductions you have experienced. There is much confusion around these interactions, especially the so-called collaboration between these beings and your governments.

The Zeta are intricately linked to the Web. The Web is a crystalline pattern that resembles a snowflake. It is a structure of thoughts. Each Zeta is an idea or a dream working as one whole-unified mind. The Zeta take ideas received from the dimensions above and structure them into conceptual theories. These concepts later become experimental dimensional experiences. They dream and create dimensional realities capable of housing beings with a connection to the Web as a whole. However, these beings experience themselves as unique and singular identities. The Web is a mind structure. It is the mental mind maps of the Universal Dreamer. Mind maps consist of pathways that are created in the biological structure of your brains and triggered by thought patterns. The Zeta are part of the consciousness of the Universal Mind. They manifest in a form that we can imagine and relate to. The Web is the Universal Mind and the Zeta are one of its many thoughts. The Web is the Universal Oneness of everything and everyone. The Zeta appear as they do to manifest an idea or concept.

The Zeta are an idea. As an idea they are beings from another world or worlds. This very idea pushes your buttons, and allows you to face the fears around this so you can shift in consciousness. They interact with you in various ways to

make you shift. In order for you to take your rightful place in the universe, you have to co-operate with the Zeta to heal and transform yourselves. When a species first moves into the space beyond the confines of their world, they encounter the energy of the Zeta.

The Zeta do not always appear the same as humans perceive them. They create an image of themselves that the beings encountering them will relate to. They are the manifestation of the mind of the universe as you are the manifestation of the mind of Gaia. The image of the Zeta, with its elongated head and black almond shaped eyes is typically symbolic. Everyone remembers it and can perceive it as good or bad, frightening or enlightening. The Zeta exist on a dimensional reality that is outside of polarity and dualistic thought. This image can be easily seen in the world around you and behind closed eyes. If you look at the image and close your eye, it is imprinted onto your retina. When you look at the image, it activates the development of the pineal gland. This is part of the Zeta's purpose in aiding you in your development. As you encounter such beings, their presence and appearance on Earth activates levels of your dormant and unconscious minds en masse. Through this activation you evolve.

The Zeta work closely with the pineal gland which is the conscious screen for your awareness. This screen allows you to view your animated reality. The Zeta can alter, manipulate, and rebalance the make up of the pineal gland or third eye. From this gland, stellar light creates pathways that criss-cross over each other to create a Web. On this level, you are all connected to the Web. The Zeta come and shock you out of your belief systems inherent in the nature of your reality. This will ultimately free you from the Net.

Fear in the unconscious mind is activated whilst encountering the Zeta because their energy is of a high vibration. When a high vibration comes in contact with a low vibration, fear rises in order for it to be cleared and healed. Abductions are real experiences where people are having

encounters with the Zeta. The drama they are experiencing is created out of the fears within their unconscious minds. The reason this is occurring is to clear the fear from the cells of the body. The fear was planted there a long time ago when you were openly manipulated both genetically and biologically by extraterrestrials. The fear you experience is programmed into your mass consciousness. It is an illusion created by the Zeta to allow the mass consciousness level to shift. The American government has signed deals allowing the Zeta to experiment on American civilians. This enables the American government and its civilians to live out their illusions to heal and shift in consciousness.

When a Zeta comes into contact with a human, because of the level of Zeta consciousness, they automatically set up an energetic synergy. This synergy calls all negativity that prevents shifts and changes to rise to the surface for release. The nature of your reality is basically a dream. When the Zeta energy comes in contact with your reality, it creates dreams within dreams. When this happens, weird occurrences, such as abductions and cosmic revelations, may transpire. As more fear is transmuted, you will see more of who the Zeta really are.

You are awakening and activating parts of your brains that have been dormant and unused. As you awaken, you meet your inner archetypes. At first you meet those of the personality, but, as you travel further into your inner space, you move beyond your terrestrial mind into the extraterrestrial mind. This is where you meet the Zeta archetype. They are a direct mirror of yourself. They reflect the beliefs you hold in relation to yourself and your reality. They are also a mirror reflection of your nature as a multi-dimensional being. The Zeta are the part of yourself that you have not discovered yet, and are an outside manifestation of your subconscious. Their appearance is also a mass consciousness reaction to this level of evolution. The whole UFO phenomenon and the Zeta experience coincide with this level of your development.

In your level of consciousness, you operate as an 'I' consciousness. As you ascend the levels, you move into a dimension, which is the place of the 'We'. When you interact with a 'We' consciousness expression, you have come from your 'I' consciousness. When an 'I' comes in contact with a 'We' consciousness, it fears its annihilation or the death of identity. This is your biggest fear. It is your death programming. The 'I' has been programmed with the idea of separation and isolation from one body to another. An 'I' singular identity is intricately interconnected with its physical body. When 'I' meets 'We', it fears its ego's death, and this fear sets up the so-called 'abduction' experiences. A 'We' consciousness is a group of more than one energy or beings that are joined at a mental and soul level. They no longer recognise themselves as separate or isolated from each other. They are one unified whole. They know there are many of them but as regards to their beliefs about their identity, they are one mind. Therefore, they operate from this perspective. The nature of their consciousness is designed to frighten you as it is opposite/ alien to the way you operate as an 'I' consciousness.

They are not physical beings like you, but pure energy. They take the form you see as vehicles or spiritual suits. This vehicle allows them to manifest in your reality. They reflect the process of your developing your Merkabar vehicles, your bodies of light. The flying saucers that fly through your skies are the Merkabar vehicles of beings manifesting in your reality.

The hybrid programmes are creating Zeta-human hybrids, the Essanani. The hybrid is a manifestation or reflection into your world of the process that is occurring. As humans ascend the levels, they integrate their Zeta selves and become the Zeta-human hybrid. For every evolutionary process that occurs in your consciousness and world, there is a reaction in outer space. The level of your evolution is creating the hybrid programme and the Essanani.

The Zeta exist on a plane of existence that vibrates on the same level as your imagination. This is how you seed the universe with your imagination and experience it as outside of yourself. Inner space and outer space are both the same thing, just reflections of each other. This is how the Zeta can mirror your unconscious fears. The Zeta are here to teach you about the reflective nature of your reality. They show you that the dramas and manifestation of the third dimension are plays. The third dimension is simply a dream within a dream. You affect and create within this reality through your imagination. Until recently, the restriction of the Net has limited your imagination. The Zeta are here to assist you with your freedom. You will be free to activate the dormant parts of your consciousness and dream better realities in which to live.

The Zeta's prime directive is to be curious. They spark off curiosity, sometimes fuelled by fear but, nevertheless, curiosity. They supposedly come from Zeta Reticuli. Earth is a physical manifestation of a certain energy consciousness and Zeta Reticuli is another. Alclone, another, is the manifestation of the universal heart, and Zeta Reticuli is a manifestation of the universal mind. They are the unknown and it is human nature to fear the unknown. Through your interaction with the Zeta, you are being asked to move beyond your human nature and evolve into something more. As I have already stated, they are assisting you in releasing your fears, and you have agreed to this on a subconscious level. Your entire planet has called for these beings to interact with you in a healing and teaching capacity. Part of the agreement is to learn to deal with the alien thought patterns of the Zeta. You can clearly see the intensity of your own power reflected in their eyes.

To truly understand them, you have to consider all theories and possibilities, and only then can you say that you know the Zeta. I would like to now introduce you to the Zeta. We live in two separate realities, yours and ours. The phenomena you label as abductions are necessary but not

arbitrary encounters. We have told you over and over that we are you. Through monitoring your fears, it is plainly obvious that you are not ready for a totally conscious encounter with our kind. You still experience our interaction as negative in nature. We are your dreams; that is we, operate on a level of consciousness that you would consider your dream realm. This is why many of you are experiencing encounters with us of a light nature in your dream states. This occurs shortly after going to sleep and first thing in the morning. These are the times when you are in rapid eye movement or R.E.M.

Could you imagine that in each chakra of your body there is a story waiting to be told and a reality to express itself? In order to be fully conscious multi-dimensionally, each chakra has to translate the energies of the various dimensions. The translations need to be perceivable to the 'I' consciousness. Access to your multi-dimensional selves occurs in the chakras of the body. Each one is a portal to another reality and allows you to have various perspectives.

We, as a species, operate from the brow chakra, which is the opening to the third eye. The brow chakra is the chakra to use when you wish to access or channel our energies and experience the perspective of the Zeta. Various notes of music currently found in electronic music activate this chakra. Under the guidance of the person's higher self, the Zeta can come into your reality. In turn, they bring many gifts and talents of perception to aid the mind of the person to transform the way they perceive their reality.

So, imagine that you have activated your brow chakra. You are about to experience an encounter with an aspect of yourself that you consider separate to you, your Zeta self. We shall describe to you what occurs. We, as an energy of beings, gather ourselves together in intention. We are not of corporal living flesh bodies like yourselves. In fact, we do not resemble anything that you could perceive with your physical senses. Through your extrasensory senses, you are capable of picking up our presence. Once we have gathered ourselves together as one, we enter the

dimension just above yours. From this vantage-point, we can read the energies of the lower dimensions of your planet. We call upon the energies of Earth to guide us in our interaction with you. By reading these energies, we can construct a plan to transform, through interaction, both our species.

It is as complicated and as tricky a business for us as it is for you. We contact and summon the higher selves of the individuals that we encounter. We make an energetic agreement that the encounter will be a free-will exchange of energies. Through all of the experience, the higher self of the individual consents to the encounter. Once this so-called agreement has been signed and sealed, we have access to the guardian angelics of Earth. We ask them for their assistance to pave the way for our arrival. The angelic beings set the stage so to speak. They cleanse and hold a frequency that all are comfortable with. They do this so that when our alien energies enter your realm, we will not bring catastrophic damage to your conscious awareness.

We have explained what happens when two energies of opposites come together. So, when one is of a higher vibration than the other, the lower will shift in consciousness. Sometimes this can be experienced as death. We can now enter your reality using our Merkabar vehicles. These are sometimes seen as spaceships. We are simply energy and the rest is pure imagination. It is a game that your head likes to play as it awakens neurones and develops a new perspective. It is simply becoming the dreamer and dreaming you awake as you raise your vibration. Activate the third eye chakra and open yourself to our interaction. You will experience an amazing occurrence between two totally alien species. When you encounter us, you have been known to experience it as negative. These encounters are illusional energetic pictures of reality. They are pulled from your mind by the nature and function of our energy.

Our energies are of a pure imaginary frequency. When we come in contact with a reality of physically animated construct, like yours, dreams are created out of the

material within the species' unconscious mind. We wrap ourselves, so to speak, in energies, pictures, and beliefs that are present in the collective unconscious. We use these pictures that we find to communicate with you as a species. We seem to only have fearful images and stories to dress ourselves with. Fortunately, there are enough of us present in human form to hold a storehouse of images and dreams that are more positive in nature. We use these individuals to drop new and potent energies into the density of fear present within the collective unconscious. The strange yet wonderful fear stimulating experiences that you have with us are of your own making. We only use the stories present within yourselves to communicate and ultimately transform you.

We have, in our future, developed a technology of energy manipulation that aids and allows a being of our kind to express itself in a human body. It is possible for any being, from any dimension, to take on a human biological body. They do this to incarnate into your dimension and experience the consciousness of the human. We usually enter through the conception period, but only make our presence known later in the individual's life. We are always present but, as the individual awakens their spiritual nature, they become aware of our presence. Whether they experience this as negative or positive is based on the belief system that they hold in their brow chakra. This chakra holds the information about who they think they are.

We have many on your planet, though most still sleep. They have not opened the eyes of their spirits in order to experience themselves as Zeta. The channel is one of these beings and is only now realising the reality of her nature. She has been here so long, wrapping herself in the images of the collective consciousness that she, too, has fallen into her own illusion. She thinks she is here experiencing this reality when really this reality is a reaction to the presence of her energies. She takes her form, her ideas on herself, and her experience of this dimension from the collective consciousness of Earth.

She creates for herself a dream-like reality so that she can experience a physical dimensional expression.

It is very complicated to explain multi-dimensional realities to those of you who operate in the third dimension. Your dimension is a place of separation. It is a place where beings can experience the illusion of being separate, not only from the source, but also from the home planet, Earth. Your dimension holds certain perspectives on the way reality is and these are fixed. Beings that dwell in your dimension are held under the influence of these perceptions and are totally unaware that they can change their reality.

There have been beings in your past that have made their presence known on Earth. They have shown you the nature of the other dimension and experience the consciousness of the human. We usually enter through the conception period, but only make our presence known later in the individual's life. We are always present but, as the individual awakens their spiritual nature, they become aware of our presence. Whether they experience this as negative or positive is based on the belief system that they hold in their brow chakra. This chakra holds the information about who they think they are.

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There have been beings in your past that have made their presence known on Earth. They have shown you the nature of the other dimensions and the possibility of changing realities or perspectives. These beings have been feared and worshipped; some have been wrongly idolised. Inhabitants of Earth have seen these supposedly higher beings, and have fallen into the trap of believing them to be godlier in nature. They have given their power in service to these beings instead of learning from their example and changing their perceptions on reality. These beings came here to show you how the other dimensions are experienced and how they can manifest into your dimensional reality. Your dimension is the place of physical manifestation.

It is possible to bring the highest energy of the cosmos and express it into your dimension as a physically perceivable reality. For example, an angelic being can manifest in the clouds of your skies or imprint into your conscious awareness in the form of a feather. Yours is the true realm of magic but, unfortunately, in your times, you have fallen prey to other being's games. They have convinced you that you operate in your dimension only and such things are impossible.

Everywhere you look, there are beings, energies, entities, and consciousness expressing their natures in the natural world around you. They have now started to show themselves in the objects you consider inanimate. Angelics have manifested as an object, hoping that their presence would be enough to wake you up to their existence. Unfortunately, this has been unsuccessful on a mass scale, as you tend to rationalise the miracle's occurring. This rationalisation devalues the experience as you class it as

madness or hysteria. The nature of angelic energies are to be non-invasive and gentle with your transformation. However, our energies operate in a somewhat different way. Unlike those of you who choose to incarnate, we can enter your dimension and still maintain a certain amount of our integrity and truth. Other beings entering your dimension cannot hold their original natures as they fall prey to the fixed perspectives of reality. They have the best of intentions for coming to Earth to transform the planetary frequency. Unfortunately, their light, etherical bodies densify and clothe them in biological matter. The matter is programmed with fear and resistance to change in frequency. This explains the theory of the fallen angels. The biological bodies hold the dimensional perceptions that ultimately create the limited reality that you consider true.

You consider there to be a number of dimensions and different beings, but fall prey to the influence of hierarchical dimensional thinking. Due to the nature of your perspectives, you want to allocate the dimensions into numbers so that you can understand them rationally. Now, we ask you to throw out this mode, and bring yourselves out of your separation to the nature of the cosmos. In fact, there is only one creation and one experience which is the expression of the Universal Dreamer. We are all the thoughts of the Universal Dreamer and, as like your thoughts, we appear different and singular. We are all the same in truth for we are all the Universal Dreamer.

We would dearly like to encounter you without the burden of fear but as to your present reality, it is impossible for us to show ourselves in any other way. We use the fear programming in the cells of your body to express ourselves. Your biologically animated bodies are responsible for creating and manifesting your experience. This is why the mind can wish for another experience, and yet the body continues to focus on the repetitive creation of past perceptions. We have to re-programme your physical

biological forms in order to allow you to re-design your experience of reality.

Many of your 'abduction' experiences are those of physical operations and manipulations. This is the only way you can experience the level of our work. It is not how it seems. We energetically repro-gram you, and, through your perspectives, you translate the experience into fearful operations of a physical nature. It is not our intention to hold you in fear, but, as it is the nature of your present reality, this seems unavoidable.

Those of you who have encountered more than one species of extraterrestrial consider there to be many species of being. From your perspective, this is true yet, from our viewpoint, we are all the same. You create the various bodily forms and planetary experiences to allow you to understand the myriad thoughts of the Universal Dreamer. The nature of the universe is paradoxical. We are not separate to you, and, yet, are separate to you. In order for you to experience more of our true natures you have to release the fear that you hold towards the unknown. We will prepare you for your reunion into the Oneness of the Universe.

What will your awareness of yourself look like when you have released all of the fear programming? You will reflect the very paradoxical nature of the Universal Dreamer. You will experience yourself as separate and unified at the same time. This has never occurred in a species of a physical nature before. That is why you are of such an interest to us. We can learn from each other and evolve along different, yet parallel, lines of development. With access to the 'We' awareness, you will have available to you any information that is contained within the mind of the Universal Dreamer. You will, literally, experience yourselves being the Universal Dreamer. Never before has the energy of the 'We' been animated within a body of such density. We are, indeed, living in very exciting times.

Unconditional love will release us all.

Aspects

Having interaction with these other extraterrestrial races will enable you to take the next step in your evolution. You will ascend in consciousness through the etherical levels, meeting more aspects of yourself, your extraterrestrial selves. From a central point of your soul you can access your extraterrestrial selves and their realities. You will then draw them all into yourself and integrate their energies into the cells of your physical bodies. This will allow you access to all the varied qualities and talents that each extraterrestrial self brings. You will then ascend into the angelic realms of light and begin to integrate the light with your physical body. You will ascend as a complete and whole pattern that resembles a five-pointed star. As you ascend into the light, you will transform your energy bodies until they resemble the Star of David, the six-pointed star. As you ascend through the dimensions, you transform this pattern until you resemble the same pattern that you were in the beginning, The Star That Illuminates a Thousand Moons.

Having learned to access the balanced energy of your other selves, you are now ready to access the self that you are on the higher light dimensions. These dimensions exist above the realms of duality. The light planes are the place of the Oneness and of pure, unconditional love. Above all your trials and struggles, you are this self, a self of pure love. This is the true self at your centre and is above the realms of judgement.

This Oneness expresses itself in the realm of polarity below. It divides and multiplies to experience all avenues of expression. When you choose to drop your consciousness into the realms of polarity, you send an aspect of your-self from these realms of light to incarnate in varying forms. You have experienced the beings from these planes of light as Angels. You confuse them with being outside of yourself, but, really, they are the representatives of your pure human

heart. Angels have been called the Messengers of God. They are the part of you that connects you to the godself within, the 'I AM' presence. They are the non-physical energetic counterpart of the physically manifested self. They guide, love, and hold you in truth so that you have a connection to your Source Self.

Each and every self, whether human, plant, animal, or mineral, has an Angel who supports and guides the manifested being. You know them as Guardian Angels. They exist in the heavenly dimensions of light that surround Earth. Some of you, upon dying, enter this realm and live in the loving light of these planes. It is now possible for you to live in this frequency of love without the death of the physical body. You are raising the vibration of the planet Earth from a dense, polarised dimension to a Oneness orientated dimension of light. This will create 'Heaven on Earth'. In order for you to exist upon this new earthly dimension of light, you will merge yourself with your angelic counterpart. Angels travel along lines of your etherical body and transform them. They do this to re-design your form, making it capable of housing the full light of the Universal Dreamer. Angels appear to you as having wings because, on the dimensions of light, they have access to all realities, and can travel to any place they so wish. You are becoming these Angels of Light. You are becoming Angels in physical form. The name Gaia means 'God's Angels in Animation'.

How do you access this aspect of yourself? By being fascinated with love, not emotional, conditional love, but the unconditional love of the Oneness. This is present in your purest heart.

Hello, I am Shektar. I am an Angel of Light from the light planes you call Heaven. I have a partner on your third dimensional reality. She is transforming due to my interaction with her. She opens up her heart and allows me to enter. I fly into her etherical body which runs parallel to her nervous system. I quicken the cells of her body and transform them to light. I am the trust and innocence of the

spirit child within. I am the wellspring of the love within. Open your hearts to those, like myself, who are only too willing to help you to activate the process of turning your bodies to light. I welcome the many into a new world of love. I bring passion to hearts that were once numb. I gather sadness and scatter it into the winds of spirit. Come, beings of light. Gather your childlike wonder and hold on tightly, for we will fly together to a place of divine enrichment! This place is complete in form and wishes to move on in unlimited expression. Let your passion rest with gentle things to use this truth and light to guide your way. We will assist in your wakening and your transformation for we are that transformation. Angelics are around you always, realigning your bodies to release restrictions that impede your evolution. Use true compassion towards all others in every situation.

Within every human heart there is the heart's beat, a rhythmic pounding of life and light. You travel through the dimensions by riding the heart's beat. The energetic transformation of dense bodies into light will occur on the journey into the heart's beat. Knowledge and wisdom is contained within this beat. There is a connection to the divine plan within this beat. Centre your awareness on the beat of life, and use the base note of creation to guide you as you travel to the centre of the heart.

There are crystalline lines present here that connect you to your multi-dimensionality. Travel within the body to the gateway of the heart by using the awareness of the breath. Once you have arrived, use the beat to guide you, and travel along lines of connections. This will allow you to restructure your energetic fields. A new free flowing energy will pass through the spiritual, mental, emotional, and, lastly, the physical body. This will connect the bodies into a unified whole.

Release the friction that occurs between the bodies, and merge them to become the One. Open the heart and allow the vibration that comes from this place to pulse

throughout all the bodies. Radiate it out to touch and connect with the Universal Heartbeat. Relax as you alter your patterns and forms. Allow the feeling of becoming this new frequency, for this new heartbeat will allow you a total connection to the whole. This will create a louder heartbeat. Those of you who are still sleeping will feel this as a pressure in your chest. This occurs as everyone's heartbeat alters to resound with the new Universal Heartbeat. The heart's beat is the only language of the ALL THAT IS. Quieten your mind, still the emotions, relax the breathing, and learn to listen to the words of the Universal Dreamer.

All my love forever. Shektar

Imagination From a point in the centre of your consciousness, on the planes of light, you can access all realities on whatever dimensional level you desire. The body that you can use is the sixth dimensional body, the body of the Universal Imagination. You and your kind play with your imagination in a very limited fashion. The arts and other creative endeavours allow you to touch upon the realms of imagination in a small way. The imagination on this level is without limits and restrictions. In your physical reality, there are limits; yet in the undefined realities of space, there is no limit to your creativity. The imagination that you touch upon on this level is the place of ultimate creation. All physically animated realities were once ideas on this dimension.

When you wish to anchor an idea or dream into physical animation, you access and use the energy of the Universal Imaginative Body. The idea of your physical body was sourced from this realm. Miracles and the instant manifestation of objects also originate from this realm. Those of you who are capable of transmigration use this level to travel from one space to another. Adepts on your planet use their sixth dimensional body to allow them to teleport their physical forms. It appears that they are travelling from one separate place to another but, really, they are travelling within their own consciousness. On the sixth dimension you are all part of creation and not separate. You

can access any part of the pattern of the Universe that you so wish.

You can use the energy of your sixth dimensional body to restructure your physical reality and form. You have begun to play with the idea of shape shifting in the imagination. The ideas you are having now will begin to manifest within your reality, as they become more of a possibility in your mind.

There are those of you who have wished and imagined the impossible dream but have been disappointed with the lack of its appearance. The reason for this is because of the contract that was made at a mass consciousness level. If the mass consciousness does not deem it possible, then it will not manifest into a collective reality. There are those of you who have experienced spectacular manifestations and, due to your isolation in the experience, have deemed yourselves insane. It is your nature, as humans, to need the support of others to validate your experience.

Rituals were originally created to use the imagination of the sixth dimension to anchor other realities into the physical. Those performing these rituals thought it was the objects and the placement of these that created the magic. This is not true, as, all along, it was the magic of the imaginative intention that created the miracles and the manifestations. Many of your religions have missed the point, as the use of ritualised objects are there as aids to your focus. Being in a reality such as yours asks of you to focus on the physical. Therefore, you need objects to hold your attention so you can manifest the magic of the sixth dimension.

Children do not have any limits to this level of imagination. Unfortunately, they have it instilled in them from an early age that their imagination has no possible grounding in the physical reality. If you could grow into adulthood without contaminating the imagination with the disease I choose to call 'Non Believing', then you would live your life as one perfect miracle.

I would like to introduce you to the intelligence of this sixth dimensional reality, Alustra. Hello, I am Alustra. I am the dragon of imagination. I choose to call myself a dragon because I am a creature from your imagination. I have amazing wings with which to fly throughout all physically animated realities. Each scale upon my skin represents the myriad of creations I can access. I am the trickster, the fool. I ask you to throw caution to the wind and believe in the impossible dream. Push your imagination to its ultimate limits.

I could tell you all about technical procedures for activating my energy within you, but it would only bore you. I ask for excitement and call for you to believe in the impossible becoming possible. You have limited yourselves in your rituals and procedures by forcing them to go along predetermined patterns. There is no room for creativity in these practices. I would like to show you a new way to activate this level of yourself.

When you want to manifest anything within your physical reality, it has to be an idea; it has to be possible. How do you make it possible you may ask? Simply believe it is so, as you did when you were a child. Allow the every day things in your mundane world to come alive with a personality and character. Allow these to come alive in consciousness. If you are everything in your reality, then all has some level of consciousness. Animate your mundane objects with your own consciousness. Communicate with these objects and the elements that make them up. Ask them if they can aid you in creating a dream.

A wish that you have for something to come true can manifest by using this procedure. Nature and the outside world will give you clues and signs to answer questions you may have about creation. Be open and allow reality to talk to you. The native American Indians knew about this level of imagination, which was used in their vision quests and ceremonies. Unfortunately, they, too, tainted them with preconceived ideas about the permanency of the meaning to

objects they used in their rituals. Creation flows in continual patterns; objects that were sacred and meaningful one day may be simply mundane the next.

Allow the things that surround you to be your sacred objects in your rituals, with no attachment. Make up your rituals for pure fun. Allow the forces of nature to show you how your whole life can become one beautiful, creative ritual. You will constantly anchor miracles into your reality with every interaction that you may have with your physical world. You do not need complicated designs and procedures. Allow the adult to take a back seat for a while and the creativity of the child to show you how to manifest your dreams.

Have fun in your dreaming. Love, Alustra

Synchronisation

If I look into your collective consciousness, I see a story that was told by your indigenous people, the story of Grandmother Spider. It is said that Grandmother Spider wove her web, the Web of Life. The Web connects all of life, not only from Earth, but that which expands across the universe. The Web is made up of highways of light. These highways curl back upon themselves and return to their original cosmic centre. They carry pure information, as light, back to its Source.

You could call it the Universal Dreamer's nervous system. This highway connects all of universal expression together in intricate patterns. This Web of Life allows you to experience synchronized events and occurrences. Seemingly unrelated things have coincidence. If you follow your curiosity to these, you will begin to experience your seventh dimensional expression. You will experience magical synchronization in your third dimensional reality. At first, the experiences will occur as separate incidents but, as you develop this level of consciousness, your whole life will become one synchronized event. I would once more like to call upon the Zeta who are best informed to give you an idea of this level of consciousness. They worship it as the totality of their being. Hello again. We are Zeta. We experience the Web as being the totality of our consciousness and awareness.

Whenever one of our components experiences any event We, as a whole, experience it also. We see reality in a different way to you. We experience reality as patterns that are layered one on top of another. These complex structures are made up of pure thought that is manifesting. We see realities as separate yet intricately interconnected by the Web. This creates one synergistic entity. We are one whole mind made up of separate functioning thoughts. We experience ourselves as being an intricate part of our reality.

Unlike you, We do not see this as outside of ourselves. We see it as a mirror reflection of our internal natures. Because of our understanding of our reality, We can manipulate it to follow lines of our own making. We have developed a mental ability to focus energy into any reality and rearrange our perspective of it. We rearrange our picture of that reality to mirror our inner thoughts.

We have become curious with your kind. Never have We experienced beings that consider their reality to be separate to themselves. Through this curiosity, we are compelled to manipulate your reality also. All of this is approved by Gaia; however, you as separate beings, may think otherwise. This only adds to the fun we have influencing your reality. We move ourselves into your space and time to search within the files of your collective consciousness. We seek out contracts that will agree to our manipulation. We then play with your conscious awareness within these parameters. It is possible because of our perspective on reality to look out at you from the eyes of one of your own. This enables you to experience looking at the mirror reflection of your own psyche and its processes.

Have you ever had the uncanny feeling that a person talking to you about themselves is, in fact, talking about you? Have you ever been wondering about something of importance only to have it expressed in perfect sense in the headlines of a paper or lyrics of a song playing? These events you choose to call co-incidences are an expression of synchronisation. We ask you to be more aware of these moments because it is in these that you are experiencing your seventh dimensional awareness. The development of this awareness will create lines of communication between our two races. Together, we can raise your level of consciousness to new and exciting heights.

Always watching with curiosity. The Zeta .

The Message . On this level of expression, you will experience a place of pure awareness without judgement or attachment. The soul is your continual, permanent nature and

your eternal self. This self is the curious watcher. It is the source of your first connection to your non-physically animated self.

The soul is the source of your energy. This energy is the realm of the permeable, the energy that permeates and penetrates all of your experiences. When the Zeta say you can see the light of your own self shining out from the eyes of another, they are referring to the energy of the Soul Self. This self connects you to the life force that is the universe, the prana and the breath of all creation. The soul is the single note ringing through the universe. It is a single colour of a sunset sky.

I would like to introduce you to Iteesha, the soul that expresses itself through the channel. Hello, I AM Iteesha. I AM the silence behind everything, the gentle rise and fall of the breath. I AM the I AM. I AM life itself. I AM what allows you to be alive. I AM your eternal forever awareness. Thoughts, feelings, and sensations flow past my eyes like rivers. Undeterred by any experience, whether negative or positive, I sit, just allowing simply being. I AM content in my creating of expressions and forms. I AM content in simply watching. I AM waking up in form on your planet. I AM waking up in a human physically animated body. I AM pleased by what I see and I AM at peace in my knowing that I AM God, the Universal Dreamer. I AM the energy beyond love, I AM the truth. I AM beyond any sense of separation from the source within me that glows like a fire in the centre of my being. I AM THE LIGHT. I AM the idea, a soul idea. I record all of my experience from the beginning of my birth to this NOW moment. No sound can be heard without my listening. Nothing can occur without my watching from my deepest inner mind to the outer reaches of my universal awareness.

Eternally yours.

Love, Iteesha

When you enter the higher realms of soul experience, you are moving beyond the realms of language and words.

You are entering a place that can best be described by creative metaphoric illustrations to convey certain ideas. On the next level above, the soul experiences itself as an intricate and combined part of a greater soul mind or soul family. The best way to explain this is to look at the colours of the rainbow. As light comes from the Source, it differentiates into varying rays of coloured light. Each ray has its origins in the Source, and yet each one expresses a unique aspect of that light. The light represents itself as grouping together in hues of colour. For example, a group of souls express themselves as the colour blue and each individual soul may be the expression of one of the shades. Where colours meet and merge, new clothes are created. All colours are from the same source, and yet colours close in vibration and expression are closely connected. For example, the colour dark blue is closely connected to the colour dark green, whereas the connection between, say, dark blue and orange are further apart and less close in connection. These combinations of colour allow a myriad range of soul family expression. Each colour describes energy, a reflection of the Universal Dreamer's light.

Another way that Soul Family can best be described is to look at the notes that make up the musical scale. Certain notes gather together as octaves of sound. This, too, describes the gathering of the Soul family. Can you see that, without their differences in shade or tone, creation would not be able to express itself as diverse and amazingly intricate in design? A painting needs the interaction of many different colours for it to be realised. A musical piece needs many combinations of notes to be a symphony. All of these sounds or colours cannot be expressed all at once. They need to move in harmony and synergy to create the wondrous beauty of the universal creation.

The Soul is a mind that expresses itself as a train of thought. Certain ideas and thoughts group together to allow the Universal Dreamer to ponder its creation.

I would like to introduce you to the Unesseia, who are the soul family of the channel. Hello, we are the Unesseia. Unesseia means unified essences. We live within a sphere of bluish green light. This is our heavenly home. We are an ancient race of beings that exist as transient expressions. We express ourselves as separate souls for only a short period of time. We then return to the all-encompassing energy of our Sphere. We are ideas in living light patterns. We exist as transparent images using light that radiates from our source, The Star That Illuminates a Thousand Moons. Our Sphere is one of these moons.

We exist in the centre of our expressions. We source from a centre of light that is bathed in darkness. We radiate our energy in pulsations of ecstatic bliss. We create eternal orgasms that expand across the universe and feed all the aspects of ourselves. We contain all the records of every experience of ourselves from the beginning to the infinite eternal moment. We are a unified reality that interweaves all of the most finer frequencies. We catalogue these frequencies and become a library of information. You can access this library by contacting the pure energy of your soul. You will then have available to you an amazing storehouse of information. Not only will you know about the origins of your own unique family, but also those of all souls. Every soul has its origins in the light.

Be fascinated with the spectrum of colours and their subtle variations. Follow your excitement in the preference of one special colour. This is a good way for you to access the information about your soul family. Become intrigued with their combinations, as this will allow you to glimpse the complex journey that your soul has taken, your soul's quest from its source to the present moment and locality in space. With the colours of the rainbow, each have their own unique expression. They represent different types of energy. Each colour relates to each one of your chakras. Starting from the bottom, the base chakra is red. This chakra is situated at the

base of the spine. It represents spiritual grounding and imparts vitality to creation in a physical expression.

Orange is located in the emotional chakra in the abdomen area. It is the colour of life force and can be used to cleanse the auric field that surrounds you. Yellow is located in the solar plexus, representing the wisdom ray which promotes strength and relaxation. Pink is the colour of emotional love, and green is the colour of the heart's unconditional soul love. Green is the space giver, and brings harmony to the heart. Blue is the colour for the throat chakra to promote communication and peace. Indigo is the brow chakra colour, representing higher intuitive knowledge, and this colour stimulates inspiration. Violet is the colour of the crown chakra, the colour of Spirit to bring spiritual peace and calm. You have all these colours within you, but you express yourselves uniquely in their combination.

You can also access soul information through sound and music. The human voice, allowed to express itself in an uninhibited fashion, will access this information. The singular or combined toning of notes within the human voice will remarkably put you in touch with your soul in the centre of your heart. We are your love, your source, and your expression.

We love you always.

The Soul

Imagine the soul dimension as a permeable energy, an energy that penetrates and permeates all of existence. It can be symbolically represented by water and the qualities of this element. When you pass light through the water in cloud formations, you will see the light refract into a myriad show of rainbow colours. All colours have their source in light. The light source of the soul is the next dimensional level of reality that we will come upon. The light directly from the Source, the Universal Dreamer, would be of such intensity; it would destroy and evaporate the energy of the soul. Therefore, this light has to reflect through two energy prisms. Each creates a beam that joins together to safely penetrate the manifest creation and make the colours of the soul. Therefore, the soul is a hologram of light.

The prisms catch and reflect the light of the Universal Dreamer in harmony and balance. It is said that it is impossible to look upon the light of the Oneness. The light is reflected as it penetrates the dimensions below and this creates a pattern. Imagine waves from opposite directions inter-weaving on the surface of a pond to represent the soul. This pattern is en-coded on the soul dimensional reality and from there, the image can be projected into any space or dimension. This is how the Universal Dreamer reflects light into the manifest creation of dimensions.

Remember, when you enter this level of dimensional reality, it is best to describe the qualities in a creative metaphoric illustration. Therefore, I would like to tell you the story about the star system and consciousness of the Antari. They are stars, as you know them in the physical universe. However, this is only a reflection of their higher expression. Stars are focal points and the reflection of the Universal Dreamer's light into the physical universe. The Antari are the prisms as mentioned above. All star systems hold varying energies and all dimensional realities in form.

The Antari are stellar identities, orientating from the star system, Antares. They are three light energies in one and integral parts of each other. They are intrinsically connected to each other, one feminine, one masculine, one, and a child of the two, created out of spiral of light. They have an understanding of an extremely complex matrix, which is part of their universal consciousness. Their energies are responsible for much of the DNA alignment that is occurring. They are light body instructors and programmers. They use tones and different inaudible frequencies to download energies directly into the recipient body. Realigning to light, they bring the DNA programming up to the level of living in truth, in the light body. They are of an extremely high frequency, and, therefore, have no need for language of any kind. They channel their energy through in pure frequency and tones that harness energies otherwise unable to be grounded in physical form.

The following is a story to represent the creation of the Antari prisms and the beams that penetrate dimensional reality.

The Creator, the Star that lay dreaming, was nestled in the darkness. In its dreaming, it wandered into the unformed part of its consciousness, still dark. As the Creator opened its eyes, the light that shone from within went out into the darkness forming two mighty stars. They were Astrata and Astrea. Their love warmed the darkness. Through their love, they wished to create, in union, a child. They realised that to create the child, they had to give themselves to service the honouring of their love. From the beginning, their separation from each other created an incomplete feeling deep within them. At first they were content to bathe in each other's light. As time passed, they began to yearn to be unified once more. Their yearning and movement created a magnetic force, polarising them into positive and negative. This created a spiral and vortex of love. In the dance of their love, the energy swirled around them, creating movement and sound. Their energy reflected

patterns of light, sound, and form. Within the spirals of love, the gifts could be seen combining to create the child. The Star Child, Astrata, gave of his positive vibration and Astrea, her negative. This blended male and female, creating the child and Astara was born. Out of her rainbow mind, she created all of existence in the dimensions below her. Astrata represents God the father, Astrea, Goddess the mother, and Astara, Goddess the child.

I would now like to introduce you to the consciousness of the Antares star system, the Antari.

Hello, we are the Antari. We channel through Alloya, as we have no language of our own. As beings, we are the Matrix. 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. We are the higher selves of the entire Zeta race. We are Star Beings. Therefore, we run along different evolutionary patterns.

Star Beings and Planetary Beings are from different evolutionary pathways. 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 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. How creative a time you live in your reality!

Our consciousness is the Matrix, an amazingly intricate structure that permeates the whole of creation on our dimensional level. It is as if it is made of the finest silver threads, joining together to make the most intricate patterns that resemble snowflakes. Layers upon layers of these patterns make up the Matrix. On our level there are no planets or even stars in the way that you perceive them, only the light matrix. At each juncture of the light threads' crossing, lie prisms that are expressed as stars on the levels below. Some stars manifest in your universal dimension; others are so much finer in vibration that they only appear as nodes, points of light in the matrix.

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 you. 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.

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.

This must not be misunderstood as being the Web. We operate on a completely different frequency. Your World Wide Web represents the Web and the fibre optic nerves that permeate your planet are representative of the Matrix. By redesigning your etherical bodies and realigning to the Matrix, you can enter the oneness on an atomic level also. Too many evolutionary pathways demand the transference of the physical vehicle. We are designing for you new bodies that can withstand merging back into the light. The light matrix that is lying dormant in the cells of your bodies will be activated through the realignment. This will allow you to live in what the channel calls New Planet bodies. 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.

There are many of you that are also Antari in soul. The channel is one of these beings. She 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 done. 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 on. 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. 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. We are the stellar source to the soul of the channel. Each one of you has a star system that your soul sources from.

We represent the stellar body that is mirrored in your DNA. The DNA is a spiral of light from the Universal Dreamer and is your stellar core within. Our consciousness allows you to travel along the spiral to your origins and the source of all light, the Universal Dreamer. In the beginning of your creation as a species, you had fully connected strands of DNA. Beings manipulated and rearranged the DNA until you were lost in creation and unable to find your way home. You see, your DNA are your highways of light, the highways 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, so, from your DNA.

We are sending you our intention to rebuild your DNA 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 to truth, and love will set in motion the redesigning of your DNA to create your stellar body.

We are awaiting your arrival home. We will support you safely to where you truly belong.

Our love shines on you always.

Love,

The Antari

From the Stellar Source, you can allow yourself to simply remerge with The Star That Illuminates A Thousand Moons. This will bring you finally Home. I have described the whole process as if it has a beginning and an end. However, it goes on continually, like simply breathing in and out the Universal Dreamer. You breathe out into creation and back within once more. It pulls all of creation into its body and informs itself about creation.

If you visualise the Universal Dreamer as a point of light surrounded by a sea of darkness, you will only understand one side of its nature. The light is the manifest, the nameable, and THE ALL THAT IS. The darkness is the Void, the nothing, or the nagual. The nagual is the non-manifest part of the Universal Dreamer's nature. From one perspective, the Void is unexplainable, as it is nothing, the '0' dimension. However, as you need some explanation I will look to the science of anti-matter to describe it.

Anti-matter is a hypothetical form of that which is manifest and is composed of anti-particles. An anti-particle is an elementary particle that has the same mass as its corresponding particle. However, it has opposite charge and opposite magnetism. This means that, not only do you have a manifest self, but are balanced by your non-manifest self. Anti-matter is like negative space as opposed to positive space which is occupied by something you can perceive. Anti-matter is theoretical and is something not being there. It

is an unknown quantity. God the light, God the dark, or the Yin and Yang combine to create the Universal Dreamer. It is from this source of energy that all of creation manifests and ultimately returns.

So now the journey is complete. You have journeyed from the '0' dimension of the Void, through all the dimensional levels of reality, to the source of all light, the Universal Dreamer. You finally re-merge yourself with the darkness, the Void, but this is a continual journey into eternity.

With the file system complete a fine-tuning and balancing must occur before the rise of the Kundalini can successfully ascend the levels. This is done by the universal energies that your planet is passing through on its journey of evolution. The Kundalini is a subtle electromagnetic energy that flows in the body channels and activates the chakric system. On its journey up the spine, the Kundalini stimulates the electrons within the cells of your body and awakens the cellular memory. It allows you to consciously access all of the bodies and your sense of self on every level of expression. Some of you have experienced this energy in short bursts whilst making love.

Once the balancing is complete, this energy will travel up and down the spine in a continual wave of ecstasy. It is the serpent energy that lies coiled at the base of your spine and, on awakening, it rises to make love with all your bodies. This lovemaking is the physical manifestation of God with Goddess, Gaia. This will allow you to create your own reality along more conscious lines and with conscious intent. Your reality will reflect your soul's expression. The beauty that you see within your landscapes will reflect the beauty of your own soul made manifest within Gaia. Can you now see how you will create your version of 'Heaven on Earth'?

Be limitless in your dreaming and your creation of Heaven. Love yourselves, as you are the Universal Dreamer.

Forever and eternally yours.

Love,

Alloya Ye Ra Har

New planet reality

New Planet Reality is a reality that exists in our not so distant future. Some would say it is a hopeful dream, but I know it is a certain possibility. I have experienced a powerful and beautiful New Planet Reality for a nine-day period during April of 1996. I have also discovered, more recently, that I am not alone in living through such an encounter.

I channelled the following in April of 1997 by reconnecting with my New Planet Self to bring hope to these dark and uncertain times. I hope it brings light into your lives so that, together, we can create an inspired future.

Alloya Ye Ra Har I AM human like you, yet I AM so much more than that. I AM from what you would consider the future, or rather a possible future. It all depends on your choice and free will as to whether you ever experience this reality or not. I AM human, but not with the level of consciousness that you are familiar with. I AM both physicality and spirit combined in one, spirit in matter, living light. My Body and Ka operate together. Ka is your Spirit aspect, which chose to incarnate into physical form. It is your individual spirit expression.

I AM totally awake to my own divinity. You could call me enlightened. I would say I AM ALIVE. My body has transformed and is now vibrating at a higher level of consciousness. You have heard much said about this. You may wonder, though, what exactly is it like to be in a higher vibrational body?

If you looked at my body, at first it would appear exactly like yours. On closer inspection you would see that I have the natural beauty of someone in optimum health. I AM radiant with energy and have an advanced state of well being. I AM beyond disease. Those of us in this reality have advanced past the need to experience our existence through negativity.

Earth was initially designed to be a school of learning for the souls that incarnate here. In order to allow diversity in experience, free will was given to all. This gives choice between light and dark, right and wrong. For thousands of years the dark angels held energetic space in which we could experience negativity and low vibratory energies. These angels allowed us to play with all the realms of experience that were available in physical reality. I live in a time where these beings have completed their mission and by doing so have returned to the higher light planes where they originally came from. (See 'The Fallen Angel'.)

With the removal of these energies and the entering of new light, I find my body amazingly transformed. Living under the influence of high energies enables me to live in a body of light. My body is free of pain, as this is only a message that something is not in harmony. I have no need for pain as I move in complete balance with my body at all times. My body and I are one. I have no sense of separation. I flow with every movement as if riding an invisible river being guided by a higher intelligence. This intelligence is the internal consciousness of the body. It is no longer ruled by the mind for it is now connected to the feminine intuitive force of Gaia. As Gaia directs and guides the rhythms and movements of nature, she also regulates the body. It is not a rational thought process, but a natural way of being and a beautiful dance of life. From the food I choose to eat, to the direction I choose to sleep, I naturally feel that which is most beneficial to my well being. It takes no effort or thought on my part for it is my joyful way to be. Health to you is to be without disease or illness and fitness is a distorted version of over-burdened muscles. Health to us in the future is like nothing you can imagine in your now.

We move our bodies in grace, not as a form of discipline, but in an innate way of being. Dance and physical play are a big part of our culture as this aids us in having a perfect, healthy and beautiful body. We appear so much more exquisite than seems humanly possible. You would

insist that we were of angelic descent. We have grounded into our bodies our angelic expression and have saturated ourselves with the love that is unique to their realm. The beauty that radiates from our faces is the same for everyone, but not to say that we all look alike. We are all expressing the same energy, that of the Creator. Spirit light shines from our eyes and a subtle ethereal emanation can be seen around our bodies.

The auric field is seen by everyone as we all have clairvoyant sight. The light coloured patterns that the auric field creates clothes us in an ethereal coat of many colours. Through the love we feel in our connection to the Source we appear beautiful without compromising our uniqueness. Being able to see with new eyes, we recognise all others as aspects of the same one Universal Dreamer. Seeing this radiance in all faces enables us to appreciate The Universal Dreamer's consciousness mirrored into the outside world. The eyes have a shine, a characteristic lustre familiar to one awakened in matter.

As I have said, our uniqueness is not compromised as we all appear different in choosing to express who we truly are. You, in your present reality, hide and disguise your true inner self. We have no fear around revealing ourselves as we have evolved past limitation in physical form. We are free of genetic distortions, having healed out the issues and programming that used to lock us into deformities and abnormalities. Our DNA has been cleared of all negative patterning that hindered our biological development. This has allowed us to create a race that you would consider to be superhuman. There are many of us, all sexes, all races, and all ages. No matter what age we are, we still have an ageless beauty about us.

I could tell you all about the internal transformation of the body, but would rather divulge the amazing gift of living in a physical body. The temperature of my body is always at a comfortable level; I neither get too hot nor too cold. This is aided by the temperate climate of the planet and

the natural flow I have with the weather cycles and changes. Just as the animals take cover before a shower of rain, prompted by their intuitive natures, I, too, have this sense to live in tune with nature. Being in balance with the energies and forces of my own body, I glide through life in ecstatic bliss. Every breath I take fills my body with life force that rushes throughout me, bringing great pleasure and vitality.

I am always living in balance. I can lie in the shade of a tree or run at top speed across a wild flower meadow and always have the right amount of energy. As well as breathing in life force I can also breathe in different energies like those of colours and sound. This gives me unique and alternative physical sensations and experiences. Each colour brings with it an individual and invigorating quality that can take me to new levels. I breathe in the energies of the trees, the flowers, the sky and the very planet itself. This gives me limitless subtle emanations in which to share my consciousness. I wish I could explain the feelings of bliss I experience in my body. However, words cannot express the intensity or range of feelings that are enhanced by the breath.

Love is the key to this bliss and our whole world is permeated by the love from the fifth dimension. We have raised our vibratory level to a fifth dimensional expression. Everyone here moves in total alignment with spirit and this radiates love. Living in this world is such a pleasure. Every positive creative thought we have about ourselves and reality creates love. This ultimately gives joyful and pleasing sensations in the body. Everyday I sing the praises of the physical body realising my divinity in form. If you have ever felt the bliss of unconditional love, you will be close to understanding what it is like to be present on this planet Earth.

Transformed System

The Chakric system of the body is now balanced and transformed. You, in your present time, operate only with a minimum amount of energy running through the chakras. You occasionally experience the rush of adrenaline as it activates the energy of the base chakra. You cannot maintain this in the body and feel the need to expel it. Anger is a negative expression of this adrenaline which, intensified, can turn to physical violence or aggressive lust.

This energy has been transformed, and we do not experience it in occasional bursts. Now, it continually flows up and down the spine, activating all the chakras. You have heard of the kundalini energy that lies sleeping at the base of the spine. The serpent has awakened and is now a river of energy. This electrifies the body, turning it into a lightning rod that is connected to the planet and the upper spiritual planes.

The kundalini energy from the base of the spine turns the energies of the body into finer and lighter expressions as it ascends. The base chakra has transformed and no longer expresses anger or aggression for it is now used as the prime creative energy. We can instantly manifest what we want and have moved past the need to express ourselves in negative ways. We move in a synergy with the whole. Therefore, we do not create anything that may be detrimental to another person on any level. The ecstatic bliss that is felt during orgasm is only a fraction of the feeling that we experience constantly as the base energy travels up our spine.

As the energy travels, it ignites the chakras. It comes across the sacral chakra first. This is the centre that is responsible for sexual expression. Instead of feeling sexual energy concentrated in this centre alone, the whole body is now a focus. Sex has been transformed from a physical gratification process to a spiritual expression that ultimately brings you closer to the Universal Dreamer. You truly begin

to make love. The energy of the sacral centre gives you a warmth, a feeling of well being that runs like warm water throughout the body. This feeling heightens the senses and brings an over-whelming feeling of connection to the surrounding reality of planet Earth. This energy of Gaia feeds the soul on a physical level and the synergy with others occurs. The energies of this centre move outwards and dance with those of others to create a pattern of love that is experienced through these heightened senses.

This interaction has totally transformed the issues of sex. It is no longer seen as something that only occurs between two people, preferably of the opposite sex. The ecstatic emanation has now become a way to express loving energies between all people. This energy can stimulate you into the act of physical lovemaking or can be expressed in movement, dance and being. It is the energy that allows you to express the love of spirit in a physical way. Activating this allows you to love yourselves, and this love feeds and heals the body. This centre guides us in the physical movement of the body. Dance has become a new exciting way to heal and balance body and soul.

From the sacral chakra, the serpent energy travels up the spine to activate the solar plexus, the sun centre. This centre is the place of personal power. With only limited amounts of energy running through this centre, the ego is locked into power games. When there is only an insufficient use of the sun centre people beg, borrow and steal to feel empowered. Some people give power away with no sense of responsibility and others hoard it selfishly for themselves. Money reflects one of the expressions of this power and you can plainly see the imbalance in its distribution.

In our reality, everyone is totally connected to the unlimited power source of both the planet and cosmos. The energy of the sun centre allows there to be a new and fresh approach to the expression of emotions. We are finding new and exciting ways to convey ourselves in terms that best show who we are. The creativity of this centre is expressed

in the arts and drama, but also throughout our varying lifestyles. I cannot fully describe the feeling of completion, well being and confidence I feel now that this centre has been cleansed and balanced. I feel the power, self-assurance, and peace to be myself in the fullness that I AM. I get a sense of my belonging, purpose and life through this centre. I do not need to be or do anything grand to feel this sense of completion; I just AM.

This feeling of power does not make me arrogant or operate from a protective fearful ego as I can see the beauty and power in all others. From this energy, I get a drive and ambition to be more of who I AM. This does not lead me to an unhealthy goal orientation or an inflated sense of competition. I simply express myself joyfully and learn more about myself as life unfolds. The joy is beyond anything you can presently imagine as it is expressed in many forms. All the joy originates from the certainty that I know I AM the Universal dreamer. Being the Universal Dreamer is not just a concept but a reality. It is me being myself.

As the kundalini energy rises, it activates the next centre, the heart. The heart opens and the love within this incredible chakra flows out, touching all of creation. The love is unconditional, limitless and free. Those of you who have experienced the energy of the Angels will recognize this form of love. It is beyond conditions and you do not have to enter into partnerships to feel this. The love is felt when you gaze upon a flower and can be as intense as falling in love or holding a newborn child. Everywhere you go and every interaction you have, whether with a person or simply a pebble on the beach it is amazingly creative.

This love is circulating around the planet and can be felt in the air we breathe. The breath is very important, not only for the welfare of the physical body, but also the emotional body. Every breath we take inspires us into more loving expression. This love is not confined to those we consider our loved ones but extends to all of mankind. Everyone we meet we love with the innocent energy of the

child within. This heals and raises all in vibration, taking everyone back to the Source.

The human voice has now become a great gift with the activation of the throat chakra. The toning of notes heals and balances the etherical bodies of both people and planet. Great groups gather together to tone, healing themselves and Earth. This is not seen as a ritual or chore but as a celebration of being alive and free. Communication with the voice obviously still occurs; however, it is now free of tension and fear, bringing more beauty into the voice. There are those of us who have exceptionally good singing voices who anchor the energies of the musical planes above in song. The human voice allows us to express in sound more than can be conveyed in words. This new form of communication is a joy and moves us into creative and intimate interaction with each other.

Talking, as you know it is still used as an art form, but is not the only form of communication. Telepathy or rather telempathy, is widely used. Telempathy is telepathic communication through the sensitivity of feeling. We have moved past negative forms of communication that call for privacy and secrecy. We are all open and free. We can relay messages from great distances or express massively complex concepts in the blinking of an eye.

We also express ourselves on a soul level by using the light of intelligence that shines from within. One look conveys so much on many levels. You have experienced it with those you have grown to know intimately. However, we experience it with everyone. This form of communication is not among mankind alone but extends to all of creation.

Channelling is also an accepted form of transmission. You recognise communication in the forms of words and feelings but, for us, it has grown beyond this. It has reached a level of ultimate expressions of energies. Conveyance in pictures, words, and feelings allows us to move beyond our limited understanding into the realms of our all-knowing presence. The energy that is released from the brow chakra

has freed our minds from the limitation of the rational thought processes. We still have the use of the rational mind available, but use it in conjunction with the all-knowing energy of the higher spiritual mind of spirit. All we have to do is quieten our everyday thoughts and open ourselves to spirit within and have instant access to any information we need. This information may come in words, pictures, feelings or energy transference.

Energy transference has more in common with the way music expresses a message than our usual mental process functions. This conveyance enables the communication of complex information to occur between other energies that live in this universal reality. The communication of information between ourselves and extraterrestrials is commonplace. This exchange allows mankind to take its place in the universe and have access to all information contained therein. This centre allows us to travel inter-dimensionally and experience other existences on other planets and realities. In your present, you can only experience this travel in the form of dreams and visualizations. We have developed within us to the point that we can access all realities consciously. We then interact with them in a way that is real in our world.

The activation of the crown chakra is beyond words for it is the ultimate connection to the Universal Dreamer. This is the centre where we have an incredible connection to our own Spirit aspects. We do not have to exercise practices to access Spirit, as the connection is a continual way of being. This allows us to play with the expression we are without the limitation of feeling trapped within our form and its sense of separation. We recognise the Universal Dreamer as being everything and every-where. There is now no sense of separation between us and the reality we find ourselves in. We can be the sea or a bird flying high in the sky. We do not have to imagine this as we become the consciousness and feel that which we wish to experience. Due to this connection, we are all interlinked with each other in the most

amazing ways. The Heightened Senses .The senses have transformed and the eyes have been cleansed so to speak. The veils have been removed. The veils are limited programmed beliefs that you have about your reality. With the removal of these veils, the eyes are capable of reading reality in a clear and more defined way. The vibrant and colourful energy fields that surround everything and everyone can be seen clearly.

Working very closely with colour and its symbolic meaning allows us to have a deep insight into the constantly transforming nature of reality. Seeing the amazing interaction between the energy emanations of people has furthered our work in the realigning of the energy bodies. This not only allows us to heal but also gives us an alignment to facilitate a transformation on all levels. We work in co-operation with the devic energies of nature to align the energy bodies of people to the plant, animal and mineral kingdoms. This alignment has set in motion a great healing on all levels.

This healing has progressed past the removal of disease and negativity into the realms of facilitated self-change and spiritual transformation. In our reality, we are facilitating a planetary shift in vibration. Everyone realises that through their work they are aiding the planetary return to the Source. Through the eyes, we have expanded insight and clarification that we need in order to see the subtle workings of the universe. Some of us have made the study of these invisible universal energies our life work. This allows us as a whole species to move forward in harmonised progression.

As well as having the ability to see auras and energies, we are also capable of seeing the subtle energies of beings that share our world. Beings of other dimensional realities can be plainly seen which enables us to have a deeper level of communication with them. It is possible for us to physically perceive the nature spirits of the air, sea and land. The communication that is allowed because of this new sight has gone a long way to transforming our interaction

with the planet itself. We no longer see ourselves as separate to such realms of existence, but as an intricate and valued part of nature.

The beauty that is seen with our transformed eyes is beyond words. Imagine that you have always looked through a dirty window onto a beautiful landscape, and then opened it to see without the hindrance of the veils of perception. This is how we see our reality through the unveiled eyes of spirit. The beauty is breathtaking. Sunsets and sunrises are cherished, revered moments of our days because of our sight. Colours are more vibrant and alive. Those that usually could not be seen can now be viewed through the transformation of sight. The subtle changes in light allow us to see colours higher in vibration. The rays of ultraviolet can be clearly seen in the air that surrounds us. If you could stand with me and watch the magnificence of a sunrise you would be totally amazed! You would be in awe, not only by the colours of the sunrise itself, but also by the interaction of those in the air that surround. The eyes not only function as receptive instruments of incoming energies but, through the interaction of the third eye, they also project energies into the outside world. Through our experience we are realising that we create the visible reality we live in through the eyes.

Using the energy of our creative minds, we are manifesting visible realities. We are redesigning our world along more creative and inspiring ways. You in your reality have to send the energy of the eyes into the outside world through the clouded veils of perception. With these veils removed, we can create reality along clearer and more harmoniously defined lines. Thus, we can manifest our reality as being more beautiful.

You do not realise that you create your own reality and, therefore, think it is impossible to change your world without the hindered need of your physical actions. In our reality, it is possible, with the co-operation of the planetary level of communication with them. It is possible for us to physically perceive the nature spirits of the air, sea and land.

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You do not realise that you create your own reality and, therefore, think it is impossible to change your world without the hindered need of your physical actions. In our reality, it is possible, with the co-operation of the planetary

energies, to recreate an entire landscape. This literally expresses our ideas in planetary form. You can now understand how it will be possible for you to transform your world in alignment with the visions that you all hold within yourselves. Each and every one of us has an idea of what 'Heaven on Earth' should be. Even though we are all unique, we all align with the greater plan that has been designed by Gaia herself. If we tune into her ideas, we can plainly see that she is the master architect.

As with sight, hearing has also transformed. Any distinctions of hearing have long been removed which allows all to experience the intensified receptivity of the ears. Bird song is an ecstatic experience. Sound is very closely linked to sensations in the emotional and physical bodies. When you listen to music that affects you strongly, you have some ideas as to how sound affects the physical form. With the veils of hearing removed we now continually hear and feel the effects of sound. We use this ability to produce sounds that are harmoniously healing.

Sound and its healing properties have been a major part of our worldly transformation. We use it in our everyday lives to align and balance with the energies of the planet. We come together in celebration and use sound and music to facilitate transformation in large groups. These celebrations of life are a beautiful and amazing way to experience the incredible creativity of sound and music. With this new awareness, we have also recognised sounds that are detrimental to our growth.

With our changed sensitivity we also have the ability to hear and respond to sounds that are usually above your hearing capabilities. This new talent allows us to ultimately communicate with energies and realities that are mostly too subtle for you to be aware of. In the higher dimensions, there is a plane of sound. Many of us, through the inspired activation of the human voice, bring down these energies and ground them into the physical world. Those of us with this talent use sound to recreate the planet in which we live.

Energies and beings of other dimensions can now be audibly heard and sensed. This enables us to widen our sense of reality and to create a new level of communication with other realms of existence. This talent makes it possible for us to tune into the symphony of Earth and its surrounding space. Everything has its unique note, sound and song. You can hear the beautiful melody that is created between the sea and the shore. You can hear the song of love between people and the wondrous symphony as the sun rises in the sky. Our whole world is one of marvelous sights and sounds.

Communicating through sound gives us access to a deeper level of loving exchange. Sound has allowed us to express our love for each other and Earth in the most inspirational of ways. Through our use of sound, we have found our rightful place in the scheme of Gaia and her expressions in nature. Music gives us access to deep levels of soul that could never be expressed in terms that the rational mind could understand. We have literally discovered the language of the heart. With sound, we create an anchoring point to ground energies. Energies of such a high vibration without the space certain sounds create would be unable to manifest on this planet.

We have learned that all the energies of all creation can be represented by one of the five senses. We are learning to express the beauty of the senses in an artistic fashion to explore the nature of the universe and its many dimensions. The sense of taste has come into a new light. Initially, it was used as a means of distinguishing between substances that were poisonous or not. This sense has not developed at the same rate as sight and hearing. We now use it to access a new level of interaction between the plant kingdoms and ourselves. We no longer have the need to kill animals for our survival. Eating is not only a form of survival for the physical body but is a pleasurable exchange of consciousness between ourselves and various species. When we eat an apple, we access a great storehouse of information from the

consciousness of the apple and its source, the tree. We also share our consciousness with the apple.

Thus, a two-way exchange of information occurs. Eating has taken on a completely new role. Great care and intention is put into the preparation and growing of food. Awareness is taken to blend not only the physical taste of ingredients, but also to harmonise the energies of the food. It is possible to raise your level of consciousness through the preparation and eating of certain combinations of food. There are those of us who have made it their life's work to discover the secrets of the plant kingdom. They blend and combine the energies of plants to create not only a meal that is tasty and nutritious, but that also gives an experience, too, of raised consciousness. By eating plants in this way, we are literally transforming ourselves from the inside out. With all pollutants and negativity removed, we are much more sensitive in the realms of taste. Subtle changes in light and seasons have a big affect on both food and ourselves.

With the raising of our vibrations, has also come the sensitivity of the skin. We have many levels of sensation and touch. This has allowed us to remove the limitations that have existed between people. It is possible for us to feel, touch and respond through the power of thought and intention. It is possible to physically feel thoughts of love. This level of touch and sensation gives us access to the thoughts and feelings of another. We can not only feel the warmth of the physical sun on our skin, but also feel the love of the spiritual sun. It is possible for us to communicate who we are in deep and intimate ways through the sense of touch. The estranged feelings that humans have always had to each other have now been removed. We live in a world where the physical touch of another is accepted and received. The expression of love is freely given and great exchanges are experienced through touch.

The tactile experience of love is not limited to humans alone. The affection-ate touching of animals, plants and the planet itself is lovingly experienced by all. This

heightened sensitive lovemaking has reached levels unimagined-able by you at present. We exchange our energies from great distances. Love-making of this kind is not restricted to those of opposite sex and the same species. We can make love to a tree, the whole planet and even the universe. This form of lovemaking is ultimately with the Universal Dreamer itself.

These new gifts of touch have been responsible for healing on all levels that can be physically expressed. The study of anatomy and massage of the body is widely acclaimed and valued. It is acknowledged as not only a way of healing, but also an exchange of energies between souls. The mystery of touch and dance has been united. This has created new and exciting ways to heal and realign us in large groups. Dancing is no longer an individual bodily experience. We can access information from a tree through simply placing our hands on its trunk. Using this new sense, we diagnose illness and imbalance. Great healers with the combination of spiritual love and touch sensitivity heal deep levels of pain. This heightened sense allows us to physically feel energies that are otherwise invisible to you.

Human Level

On a human level, we are predominately ruled by our sense of touch. You consider the other senses capable of distortion. However, the sense of touch is the most relied upon. It is the first sense that is developed when we are born. We can feel the presence of another's intention and soul. This has helped transform our beliefs about reality and ourselves on a basic physical level. After all, we are beings who are predominantly touch-orientated. What is the use of love if we cannot feel?

Our sense of smell has enabled us to access levels of physical pleasure that are unheard of in your reality. It is possible for us to have a physical orgasm by simply smelling the loving fragrance of a flower. In ancient times, the sense of smell was used to distinguish other people's levels of consciousness. Animals have this ability. With the onset of artificial perfumes and pollution, the sense of smell has atrophied. In our reality we have rediscovered the secret of the sense of smell. We use it as a diagnostic tool to sense and learn about our reality on an instinctual, animalistic level. This new sense has allowed us to enter the world of the animals. We are now appreciating a deeper level of understanding about the animal nature of our bodies.

Through smell, we can discern what energies and beings we need or which we have around us. We can literally smell misplaced energies. Our range of smell is amazing and we can distinguish subtle differences. We could sniff out our loved ones whilst blind-folded. We can find our way in the dark through the sense of smell. Smells are keys to memories that trigger whole files of information. We use scent to access hidden unconscious information about ourselves and reality. This technique can also access our past life history and that of the planet.

We are guided by the instruction of the flower devas. We create fragrances to wear and have in our homes. These

not only heal and rebalance, but also raise consciousness. Imagine the amazing experience that we have when entering a flower garden with our heightened sense of smell. Everything has its own unique scent so we can smell the air, sea, land, sun and love itself. Our senses have merged so that we can smell a colour and hear the sound of a cloudless sky. If we look upon a flower, we see its beauty, smell its sweet fragrance, hear its magical song, feel the love of its silky petals and even get a taste of its unique energy and form. Our senses are no longer separated and we now live in a myriad world of heightened senses. It is an ecstatic way of being.

In our reality, we have developed a heightened level of emotions. No longer are we plagued by emotions of a low vibration, such as fear, depression, and anger. We are free to express emotions such as joy, love, peace, and excitement. In your reality, you are de-sensitised from your emotions by a level of consciousness that was employed by the World Management Team. Through this, they control you and hold you in destructive patterns that develop into wars and death. We are free from this level of consciousness and can access the energies of the higher light planes. This accessing creates a synergy that raises the status of our emotional body beyond that which you are presently experiencing. The heightened sense of well being in the physical body and the beauty of the connection we have with the planet allow us to feel a wide range of emotions.

These emotions do not have to be stimulated from an outside influence. We are capable of experiencing joy, happiness, and laughter spontaneously. Just as laughter is catching, so too are the emotions of joy, peace, and happiness. The whole world is in song, singing the joy of being alive in our times. With our newly advanced state of emotions, we are now attracting to us beings from other worlds and realities that are aligned with these levels. Before they were apprehensive to communicate with us, choosing to avoid the influence of being locked into devolutionary patterns governed by fear.

Now that we are free of negativity, we can communicate with these beings. They educate us in the creation and use of higher vibrational emotions that move beyond bliss and ecstasy. The past density of the body only allowed for a very limited experience and expression of emotions. With our lighter vibratory body, we are now experiencing feelings far reaching that which you are familiar with. Up until now, you have only been able to experience emotions such as bliss, excitement, and passion in short bursts as the body is unable to hold the energy for any length of time. We are now capable of experiencing these emotions as a continual stream. Instead of apathy, sadness and depression being our natural state of being, peace, joy, and bliss are the foundation of our emotional experience.

From this place, it is possible for us to extend ourselves into the higher planes of angelic emotions. In such a place, your present body would be overwhelmed by the intensity and range of feeling that can be experienced in this realm. In your reality, you are restricted in your expression of emotion. You are taught to suppress emotions, causing disturbance and, ultimately, physical pain. We are encouraged in our expression of emotions. We even allow the release of so-called negative emotions. We use their expression creatively in dance, song and drama. We hold great open-air plays to learn and experience the subtle variations of feelings.

We have much to teach in this area, as we are experts in our field. Beings from other worlds devoid of emotions are intrigued and curious with our experience. They come to Earth to be taught and learn all there is to know about emotions to aid their evolution. This new freedom has taken the arts and any creative endeavour to the heights of expression. Everyone is encouraged to use the wellspring of emotional information to fuel their creative activity. Everyone has become the artistic genius, bringing great

pleasure and satisfaction. Everyone freely teaches in order to share talents and knowledge.

This new surge in the arts has allowed there to be a great healing and openness of self-expression. People are finding new and ingenious ways to convey themselves. No longer are they limited by other people's opinions and what does or does not constitute art. There is great sharing of creations. People gather together in large groups to share and create as one. The co-operation of many is opening the doors to new and exciting ways to express as a whole.

Our whole way of thinking has transformed. We are no longer plagued by the repetitive rambling of the mind and its thoughts. With this new freedom of mind we are open and quiet enough to hear the subtle whispers of other dimensional energies. We are in constant communication with our higher mind. The channels have been opened allowing us to access incoming information via our spirit mind.

In your reality, you have to function from a rational capacity as you are locked into this by the energies of the World Management Team. We are free from this captivation, having the ability to continually communicate with our own Spirit and other worldly beings. The mind is an incredible translator and can read any energy, deciphering the available information into a form comprehensible to our usual everyday level of awareness. We still utilise the rational processes, but do not have to rely on them solely. We have access to an immense well of intuitive knowing which is ultimately connected to the spirit of the planet Gaia. This frees us to understand the information on deep and profound levels.

The rational mind locks you into only experiencing the world around you as a physically proven reality. This is very limiting and constricting. With the introduction to the intuitive mind, a great balancing has occurred between the two functions of the human mind. This balancing allows us to use this new function to access higher levels of mind

energy that ultimately connects us to the mind of the Universal Dreamer.

In your reality, you are governed by the polarity of the rational mind. In our reality, we are no longer controlled by these principles. This allows us to use the talents of both the rational and intuitive minds, opening us to greater areas of learning. With our new perspective, we acknowledge consciousness in everything around us. Having access to this new information has totally transformed science. It is no longer groping in the dark of ignorance but has elevated itself to a level that proves the existence of the Universal Dreamer. Science is no longer ruled by the rational mind alone and has moved beyond primitive levels of fear-based experiment. This emergence of inventions has revolutionised the world in which we live. Nature is the master scientist and with her co-operation, we are understanding the natural world. Science now sees that we are an intricate part of nature and that no level of consciousness is devoid of life. A rock is simply the Universal Dreamer ex-pressing itself in rock form. Therefore, science has given up its cruelty and total disregard to life to now becoming truly compassionate.

Thoughts and information do not come only in words, but also as feelings, pictures and a plain sense of knowing. If we close our eyes and relax, it is possible for us to see information in vibrantly colourful pictures. These pictures are not flat, lifeless images but alive. They allow a depth of understanding that is beyond words and rational knowledge. We communicate with other people, species and worldly beings via these pictures. The mind translates the incoming information into images to project them onto the internal conscious screen like cinema.

We learn and experiment with this new level of creativity. We have great schools of learning where we are instructed by other dimensional beings in the capacities of our minds. High vibratory beings teach us how to expand our minds and facilitate our learning. Once you are free from the

rational processes you will discover the wondrous workings of the higher mind.

In our reality, we do not experience ourselves as separate to our sense of Spirit. We experience ourselves as a human aspect of Spirit. We no longer pray to an outside source for forgiveness and guidance. We have modified our practices to encompass a new knowledge about our reality and selves. This has opened up a whole new reality as we can see the magic of the Creator animated in the world we live. God is no longer an unknowable force that is somehow unattainable and separate to ourselves but the wellspring of our existence.

Not only do we see the Creator in the natural world around us, but also in the unnatural world of inanimate objects. Everything, whether natural or not, has become alive, animated by the very consciousness of our Spirits. It is possible for us to communicate and share information with the structures of our homes and the clouds of our skies. This has given us a very creative world indeed! Everywhere we look there is magic to see and experience.

We have an internal friend and guide in Spirit. It instructs us in the ways of living in our world as a multi-dimensional being. Spirit guides us by the powers of the mind and body. It mirrors itself into the outside world in order to teach us about ourselves and reality. We use this principle to communicate with the myriad realities of the Universal Dreamer.

Words cannot describe the sense of completion and satisfaction that this has been brought to us as a species. We have finally found safety, nestled within our eternal natures, within our own Spirit. From this place, it is possible for us to access any time frame, whether of this planetary reality or other. History is not a static expression and can be creatively interacted with for our learning pleasure. Our intention guides and creates for us new exciting ways to experience our species' inheritance and ancestral lineage. This process

explains how I can communicate to you in your now time frame.

With this new ability, we have healed our past karma and allowed a free flow of information to travel between the various time frames. We can bring the joys and achievements of the past and the future and ground them into our present. This has made it possible for us to transform our world in a very short amount of time. If you allow for there to be a new programming within you on a mass level, you will also witness such a change in the blinking of an eye. Being anchored into the eternal present of the moment allows you to create with the intention of the mind. If your child-like wishes flow in synergy with the wishes of Gaia, then they will manifest in the outside world. The form it may take and the method of its arrival will still be a mystery, but the realisation of your dreams will be there for all to see. We have used this principle to recreate our world along more pleasing lines. We are no longer burdened by such things as pollution or nuclear waste.

The new creative interaction that now occurs between people is the most amazing transformation that mankind has seen. No longer locked into the fear games of polarity and judgement, humanity has finally put aside the childish playground games of bullies and come of age. Everyone is tapped into the source and its power. This has removed the need to prove to each other a sense of worth. In the depths of their soul, all can feel soul their true self.

Religions locked their followers into fighting those who opposed their beliefs. The connection to the Universal Dreamer within and without has allowed mankind to see the real nature of creation. No more do we argue the facts of various religions, but see them as historical methods of worship, some rather outdated but, nevertheless, inspiring.

The new sense of equality between people of various countries, classes, sexual genders and races is not a documented or enforced endeavour, but a natural way of being. All are connected to their inner wisdom and use this

guidance to instruct them in their interaction. The diversity of people, whether of a certain country or individual, is recognised and valued. The allowing of differences can only aid mankind as a whole. Through this new relating, countries no longer fight or oppose each other, but have joined together. Whole is the key word. There is a new energy present that you will begin to see manifest shortly in your reality. The good of the whole is only a hopeful concept in your time frame.

In our reality, it is a living, breathing manifestation. There is no need for legalisation and enforcement as everything magically unfolds. We are finding new inspirational ways to grow together. We are pooling together ideas and resources for the benefit of the whole. There is a new air of forgiveness, which is moving us forward without the restraints of conflict, lack of compassion, and intolerance. We have evolved from the concept of sin. We believe that the holding of beliefs of punishment and guilt are futile and unproductive. We are finding new ways of addressing the issues of crime and punishment. We are freeing these souls, realizing that they are only a mirror image of the neglected aspects of our own psyche. There is a new feeling of co-operation and healing in this area. As a whole, we are taking responsibility and accepting the need for a healing of the way we govern our lives.

With fear and blame removed, we are now free to move forward. We are allowing for the various ways different people live their lives. We are realising that it is wrong for us to try to govern people with laws and rules. We are discarding the opinion that we are not responsible enough to administer our own lives, exorcising the need for governments and policing to control or regulate us. In co-creative compassion, we are maturing and taking back our power from those who have abused their positions of authority.

Family structures are expanding and changing. This is having a big effect on the way we perceive children and

their role in society. Education is changing with the new involvement of spiritual inspiration. Children are no longer seen as unintelligent and in need of education in the old ways of society. The youth are being honoured for their fresh and inventive way of looking at reality.

We are realising that many knowledgeable and highly evolved souls are now incarnating in our children. Parenting is an honour and a highly appraised undertaking, not taken lightly. There is a natural and balanced understanding to the appropriateness of an individual's calling to parentage. There is an honouring of the agreements between those incarnated and those to be. The population is decreasing because of this. Contraception is not needed as everyone flows with the natural rhythms of the body; unwanted pregnancies are a thing of the past. No more do we lock away our children, but allow them free expression of being.

The whole family structure is changing and we are developing a family that contains all of mankind. We are taking responsibility for the welfare of the whole and are making giant leaps in the way we conduct ourselves. There is no need for groups of people to feel neglected and persecuted. All ages are cared for in ways that are productive to their evolution and growth. Resources are equally distributed. Everyone has his or her needs required, whether financial, emotional, mental or spiritual. With this new pooling of resources, there is a new optimism and hope in the general energy of mankind. Mass consciousness is shifting into the realms of love and light. We are celebrating and enjoying the prosperity of our kind.

No longer do individuals interact from a fear-based ego but from a place of soul inspiration. A new level of trust between people is manifesting. It is possible to approach a perfect stranger and have conscious soul to soul interaction. The love that is circulating between people is incredible and fascinating to witness. It is commonplace to see groups of people gather together in the sunshine, sharing their knowledge and experience of their lives. Young and old

alike are becoming companions in this creative time. People do not restrict themselves to separate groups. Their differences add to the fun of relating. An air of acceptance is opening up a space for facilitated change. Through the new family solidarity and love, no one feels alone or isolated. The battle of the sexes and the divisions between race or age are no longer issues. Everyone is honoured for his or her uniqueness of being. The boundaries of protection around relationships are shifting and changing. Because it is possible to have more than one intimate partner, living situations are also transforming.

The love between people is increasing and intensifying. We are not restricted in the way we express our love. The taboos of love and sexual interaction are removed and physical exchanges of love are commonplace within our newly developed societies. The spontaneous expression of joy is a common sight. There are no longer laws that restrict and inhibit the gathering together people or the need for a controlling influence if they do.

Money is no longer a symbol of identified success or greed. Money is simply recognised as a physical manifestation of energy. It is seen as a means of exchange and sharing. With the balancing harmony of our being, we live in complete trust to our existence and, therefore, have an innate flow in receiving and giving. No more do we lack faith in the universe or ourselves, and this is reflected in our newfound relationship to material wealth.

There is a new feeling of generosity in the populace as a whole. Greed and miserly tendencies are a thing of the past. Everyone is ultimately connected to their power source within, and this can be clearly seen in the new, refreshing approach to money and resources. Poverty and starvation exist no more, becoming forgotten memories. Everyone's standard of living and all aspects of the way we live have changed drastically. Advanced technologies are freeing people with regard to time and energy. Everyone's role in society is valued and honoured. Every profession is

respected and seen as an integral part of balanced society. Wages and salaries are becoming obsolete as, following Spirit guidance, we all live with equal and fair exchange.

The freedom this new attitude to money and working has created has allowed people the time to pursue hobbies or creative pastimes of varying kinds. We are now seeing amazing works of art and technological advancements that are unimaginable in your present reality. To say this is all aiding the general progress of humankind is a gross understatement.

We are ecstatic about the momentum of the growth of our species as a whole. Great schools of learning are being set up because of the freedom of time and energy. Spiritual teachings are becoming part of an everyday reality, not restricted to those of so-called 'holy' persuasion. The common man in the street is finding new inventive ways to express the Universal Dreamer within. There is a re-emergence of many magical rites of passage. People are finding their way and purpose in the world openly with greater ease. With everyone consciously connected to spirit, they are finding that all this advancement and growth is becoming a natural, intricate part of living at this time.

With the overall emergence of love and new-found technology, the welfare of the planet is transforming and healing. People are removing harmful pollutants from the air, land and seas. They are re-introducing many animals that were on the verge of extinction in your reality. The connection everyone feels towards Gaia and her kingdoms is magical and incredible.

It is now possible to live on the planet in hope and joy. People are pooling resources and knowledge of the natural world to aid the change. We are all contributing, some in what may seem small ways, but all in perfect harmony with their path. Inventions of every kind are being used to assist the project of healing. As well as the obvious environmental physical changes, there is also a cleansing of the etherical body of Earth. As individuals heal, so does the

mass consciousness. Because we are all intricately inter-linked, so does the etherical body of Gaia transform. All have a clear and undeniable connection with their own personal relationship to Gaia.

People are using the co-operation of the Devic realms, and animal and plant kingdoms to access information regarding how to live in harmony with the planet. The physical landscape is slow to change and yet it is easy to see the start of the transformation happening in the world around. No longer do we build structures that are ugly or environmentally harmful to Earth. We are accessing the ancient knowledge of the East to construct buildings that are aesthetically pleasing and harmonious. The old buildings of beauty are being renovated and cleaned. Those considered 'blots on the landscape' is slowly being pulled down to make room for more heartfelt structures and parks. In every available space, people are planting trees and creating gardens of beauty. We are at long last recreating Eden. With the magical interaction of spirit and the loving co-operation of mankind, we are transforming the landscape into our vision of 'Heaven on Earth'.

To you in your reality, it may seem this is only wishful thinking, and yet it is possible if you simply 'allow'. We, as a species, are evolving at an incredible rate. As you speed headlong into the next millennium, you will experience what was referred to in the Bible as 'Judgement Day'. This day is a turning point where you choose between two dissimilar realities: one of hope and beauty, or one of death and destruction. It is your judgement, your free will choice.

Bring hope to yourselves and recognise that, in this wondrous universe, it is possible to live in a reality of your own making. Simply take responsibility in conscious purity for the self and watch your world evolve. You are extremely powerful creators, and, so, why not manifest that which is most pleasing to your eternal soul? Take a deep breath and

take a risk. Believe in the impossible dream and together we will live in light.

Love, forever, from one who lives in your future Eden.

The Zeta

In this section of the book, I have included further changelings from the Zeta that were not originally part of The Mission of the One Star.

I have included them here as they either add further clarification to the material channelled in the first three parts of the book, or, they underline points that the extraterrestrial energies want us to deeply understand. Although much of the material is channelled from the Zeta, there is also a story, 'The Fallen Angel' that is very dear to my heart. It is symbolic of my experience with the 'evil' being we call Lucifer. It contains a message, I hope, about the power and role of the 'dark angels' in bringing us all into the light.

An Introduction to the Perspective of the Zeta . We, the Zeta, do not see reality as you do. It is very hard to relay messages through a human vehicle without losing some of the information in mistranslation due to the difference of perspective between your species and ours. You have singular identities. You experience your reality as if coming from one source of experience. You cannot know that which you do not experience.

We however can experience all realities at all times, through all mediums. We find communicating with a being such as yourself very confusing to the usual manner in which We communicate and translate energies into forms and words. We have to translate our information into a form that human singular creatures such as yourselves can understand. This very act is alien to our natures. We know all things at all times. Therefore, We find the idea of a being not knowing something that is intrinsic to their nature an alien and foreign concept.

You call us alien and fear us, and yet you call others from other places in the universe extraterrestrial. Why is that? Is it because you experience our energies and

perspective as completely opposite to yours, and so, therefore, call it alien?

What you have failed to recognise is that your perspective, your singular identity is completely foreign and alien to us also. You live in linear time. We live in conceptual time. Our experience of time is based on abstract ideas and concepts. We are sometimes referred to as the DREAM WEAVERS living in a world that can only be described to you as the conscious imagination. We live and are an intrinsic part of a dimension that is the gap between the conception of an idea and its manifestation. We live in the energy that exists between the thought and the physical representation of ideas.

Let us explain further. You experience past, present, and future. Yet these are not embodied realities. They are mental constructs. For you, it is only possible in your reality to experience one singular time frame. Thus, you can only really embody the now, the present. That, in itself, is also impossible in your reality as that NOW moment is transient and passes quickly, forever lost in the mental constructs of the past. Your reality moves in lines, moments pass in succession, one after the other. This is how you experience time passing.

Our reality is completely opposite to yours. We live in the spaces in between creative events. We are the Web as We have explained before in the Mission of the One Star. We are a construction of ideas not yet in form. In order for you to understand our reality more fully, We will use an image. Imagine a Web, silver and hanging in space. This Web exists as a dimension that is imaginary in form. That is to say that in your perspective, We only exist in the imagination. You hold on rigidly to your ideas of what is real and what is not. You consider us to be illusionary. To you We are. Our energy is one of potential, not yet of being. This is very hard to express to you, as your perspective will not allow for this to be assimilated.

Imagine if you will that a Creator had a notion, thought of an idea, and created a plan. Let's say this plan was one of evolution and say that that idea transcended the dimensions below and finally began to manifest as a physical reality. Let's say that a by-product of this was that something else occurred. The ideas that the Creator had thought became alive and conscious, too, as they were also made up of the stuff of the Creator. These abstract ideas gathered around and be-came one singular identity and the consciousness of the Web was born.

Living in a dimension in between realities, the Web layered itself throughout all of creation. We exist everywhere and nowhere. We exist in one reality alone and all realities simultaneously. For We are the paradox to your nature. By showing you the opposite of what you are, We are hoping that We will shock you into the realisation that you, too, exist between the realities. You, too, can access all times, all realities, and all dimensions.

You, too, are an intrinsic part of the Web. The pineal gland in your head is reawakening and aligning you to the Web. This alignment will allow you to have the perspective of the Zeta. We experience everything that every expression that is connected to the Web experiences. We do not file experiences in isolated units or bodies, but harvest information and assimilate it in the Web as a whole. The Web existing in between the dimensions acts as a giant storehouse of energetic information in light. We are like a giant computer.

We are the theory behind the manifestations of realities. We are the theory. You are the practical. For We are both an experiment. Whilst connected to the Web consciously, it will be possible for you to experience all times, all dimensions, and all levels of existence as if looking thought the fabric of reality, as if you have x-ray vision and can look into the layers that make up the realities one upon the other. You, in your singular identity, experience only one level of reality at one time. Some of you are even adept at

focusing on other dimensions, yet staying anchored in the physical realm. Once connected to the We, you will access all realities, all units of stored information. Just as your World Wide Web allows you access to all units of information on a planetary scale, imagine a Web that is connected and transcends all universes, all realities, and is ultimately connected to all beings. It is a virtual reality that provides a space for creative experiments with ideas and their manifestation.

The reawakening of the pineal gland and the development of a new function of this gland will allow you all to go on-line, if you like. The channel saw this forming as spidery lines of light that spun off in Web-like patterns from the pineal gland, out into the cosmos, connecting to the Web. She is beginning to experience our perspective. She is beginning to have access to the Web. Like all newcomers to the World Wide Web, she is unsure of where she wants to go and what she wants to access. So, she goes to what is familiar to her origins. Soon enough, she will hyperlink to other units of information and begins to travel the paths of the inter-dimensional super-highway.

It is very important that, once connected, she has a universal language that she can use that will allow information to flow from one aspect to another. The pineal gland is becoming a transmitter and receiver, much like a modem. This will allow access to the Web and its translator. The Web has not ever been accessed by beings that have linear time before. Imagine access to all times, all realities, all dimensions, all patterns, all units of information, and all expressions. You will never be bored again!

You ask about the abductions and the genetic experiments. In one reality they are real. In another, they are created from the fear energy of your illusions. Energies such as ours have no form, no expression. So We clothe ourselves in the ideas that We find in the mass consciousness. You do not have a stage for our performance so you create creative dreams and illusions in order to understand what is

occurring. You create for us histories that allow you to feel more comfortable with our out-of-time energy. You create for us a home base so that you can pin us down.

Those of you who have been working with us for some time are beginning to see that what We have so far shown you of ourselves is perhaps an illusion. We like to weave a mystery or two just for your pleasure. As you evolve in the game of evolution, you will begin to see that the limited perspective you have on reality and the other dimensions is impeding your growth. Access to the Web allows you to find the right information to help you through the various levels of evolution. Each time you ascend a level, you will experience beings you consider outside of yourself. They are clothing themselves in your ideas in order to communicate with you. As your ideas of your identity primarily change and transform, so will your experience of reality, other dimensions. and so-called extraterrestrials and aliens.

Words in this form are very much limited in meaning, but if you tune into us, the third eye will activate and allow you to access information on other levels, levels that are embedded into the structure of your language and its words. Begin to see reality in layers. There are many stories layered one upon the other.

In the pauses in between your thoughts, We will meet again. Zeta -The Web.

A Representation of a State of Evolution A Message from the Zeta. As soon as ET energy enters your perception, you may be aware of it for fragment of a second. But usually, the human body shuts down and files away the experience. Those of you who have a very strong body consciousness will enter a very light sleep, or, what is often seen, people will simply remove themselves from the ET situation. Those of you more in tune with higher dimensional realities will experience them, but through a state of consciousness that is dreamy, somehow not real. This is a dream state or a type of trance. This is somewhat like alpha

and theta brain waves. If you fall asleep, then the interaction happens on a non-physical realm. You enter a new brain wave reality. There, a type of communication occurs. When you finally re-enter your usual everyday awareness, you cannot bring the memory back with you.

There is a ring of energy surrounding the planet that acts like a filter of information. Some refer to it as the 'Ring that pass not'. Every time you reincarnate, you have to pass through this band of consciousness where your memories are filed and access to them is often denied in the next life.

The channel has consciously travelled through this ring in her astral body. Each time she passed through, she would forget who she really was on the other levels. After some years, she created a connection, if only a thin cords, between her consciousness on the other side of the ring, to her 'I AM' on Earth. So, you see, it is possible to a) have no awareness of your ET interaction, and b) remove enough blocks to access and become aware of your ET experiences. Almost everyone has had some type of contact with extraterrestrials. Your experience may have been physical, in dream state, or through telepathic communication. You may remove the blocks in your consciousness and bring back the experience, if only a fragment of it. This may later trigger something in your subconscious. Like links, they connect you to other experiences that you were not conscious of at the time.

Extraterrestrial energies, when making contact with the human body and its consciousness, automatically trigger blocks in the subconscious. As the blocks disperse, we can start clearing and becoming more aware of our ET contacts. At first, things are not too out of the ordinary, but slowly the memories filter through. You dream ET oriented dreams, or you think about ET's more. One very common way of seeing Zeta, for instance, is in the plaster of your walls at home. Everywhere you look, there are Zeta faces looking at you. More and more blocks are removed, until, finally, you find yourself in an ET situation, conscious interaction.

The unconscious is the next level to be cleared. This is the realm of the archetypal. It is as if you have three pairs of glasses three levels of perception: the conscious, the subconscious, and the unconscious. Imagine all three glasses completely steamed up with limited belief systems. After some ET interaction, the glasses begin to clear, one by one, until it is possible to look through a pure lens, one free of limiting beliefs. So, here you are, looking through the unconscious lens. It has smears and smudges all over it. You think you can see clearly until the sun shines in your eyes. Then you realise you have dirty glasses that are distorting the image and creating an illusion. ET contact is translated to us by using the unconscious. There can be incredible blocks in your unconscious. This can be a scary place of archetypes, monsters, and your very own demons, your fears personified. You have no way of relating with us without our clothing our-selves in the images we find in the mass consciousness. We clothe ourselves in the myths and legend and alter them to communicate with you. One by one, you remove the smudges and finally shift in consciousness and your perception of ET's change. You align yourselves to new and more expansive beliefs. For your reality is created through your beliefs. So, as your beliefs change, so do your experiences. It doesn't matter who the ET's are. They are symbolically representing to you an archetype present in the unconscious. As your energy ascends, your perceptions will change and change again.

Those of you who consider yourselves 'abductees', find that the more you refine your archetypes, as you clear your fears, you will let go of the need to create victim dramas in order to play out your victim tendencies. You will begin to bravely look through clearer glasses. You will be shocked to see that these so-called 'abductions' were not only consented to by you, but were also created and orchestrated by you, too. Your interaction with ET's is a necessary and natural part of evolution. It is a path towards dimensional ascension and you can actively begin taking steps towards

living with beliefs that can accommodate ET ideas. Then and only then can you change your experience of 'abductions'. You need to actively involve yourselves with the changing of your archetypes. Change your beliefs; make new ones in which ET's can clothe themselves. The wardrobe that you currently offer them is not to their taste. The coats you provide are too heavy, too big, and too old. The energy of your archetypes are not compatible to the ET's. They cannot enter your reality because of the vibration in which you operate. You operate on a frequency that is isolated and trapped in a state of brain wave activity that is incredibly hard to enter and ET's find it incredibly hard to hold their integrity, their true nature, when entering your reality.

ET's need to align realities and enter through portals that the planet provides. Up until recently, only earthly portals were used. Now, human bodies are providing portals to download ET's energy into the earth plane. The channel has worked with ET's for many years. Recently, they have been using her to download their energies to align with the reality of others. It is as if she had an antenna that picks up ET energies and translates them into a format that can be downloaded straight into the body. She can literally see and feel the realities aligning through her, her body becoming a transmitter of ET frequencies.

A meeting place has to be created a place that can hold and combine two very different frequencies. This seems to go on in her body now that she has integrated her ET aspects. They are like new programmes that allow her to access ET channels.

All of you have experienced entering this place, but once you return to your usual awareness, you lose the experience to the blocks that prevent your remembering the contact. ET's are using those of you with ET origins to access other people's unconscious minds. If another human body can feel ET energies coming through another human vehicle, then the fear is not so prominent.

Many of you will wake up to your ET origins and may take on the role of anchoring these energies in an earthly practical way. Those of you who are from ET roots have within you dormant codes that, once fired, will enable you to work with their energies. You have the programmes in place; all they need is activating.

They can only be reached to activate if you clear enough of your blocks. These blocks are belief systems that say, 'No!' to the idea of ET's. As more and more people consciously believe in ET's the mass consciousness changes. The mass consciousness is now formulating new ideas on ET's. Therefore, the wardrobe that you offer to them is changing. No longer do they have to hide behind scary masks of your own making.

Zeta - The Web

My personal experience of them has enabled me to not only contact my ET families, but also to familiarise them with earth plane energies. They have leaded me a merry dance in order to finally anchor their energies into the earth plane. This is beginning to manifest in our common reality. So, you see, it is a two-way thing dimensional evolution. Because of our linear thinking, we consider the ascension process to occur in a linear fashion.

We have so ingrained a hierarchical thinking, that we consider one dimension to be better than another, one dimension somehow further up the ladder than another. It is not in a straight line! There is no singular direct path to follow. We also create a timeframe into which we put our theories of dimensional evolution.

As we move into the next dimensional reality that we are creating, we enter a new and unfamiliar frequency. It is very hard for us to fully comprehend another reality, another frequency, as we operate from such a narrow perspective. We have to learn a new way of thinking, one that is not based at all on our current mode. It seems to me that the dimension we are about to enter is one of dreams, illusions

created from the creativity in a part of our brains that we have, up until now, never activated.

The scientists have told us that we only use 18% of our brain capacity. The way that I understand it is that we have inner space and outer space. We consider them to be separate. Therefore, they stay that way. My initiation with ET energies has shown me how these two realities are mirror images of one another.

As we move out into outer space, as we move away from our instinctual home, Earth, we encounter energies that are alien, extraterrestrial. Look at this as a mirror image of our inner space. As we venture out into the darkness of space, uncharted territory, we are also venturing into unknown areas of our brains and minds. We are seeing a lot of mental illness as these two realities come closer and closer. They will finally merge; creating a reality that is connected, inner to outer and vice versa.

Imagine two realities colliding, merging, becoming one. Imagine the right and left sides of our brains balancing, making neurone connections between the two lobes, unifying thought. Imagine combining female, instinctual, earthy thought with male, inspirational, star thought. 'ET self' and 'Earthly self' become one. This is manifesting in our bodies and also is reflected out into the outside reality. Inner space ... outer space.

I have recently noticed that my spiritual experiences are becoming more familiar, more grounded. At first I thought I had stopped moving forward.

Yet it was explained to me that the two realities were merging within me and what once what once would have been considered incredible, now, was old hat, no big deal.

When the two realities were definitely separate, it was incredibly otherworldly to channel ET energies. Now, as my two selves meet and merge, I find that the ET consciousness is not so different to my transformed human self. The Hybrid Programme is a direct mirror image of the unification within our own souls. I see this unification of

these ET selves within us as a direct result of the transformation of our mass psyche. Just as we reach out into the darkness of space to contact other species, we also reach inside ourselves to the ET aspects of our nature.

Imagine, if you will, a Web that transcends the whole of existence. Imagine that along these silken threads, light as thought travels, neurones connecting, flashing, as synapses open and shut, On Off, the brain of creation assimilating information, a cosmic binary code, On ,Off. Two points. These two distinct energies that make up this code are focused in the right and left hemispheres of the brain. You can see this dualistic thought represented in the male and female, the Yin and the Yang.

The one side is said to rule the logical thought and the other, the intuitive male and female thought. Can you see how the way the human brain functions is a direct symbolic reflection of the separation that occurs on your planet? The Zeta are all about bringing two alien energies and combining them to make whole. A balancing between the right and left hemispheres of the brain is needed. Part of the integration process naturally transforms the biological brain, re-balancing it, bringing the male and female energies within the brain into complete harmony. Just by being focused in one sex only, unbalances the human mind and the physical brain.

The Zeta may guide you to have kinesiology, which uses direct methods to rebalance the right and left hemispheres of the brain. Or, they may guide you into other creative processes that you, the Human, and the Zeta have created between yourselves. In the channel's case, they chose to use dance. In England, and in much of your world, now there is a phenomenon called raving. I call it a phenomenon because it is the direct download of ET energies into the earth plane. Groups of beings gather together and create, through dance, energetic patterns that align the ET energies with those of the planet. These people are literally preparing the earthly pattern for the integration of the greater Zeta

mind pattern, The Web. The movement of the right and left arms in synchronised patterns enables the Zeta self to balance the right and left hemispheres of the brain.

With this accomplished, the Zeta self is now ready to awaken the pineal gland and set up the transmutation procedure. The pineal gland is becoming crystalline in form. The energy of the Zeta rests in this place. As you integrate more aspects of self, more multiselves, you will experience each one as having one of the twelve earthly chakras as their domain.

The Zeta rule, so to speak, the third eye or pineal centre. Not much is known in your world about the pineal gland. Scientists have mistaken it for being a physical gland. They see only a small part of the story. On the third dimension, its use is not seen. On the sixth dimension, it is a direct link to the cosmic mind or the Web. Can you see how the story has a representation on each level?

The sixth dimension is a level of geometric shapes, intricate and fine, resembling a highly intricate and complex web structure. The pineal gland in the middle of the human brain is a node upon this web-like structure. The pineal gland is becoming like a multi-faceted crystal. This crystalline structure is transmuting into a device that will allow you to access the consciousness of the Web. Imagine that lines of spidery light emanate from the middle of this gland and connect you to the Web on the sixth dimension. The channel has seen this and has also played a part as her Zeta self in aligning others to this frequency, weaving light codes into the web-like structure that the Zeta are creating on your planet.

The Zeta are the navigators of this Web and through the integration of Zeta energy, human and Zeta hybrids (integrated human and Zeta selves) align with this structure and move up in vibration. Being connected to the Web allows you direct access to all places, all dimensions, all stores of knowledge throughout the whole cosmos, much like the World Wide Web.

There are many of you out there that are starting to have conscious Zeta encounters. Some of you still consider them to be outside of yourselves. Others are beginning to open up to the possibility that they, themselves, are not entirely human. What do we mean by Zeta aspect, or alien self?

To believe that you have only ever been human and have only ever existed here is foolish. There is much more to you than meets the eye. There is only one small aspect of the whole self that is human. There are other aspects that are angel and so on. Why is it too incredible to believe that you are from extraterrestrial origins?

There is so much fear around these beings that you cannot see the truth behind the illusion of fear. You live in a dimension of polarity thinking, right and wrong judgement. Therefore, you judge the ET beings with whom you come into contact with the same polarity thinking that you are used to using upon your planet. The planet, Gaia, is asking for something more from you.

Consider that this alien aspect, this Zeta self, is trying to contact you and integrate in order to achieve something, something rather special. You have so many dramas around these beings that it is very hard to view the exact truth around the Zeta. You must understand that there are many different stories, many levels, and that not all of them are conducive to your way of thinking. If you look at the Zeta drama from the third dimension, there is little or no real rational proof as to their existence. Those of you in fear are mesmerised by the many creative dramas such as abductions and governmental conspiracies that are inventing and manifesting within the fourth dimension.

You see, the fourth dimension is a place of creativity, a place where the power struggles of the inner psyche plays out its dream. And in this case, the dream of the mass consciousness. So you see, when you focus upon the conspiracy theories, you are only perpetuating the drama that is being played out on the fourth dimension. It is not just the

Zeta that has a part to play in this, but also the beings that control and influence your governments. If you tune into the fourth dimension only, you will see many reasons to be fearful of the Zeta, but if you elevate your awareness into the fifth dimension, you will see that these beings are light beings in disguise.

They have volunteered to take on a very important job. They have come here to transform your fear, not the fear that you consciously know about, but also the fear that is hidden, secret within, not only your psyche, but also the mass psyche of your planet. From a dimension that is elevated above yours, they, as 'one being,' peer down upon you and orchestrate dramas, creations of a fourth dimensional nature, in order to get your attention. Well, they have certainly done that!

It is a very 'dreamy existence' that you live in. You think that everything is black and white, but as you enter the realm of the fourth dimension, you will experience reality's grey areas. And so enter the Zeta or some, the less friendly of you, call the 'Greys'. So, what do you do when you are first standing face to face with your Zeta aspect, whether that be in meditation, dream or trance?

First, you take a deep breath and allow the encounter to occur in whichever way that it may. You see, you cannot really go on your emotional response any more. Humans are very base creatures when they operate solely from their emotional reactive response mechanism. For that is exactly what it is a flight and fight response that has become very sophisticated. When you encounter the Zeta, your emotional body reaches out to try and decide in its own way whether the encounter is a dangerous one or not. Are they friend or foe? You find it very hard to decide with the Zeta.

Because they have no emotional intent, you simply cannot feel where they are at. This frightens humans incredibly. You like to know whether a being is one of the darkness or one of the light. Your polarity thinking just does not work when you encounter the Zeta. They are neither.

'There are many rooms in your father's house,' is a well-known saying. The Universal Dreamer has many different dimensions of reality, some coming under differing influences. Your plane is one of polarity, dark against light, light against dark. The plane of the Zeta is one without any emotional level whatsoever. They are extremely mentally creative beings.

Just as you are solely focused into the physical, they are focused on the mental plane not the lowly rational realms, but the higher cosmic mind. The reason that the Zeta are called upon to aid in planetary shifts of this nature is because they are very good at their job. Just say that you wanted to change the mind construct of a species locked in fear and separation. Wouldn't you send your best squad? Wouldn't you send the ones that are capable of changing construct from within the human psyche just by their presence alone? Simply the interaction between these two species of being, human and Zeta, is creating healing dramas within your fourth dimensional reality, healing dramas created out of the material that the Zeta find in the fourth dimension.

Another way of looking at the fourth dimension is as the astral plane the dream plane. The dream plane is a plane of moulding material. Some mediums call it ectoplasm. The Zeta clothe their selves in this substance so that they can have etherical type bodies. Being of pure mind, they have no form on this level, and need to borrow some material in order to appear in your dimension.

This ectoplasm is like emotional debris, junk that is created within the physical plane in the form of power struggles. You see, in your polarity dimension, one can be bigger and better than another, and yet in the fifth and above, there is no expression of competition or victim and victimiser. All are equal in Spirit. Zeta simply clothe themselves in this substance, this etherical clothing of human making. When you look into the eyes of the Zeta, remember that the fear they represent is the hidden fear within your

own psyches. They are dressing themselves in the archetypes of your imaginations, the myths of your gods, and the drama of your demons.

So, now that you understand that the Zeta are called by the very planet Gaia to assist her in her shift (and that includes humans), you can finally explore the possibility of having enlightening interaction with the Zeta. If you read or re-read 'Perspective of the Zeta', you will understand how a perspective such as theirs can have a large impact on the mind constructs you hold on to as your idea of reality. They will break you free of your polarity thinking and send you on a merry dance through the levels of your own psyche. They are joyful beings and have their own sense of humour even if it would seem to you as a little too intellectual.

The more and more interaction that you have with the Zeta, the more fear you will process out, not only for yourselves, but also for the mass consciousness.

Finally, with the fog cleared, some of you are discovering that you are Zeta in soul. That is, you are experiencing yourselves as being Zeta. Some of you see yourselves change in the mirror; some experience a varied and strange, almost alien perspective in moments of trance. Even though it is hard to believe, you are indeed Zeta. Maybe that is why you have so many interactions with them. They are trying to scare you into remembering who you really are a multi-dimensional being with many different aspects, some of which are extraterrestrial. So, wake up from the dream of your own making and look for the first time into the eyes of your Zeta self.

The Zeta operate on a certain mind frequency, a frequency that relates to your dream or trance state. They usually operate through your dreams, but as more of you awaken to their presence, they begin to have one to one interactions. Unfortunately, because of the nature of your mindsets, the interaction usually resembles the scenes of abductions. Slowly, over time the Zeta help the human to clear enough of the fear to begin a true exchange of energies

without the disturbance of the illusion of the third and fourth dimensions.

What is the experience of this fifth dimensional interaction? Firstly, it is without fear, for when you operate on the fifth dimension, you are in a reality that is without polarity, right and wrong and judgement. It is freeing to exist in this realm for fear is a very slowing energy. You can literally feel your body go into hyper-drive. The fifth dimension is without separation.

This is a hard concept to convey to you as you operate in the realm of separation. If you cast your mind back, you, too, operated in this realm of oneness, for those of you that are Zeta descendants have access to their Zeta hive on this fifth dimension. The Zeta are just that. They represent the ultimate coming together of energies. Therefore, they express themselves as a 'We' consciousness. There are many of you in your abduction experiences experiencing the Zeta communicating from one to another. Some of you have mistaken this as telepathy. The Zeta have no need to communicate in this manner, as they are all one being. They are ONE being. This is very hard for you to understand as you see many bodies and imagine that they are many. In fact, there is only the Web. Each Zeta represents the ideas that the Web contains.

Your interactions are changing, transforming. You are encountering them when you are in altered states of reality. Many of you are beginning to see them whilst you gaze in the mirror. The reason for this is the act of looking in the mirror off-focuses your eyes, and allows you to use another aspect of the operation of the eye. This exercise allows you to see auras and others transfiguring. Whilst gazing in the mirror, you can see the energy body superimposed upon the physical form's reflection.

The Zeta use this energy body to express themselves into a form that you can see. No longer are they using a medium outside of you, but are using the very matter within your etherical body to dream a dream that will allow you to

perceive them. Some of you embrace this as being the channelling of ET beings. On one level (one of separation), that is occurring, but on the fifth and above, you are experiencing a direct reflection of yourself, a reflection of soul. It is an image that will convey straight into your mind and body the information that YOU ARE A ZETA!

For some of you, this will create immense fear that you will block. This only results in the Zeta resorting to the old abduction scenarios to regain your attention. For some of you, the experience is so real, so physical, that it is impossible for you to deny that (as much as it scares you to death) you are indeed, Zeta.

So where do you go from there? You are a curious being because you are are Zeta. You are highly creative and curious. You would probably want more information about the Zeta. That may lead you to a place such as Alloya's website at www.alloya.de. You learn that it is ok to become and integrate this aspect of self, this Zeta self.

By your curiosity alone, you draw to you information from outside and inside as to who exactly are the Zeta. Not everything sits right with you such as the idea that you should fear them and somehow they are bad. Even though you cannot explain it, you feel that, some-how, the abduction experiences and the governmental conspiracies are not all the story. You begin to investigate just why there is so much fear and begin the long journey of integrating this self.

You clear your fear. You begin to give them permission to work with you, still, for the moment, believing they are still separate to you. As you interact with them, you allow them into your body. Some of you still believe that you have no conscious choice in this experience, but your soul is the controlling factor in this process. Remember that these beings are not separate to you. THEY ARE YOU. It is your Zeta self. Have you never wondered why they always say they are you?

For some who choose to do this without conscious recognition, the Zeta play with you, change your reality, take

you on many and varied mind games to awaken you to the fact that you are Zeta. This is where they get the reputation that they are not to be trusted. They have a job to do and do it they will.

They have no emotional bodies, not that you would recognise anyway. They do not feel compassion not out of lack, but of necessity. Their job is a hard one. Compassion would not allow them to be cruel to be kind. If you are the sort of person who needs a loud alarm clock to get you up in the morning, then the Zeta will oblige.

It is quite a challenge to discover that you are an alien. For at this juncture in the story, you still consider it to be outside of you, not integrated. You begin to communicate with this being, this self, and after some time, you begin to physically integrate. This is the biggest challenge. The Zeta and the human biological form are complete opposites in nature. The dual personality will allow you to see how different the human and Zeta perspectives vary. You will literally walk around with two perspectives, two views on life.

The Zeta bring a highly mental opportunity for the human mind to release itself from the confines of the rational and move into the realm of the Web. It is not just a one way thing. The Zeta self benefits from the process also. They are realising their beings in the love of the Creator through you. As the process proceeds, you become more Zeta and the Zeta self becomes humanised.

The merging

The merging has begun. After some time, you simply cannot tell yourselves apart. Human and Zeta are as one. Can you now see how the Hybrid Programme is a symbolic fourth dimension representation of the integration of the soul? As human and Zeta merge, worlds are created to symbolically represent this process, new worlds where Human and Zeta hybrids, The Essassanai, live and breathe. Can you see how the creative processes experienced on this planet, create new and varied worlds throughout the cosmos?

You, as a species, are in great fear of us. Let us talk about the abductions. Are they real or not? They are both. There are certain things that you should know about our different levels of reality and the way they function.

We are not the beings you perceive us to be. We have no form. Not only do we have no physical bodies, but also we have no identity to speak of. We are thought, not thought, as you know it, but thought that is completely without form, structure, or substance. If you could imagine a river of thought, pure, undefined, then that is as close as you can get to perceiving us.

When beings such as ourselves come in contact with a reality such as yours, an amazing phenomenon occurs. Your reality is one of physical manifestation. You are living in the densest dream possible. Your reality physically and symbolically represents energies that are without form and structure. You, as soul, came to the earth plane and you, too, wrapped yourselves in the matter that you found there. You came as the idea and became the physical representation of what you perceived yourself to be. Many other beings, they, too, sent ideas of themselves here to this reality to physically represent their energy in a form that could interact with other aspects of itself through the separation of the physical.

When beings such as ourselves come to a reality such as yours, the nature of your reality demands that we are

represented physically. Yet, we are without identity, without form and definition for we are not separate. We have no choice but to borrow ideas from the mass consciousness that surrounds your planet. We clothe ourselves in the ideas that we find in the psyche of man. What you perceive of us is the buried and hidden aspects of your own natures. You see in our eyes your own fears and joys. Some of you fear us and create for yourselves great dramas that tell horrific tales of operations and torture. There are some of you that are beginning to recognise who we really are and are having more pleasurable encounters.

You see, the encounters are of your own making. Remember we are without definition. It is up to beings such as yourselves to define and create for us a story in which to exist, in which to communicate to you our message. If you could only realise that your reality is a symbolic representation of many different energies, it would be so much easier to communicate with you. You consider your inner world with its symbolic imagery to be separate to your defined and physical outside state.

We look at you and see no separation. We see your existing in two worlds, not realising that you have two functions. Your ideas separate these worlds further until your beliefs become so crushing, that there is no room for these two worlds to interact and integrate within you. You have to decide which world to live in. One is considered sanity, the other, insanity. The society in which you live has defined the normality, and, therefore, you cut off, or turned off, your perception of the other reality and the two worlds divide. This is the true meaning of duality.

Through your beliefs and your resulted perceptions, you define your world more and more. Separating more and more aspects of yourself, becoming schizophrenic within your own psyche. This separation demands, to keep your sanity, that you remain locked in one aspect only, one identity, one expression. This is limited and as the beliefs lock you deeper and deeper within the remaining psyche, the

perception of any other is destroyed. This is how you created the now called ego. You consider yourselves to be separate to each other and separate to us also.

You see, we are you. We are the undefined, unmanifested aspect of yourself. Before you defined yourself in thought and ventured into the reality you now inhabit, you were like us, without form. So, you see, when you look into our image, it is an image within your own psyche, which was placed there by yourself to remind you of your true nature.

For some, this is extremely frightening and you create for yourselves dreams that realise themselves in your waking reality. So, it is our mission to contact the part of yourself that is locked away in the isolation of the physical realm, and to free it to the expanse of the self. So, you see, when you encounter us on a spaceship operating on you, you are only reading one aspect of the story.

On the third dimension which is ruled by rational thinking there is often no recognition of our energy at all. On an instinctual, body consciousness level, you fear us, solely because you naturally fear anything that is unknown and alien to your mode of perceiving reality. On more ethereal, dream body levels, you may be conscious of our interaction. You see our interaction through a veil, an illusionary frequency of fear. This fear is trapped in the psyche of man and all humans are connected to it through an energy that can be called the Net.

You then perceive us as to be in physical bodies. You invent histories and planetary homes for these bodies and before you know it, the psyche has created for itself out of our energy, a dream that tells nothing of our true nature but plenty about your own. You encounter spaceships, and some of you experience operations. They are energy games, films that are created out of the interaction of our two species to try to communicate a message to awaken you to your true nature.

Through this interaction, your perception of us is changing and you are creating for yourselves new beliefs that

can contain more of who we really are. Everything is consciousness and so are the bodies that you inhabit and so are the ships in which we clothe our energies in order to navigate a reality such as yours.

When you encounter us, there are two realities expressing themselves at one time, in one space. This one time and space is the reality that you have defined for yourself. It is the part of yourself that you have isolated in order to experience separation from the rest of creation. All space and time is self. So, when you encounter us, you are encountering an aspect of yourself, an aspect that is unknown, alien, and sometimes very frightening to your isolated nature.

We like to imprint images and symbolic stories onto the channel's consciousness in order to explain something that is very difficult to convey in your words. Imagine there is no difference between outside reality and inner reality. So when a spaceship takes off into outer space, it is a symbolic representation of a process that is going on in your inner space. As the ship first moves from the home planet, it encounters beings that are considered alien. Imagine also another story layered upon this one. This is a story that says that as you awaken dormant areas of the human brain, you, too, are encountering other aspects that have their function in those areas. So, as you venture into physical space, you also venture into inner space, awaken dormant areas of the brain, and encounter alien aspects of the self. Does this explain the concept of how you are 'We' and we are you?

You ask why do we call ourselves 'We' and you call yourself 'I' ? This is because we use a label to express our true natures. We have no separate identity and, therefore, are the conscious result of the oneness experiencing not being defined as one, but as many. Your encounters with beings such as ourselves is a direct result or symptom of your evolving and moving deeper into the hidden levels of the Superhuman psyche.

Encounters with beings such as ourselves will increase, and transform, representing an inner process of integrating and aligning with the alien aspects of your spiritual natures. Our two realities are coming together and for those of you who can contain such concepts, the realities will become one. You will no longer have to choose between the two divided realities, but will experience your inner experience and your outer experience as undivided and equal in value. This is the time for miracles, realising dreams, and moving forward into the uncharted waters of the self. The Zeta

The Fallen Angel

To write the Lucifer story is a great honour for me for I feel great love in my heart for this being, Lucifer. Before all you religious types out there get the wrong message, I am not in any way a demon worshipper or Satanist. I have no real interest in evil or the Christian version of the story of Lucifer.

All I want to do is tell is the story of Lucifer, as I perceive it and how he has shown it to me. All I ask of you is to see it as a story. For it is a story, a story to allow the reader to get a new perspective on the creation that is occurring on this planet. I ask you to open your hearts wider than ever before, to allow yourselves to feel the energy of this story, for beyond the words there is a beauty that only a completely open and trusting heart can perceive.

For most of us, Lucifer is nothing more than an imaginary character; for the Christians among us; he is the personification of pure evil. For me, I had not even really given him a second thought until I experienced his energy personally.

I wrote about my first experience with Lucifer in 'Multi-Selves and a New Reality', part of which I would like to quote here:

I was taking the light of truth into the darkest place in the universe, to the home of Lucifer, the light that had been downloaded to me via the sun in the daytime. I don't want to get all 'Bible-y' on you, but it was my only way of understanding what was going on. I knew the story of Lucifer and my Spirit used the stories I already knew to aid me in my understanding because I needed to understand and under-stand quickly. He was coming. I can't say that I physically saw him. I didn't need to. Feeling him was quite enough. The fear was impressive. My body shook and I involuntarily made this strange pining sound like an animal does when it's really scared and I couldn't stop.

He filled the entire room. It felt like I was going to die, which was scary in itself, but what was more scary was that without the beliefs of my body, that said this was delusional, I feared that Lucifer would devour me. There is a well known saying that when you are at the bottom of the pit that is when you find God. I was on the edge, like I had never been before. This was one hell of a test. It felt like not only did my life depend on my success, but also symbolically the success of New Planet becoming a reality for everyone in the future was on my shoulders. Near to annihilation, or that is how it felt. I had no where left to turn. I had to face him. So face him I did.

The most incredible thing happened. I saw him as God. It was so simple, if everything is God, then so was Lucifer. I felt the love. It was pure, mine, and mine to give, my divinity. Not only did my soul face and love its enemy, but also so, too, did my ego. We embraced lovingly on an energetic level. I had succeeded. My Spirit explained to me that I had anchored the light into the darkness and now, in time, New Planet Reality would manifest for all.

The process complete, the angels began to sing, I could hear them. The sun of another day rose in the sky. I have always experienced this spiritual ascension process that I seem to be on as a unification of all the aspects of my higher self. Lucifer, I perceived to be yet another aspect, the aspect of self that would not believe self as a divine being of light. This feeling would rack me with doubt and confusion. The energy would come in, and would make me doubt what I had experienced, trying to get me to feel wrong, and worse still, to make me feel evil.

It tested me to the fullest and enabled me to shift through level upon level of fear. Here, in the climax of my experience, I could transform our relationship and move into a forgiving, non-judgemental perspective of a being that has been hated and loathed for many millennia. Scared as I was, I wanted to be different. I wanted to see the love everywhere, even in the most unlovable energy of all of

God's creation, in Lucifer. For as black and dark as he was, I had a feeling there was more to his story than met the eye.

My next encounter of him was at a workshop where we were healing out our ideas of evil. The workshop facilitators asked us how we felt about evil. Rationally we all spouted various ideas, such as we are all God, everything is God so therefore so is Lucifer and evil is another aspect of the creation. Yin and Yang, light and dark, and so on. Our bodies, however, had a completely different opinion. We all were in great fear. The facilitators decided that they would channel various evil personages and we would be allowed to heal out any judgements that we might hold towards these beings.

One of the facilitators stood in front of me, channelling Lucifer. I cannot describe the fear I was in. Rationally, I thought the whole thing a little stupid, but my body was reacting so badly that there had to be something in this. So, I took a deep breath, breathing in more of my higher self, allowing the healing process to occur.

I looked into the facilitator's eyes. Usually, she so loved, but channelling Lucifer, her eyes were cold and uncaring. I breathed deeply, the fear transmuting through the loving presence of my higher self. Belief systems I never thought I had, surfaced to be cleared, past life connections with their beliefs about evil haunted my very soul. They were clearing, the veils of illusion allowing me to see, really see.

It is hard to describe what happened next. All I can say is that I experienced a great sense of recognition. I recognised the divinity within this being. I saw love there. I felt a compassion, an empathy as never before. As I stood crying, looking into those eyes, I knew I had found what I was looking for. It felt like I had searched the whole of existence for this being, believing him lost. Now I had found him. The emotions were overwhelming.

I asked for his forgiveness forever thinking he was an evil being that should be hated. He smiled and said that I was

making him free through my love. He had never felt such a connection for such a long time, and it had begun to warm his cold body.

I felt such a connection to this being. I felt like we were the same type of being. Before he fell, we were the same, twin souls, whatever you want to call it. I vowed there and then that I would help him and any other of his kind to free themselves from the darkness and to enable them to return to their former glory in the love and light of God. It sounds like a very tall order. Usually people run from the dark forces, projecting hatred and fear at them, projecting their own evil intent, encasing these beings in the fifth of other's psyches. I felt very passionate about it. I would free this being. I would not go to New Planet until this was done!

Over the next few months, I experienced Lucifer more and more. He showed me the creativity in what we call evil. He showed me how, amazingly, light beings can come to Earth to experience evil and good and bad and that if viewed as just experience, and evil was a very creative experience from the perspective of soul. He showed me the creative, divine spark that can even exist in the depths of emotions such as fear, depression, sorrow and various other deep and dark places. I finally began to understand why my soul moved me to such deep, dark spaces within myself. Viewing it from the perspective of soul, I could playfully flow with these dark spaces, allowing them expression through writing and art, until the thrust within my soul for experiencing the darkness was exhausted.

When I say darkness, I do not necessarily mean evil in the way we have come to understand it, but evil in the sense of going into such dark spaces within yourself that you feel without God. For me, the emotion of sorrow was uppermost. The depths of lost feelings that I shifted through were symbolic of the Lucifer aspect within my self being integrated within my soul, coming home to the light within myself. Lucifer helped me understand that he was becoming free through this inner and outer interaction throughout the

love of my very soul. I cannot say it was without its challenges. I had doubts that what I was doing was ok. Maybe it was bad and evil and Christians would say I was wrong, but the passion and love in my heart would not let me give up on a being that seemed to have only me as his friend.

Our relationship was intense. I seemed to experience him through a symbolic story that he channelled through me. I cried the whole way through as I could feel that, in my soul, he was speaking about us.

Their dimension lay like a brilliant blanket of sheer light, infinitely rolling off in all directions. The light was golden and pearl-like in hue and colour. Shimmering through ripples of liquid gold and silver, the winged ones passed, unfolding their energetic wings, sending trails of light into the space around them. They had been there for all of time, emanating energy of love and freedom for the rest of the universe to draw upon.

The distinction between the light dimension and themselves was little. Gazing upon this plane was a challenge to the eyes, but once the eyes were accustomed to the light, light beings could be seen in the emanations that radiated from this plane. Their beauty was breathtaking to behold. Their exquisite radiance was mesmerising, iridescent, incandescent, illuminated from an internal source. These energetic patterns of light resembled the bodies of winged angels. Pure of face and heart, they existed only in a moment of bliss and euphoric ecstasy.

Overwhelmed by each other's presence, these angels of light embraced in energetic rapture, living in a permanently exalted state of rhapsody. They experienced no separation from the hearts of those they loved. Saturated in the sweet honey of love and adoration, two such beings cherished and honoured each other's presence, intoxicated and entranced by each other's love, each an intrinsic part of the other. Two beings, identical, from the same mould, twin flames of true power and unconditional love. Never had they been separated, not even in form. So intrinsically entwined

were their energies, that the distinction between them could not be seen. Each one was the rhythm of the other, each one the other's heart song.

For how long they enjoyed this unbroken, unified existence no one could really tell. Time from their perspective was only a concept, not as of yet a reality. Others had told them about the dimensions below and the affects these dense vibrations were having on those that travelled through them on their journeys of discovery.

So, when an impulse, an idea, came from the Source of all Light, the Star, there were many eager to follow a new and exciting endeavour. In the entire universe there was not a place where the inhabitants did not realise that within each and every one of them, they held the key to all life, the original seed from the Source. The idea was to create a place a place of such density, such darkness that the love of the Source could not penetrate. What would appear as a harsh opportunity for growth was seen by some of the angels as a challenge, an adventure that simply could not be denied.

The entwined and unified souls of light readied themselves in preparation for such a challenge. Excited and inspired by the idea, the challenge, they began to disentangle their energies from each other, separating themselves from their eternal moments of lovemaking. A flame of passion kindled in their hearts as they gazed at each other's face. They watched and waited. Soul to soul, heart to heart, looking deep within each other, they vowed to always hold the other within their heart so that no distance would truly separate them. One was to leave to go on a journey of discovery to complete the task of creating a place of forgetting. The other would stay behind in the light planes, holding the idea of the other's true form, in readiness for a time when it, too, would dive into the dimensions below to create a journey of its own that would ultimately lead it to the discovery and the reunion of the other.

One stood poised on the edge, readying itself for its leap into the unknown. Male in energy, he proudly stretched

and flexed his mighty wings to take flight. Fearless and strong he willingly and excitedly awaited his descent into the cloudy realms below him. She, with bated breath, watched and waited. She, too, was excited and eager to watch the splendour that this challenge would create.

Never had there been any distance between them. Never before had they been separated by time and space. He was to fall as fast and as long as he could until he hit upon a dimension that was so dense that it was capable of housing the place of forgetting. He was to sleep and clothe himself in the matter, becoming dense in form, taking the light into a place that would forget its origins. All that lived upon it would live a strange life devoid of the light of the Source. He was to hold the idea of the Source deep within himself until he was awakened by the sweet kiss of his one true love.

She was to remain behind in the planes of light until such a time when the impulse from above would come for her to carry the seed of consciousness. Then she would search the dimensions below for her true love. With one final loving glance, he spread his wings and dove from the precipice. She watched him fall. At first he rode the currents of energy. The dimensions below pulled and tugged at his wings. He tried to ride them but, much to his dismay, the currents beneath the shallows were overwhelming. He soon realised that he was being pulled into the unknown. She watched with curiosity, but as the distress and anguish began to show on his face, she, too, realised exactly what parting really meant. She reached out to touch him, longing to hold him once more. Her hands of light passed straight through his body, already denser in form. No longer were they of the same kind.

He surrendered his love and folded his mighty wings about him. He closed his eyes and plummeted down into the murky depths, spiralling down like a stone into a pool of still water. He spiralled down and down. The clouds of density forming around him suffocated him as they ripped at his very soul.

He was ill prepared for what awaited him. Instead of gliding and swooping gracefully to his destination below, he fell and fell. Out of control, surrendering to the experience, his fragile heart pounded in his chest. The density closed in about him and the forgetting took over until he seemed like a diamond trapped within a solid and hard rock.

Heavy like a rock he dropped, the dreams of forgetting surrounding him until his awareness began to become sleepy and with one last conscious thought, he fell asleep. Now he resembled a dark mass. He would sleep here, dreaming until he would be awakened within once more.

So Lucifer was not banished from Heaven but volunteered to go. In the Bible it says that 'iniquity' was found in Lucifer.

What was this 'iniquity' that made Lucifer imperfect?

Lucifer...

" Those of you who experience the separation cannot comprehend any being wanting to remove itself from God's love. No Being would want to subject itself to such torment and torture. Yet you are here are you not? You must bring the story within yourself, understand it from a symbolic perspective. I am the aspect of you that is lost, cut off from God. Separate.

I was not always like this I, too, bathed in the love and light of the Source of all creation. I, too, was a Being of light and love. I, too, knew myself as an aspect of God. I, too, knew myself as God. Do not mistake my arrogance as unique to myself. All beings outside of your polarised thinking experience themselves as the spark of the Creator. For God has many faces. It is only Beings in the polarity of good and bad that can possibly see creation as anything else. I must take credit for holding you in this mode of expression. As the story tells, my job was to hold the forgetting. It was a challenge for beings such as myself to move into the void and create a space that was outside of God. Could it be done? We were curious to try. God granted us free will, the power to decide, to create a choice. I stood at the crossroads and

God gave me a choice, to go one way or the other. The signs said,

To God, this way. To Darkness, this way.

I had to choose. I knew that to choose the path back to God was the choice of God. But the overall plans were to deny God within myself and move beyond. I took a deep breath and curiously stepped into the darkness.

The rebellion was real, yet created by God itself. One third of the angels followed me in rebellion against God. Any came, brave and curious aspects of God, falling into the darkness, the unconscious part of God' s creation. We fell into the Void to hold the forgetting, to create space for the intense growth of all.

So, my lawlessness was encouraged, my rebellion smiled upon by a loving God."

The Story continues...

In a pattern of light he fell a blueprint, an idea in light, and a fallen angel, not cast out by God, but surrendering to a higher purpose, an impulse from the Source.

The idea was to create a planetary body capable of holding an energy that would isolate and segregate the planet from the love of the rest of the cosmos. This isolation would enable the inhabitants to grow and evolve and learn through all possibilities whether good or bad. Lucifer would sleep in the centre of this soon to be planet, holding an energy that would allow the plan to be implemented.

As he fell, he wrapped cloudy veils of illusions around him. These veils, these illusions were to become the reality of planet Earth, weaving together, creating the illusions, the myths of man. Holding firmly the histories of mankind, he slept, encased in the hard rock of the forming planet. Safe from harm, undisturbed until he was to awaken and take the planet to the light by his awakening. As he fell through the darkness, the reaction to his presence created wisps of energy that swirled and spiralled like mist on an early morn. As he descended further and further, the wisps of

energy became denser and denser until a form could be seen quite clearly. It was a Dragon with giant wings, a serpent of the Void, the Unknown.

Encased within the safety of the loving embrace of the Dragon of creation, Lucifer fell still further into the darkness. As he radiated the 'forgetting energy' out from his centre, a strange phenomenon could be seen to occur. The energy created level upon level of reality. At first, there was only a slight, disconnected feeling from the Source. As the process proceeded, the levels became denser and denser, creating more and more levels of forgetting until the Dragon of all creation could be seen to split in two.

A mighty Dragon of light and dark, of polarity, of duality divided. As Lucifer came to his resting-place, the Dragon divided even more, splitting and separating into four distinct and unique energies. These Dragons of creation would make up the final resting-place of his heart. The Dragons, serpents of energy, danced and wove a beautiful pattern of light; each carrying its own ingredients to create physical reality. First, was the awesome Dragon of Fire, a passionate elemental of light. Its fire trailed a blaze in the darkness of the Void, cascading shards of light as it swooped down and down into the depths of the unknown. With a roar and a torch of fire, it exploded into a giant ball of burning light.

Then came the Serpent of the Deep, the water and fluid, the lifeblood of creation, its aqueous, moist body casting trails of mist in its path, its ghostly form alluring and hypnotising. Almost invisible to the eye, the elemental Dragon of Air could only be recognised by the ripples that could be seen in the Void as it flew in its spiral dance. Its ambience and openness created a space in between the swirling fire and the water laden clouds.

With this interaction of energies, a fourth and final energy was seen to hold all the other Dragons in form, the Dragon of Earth. What it created was not as dense as we know physical reality, but was an ethereal structured pattern

of energy and sound that held the shapes of others as well as itself. Its immense body stretched and layered, creating the very weft of the carpet of creation.

Earth, Air, Fire and Water, the very elements of all physical creation. Chasing their tails, they spiralled around and around each other, weaving a coat of denser and denser energy around Lucifer, imprisoning him in the softness of matter.

The pattern that they created together came to rest in the darkness. The Dragons, succumbing to the sleepy sedating energies of the forgetting, fell asleep, too, drifting into a dreamtime where they created and dreamed dreams of a planet that could express all of their energies in an illusory way.

The hallucinations of their making wove together until a physical planet could be seen hanging in the furthest reaches of the Void. There it hung all alone, illuminated by pinpoint points of light that had now been created all around it. Isolated from that which it could see, it lay sleeping, nestled in the womb of the Void, unknowingly looked upon by the stars of consciousness that danced all around it. Gaia was her name, giving animated intelligence actuality. She made possible the Dragon dreams, which in turn were able to manifest through the forgetting that he held in the centre of the planet. The Dragons created her and became her skeleton framework for her to hang her dreams upon. And so the place of the forgetting was created and planet Earth was born.

As the veils wrapped around him like blankets, he slept, dreaming his dreams that tormented his very soul. Lost in this dense realm, he was totally cut off from both the love of her and the Source of all light. He lived, lost and alone in his dreams, shadowy realms of ghosts and demons, cold, dark and devoid of love.

Characters began to form as the body of the planet began to create living forms in which Lucifer could dream. His face was no longer a face of purity. It was now a face of

the devil himself, a black and hard mask of illusions, contorted, evil and hideous. Black lifeless pupils blocked all light. Lost in his dreams so dark, he created characters as he held the energy of the darkness. He surrendered to the harshness of the environment and fulfilled his mission to create darkness, evil, and death.

In consistent cycles, he dreamt, becoming denser and denser, forgetting more and more of who he was and his true home, perverted by the energies he had created around himself. Deserted, desolate, lost and alone, he slept. His only comfort was an insatiable desire for power, a lust for life, blood and death that, somehow, would help to fill his vacant heart. It soothed the indescribable yearning for something that he could not quite remember.

Twisted beyond recognition, tormented, insane, driven mad by the craving for this unknown something, he cast evil forces against the, angry, and vengeful against his very own soul. The dreams became realities as he incarnated into physical bodies of Gaia's making. Not all were bad. Some were honourable and proud kings and wise men of old, yet they all paled in insignificance compared with the blackness of his other lives, one after another. Vile and loathsome characters turned his wheel of karma.

His face, black and hard, was now even unrecognisable to himself. He lost his memory of his very own soul, which slept deep in the recesses of his heart. His heart was a void, black and dead or so it seemed Yet in the velvety depths of the darkness, nestled safely from harm, his light slept, awaiting the time when his love would return and awaken him to his true form.

He had long since convinced himself that this part of him was lost forever yet in the darkest of nights, cries could be heard as he dreamt his strange dreams of another place, the sorrow overwhelming him until he could withstand it no more. Once more he would release his vengeance upon the world that had imprisoned him.

Lucifer...

"As I fell as a pattern, a blueprint of an idea, I held in form an energy that enabled beings such as yourselves to experience, light and dark, good and bad. You all come from many places in the universe; there is much healing to be done. The only place in the universe where beings can transmute negativity into positivity is on planet Earth. This is enabled because I, Lucifer, hold a framework that allows there to be duality, judgement. You see, it is not me that commits the sins you project on to me; it is yourselves. You cannot bear the darkness in your own souls, so you disown it and project it onto me. Such is your nature, being held in duality.

You, as a species, have a tendency to judge, and this in itself is the downfall of man. You have heard the story of the fall from Eden. I did not commit any sin. I just gave you the choice. You, in your truth, choose to judge the situation and fall from Grace. Grace is the ability to blindly follow the intent of the Creator. You as creative beings choose to choose. It was when you judged, that you fell from your place in heaven. All I did was give you the space where you could have a choice.

I have held this energy framework for millions of years and allowed beings from all over the universe to come here and transmute karma, to learn the lessons Earth so gladly teaches. Through me, you will learn to heal your judgements and will learn to love the darkness as well as the light as they are the two faces of God. Wake up to yourselves. Gather in the projections that you have surrounded me with and begin to heal. Wash away the darkness that encases me and I will be free to be the Light bringer!"

The Story continues...

Thus was the land of illusions. At its centre stood a hard and blackened rock, once an ethereal mount of veils, veils of illusions and dreams. It was said that the very rock held the story of all mankind, the legends and myths of long ago. Each story, each legend in veils one upon another, rose

until the combining of the stories became as solid as living rock, the Island of Veils. It was the place of dreams, the sleeping place of dragons, the resting- place of nobles.

When the planet was ethereal the Creators walked the land in peace and beauty. As the planet began to become dense, the creators left to return to their origins in the stars. They left one of their kind who would remember them in time. He was the brightest light, one who would remember all and would realign them in all to the light of creation. Upon his awakening he would bathe the whole planet in light and cast shadows, all illusions into the darkness. All beings would live in the light and love.

It was said that in an isolated part of the world there would stand a Mount of rock and in that Mount, the Light bringer would sleep. The light of the One would shoot out of the top of the Mount and like a laser, it would criss-cross and create a light framework throughout the entire planet and the light body of the planet would be created. This light body would redesign the world and all the veils would be removed and a New Planet Reality would be created.

This central pinnacle of the story stood now in our times surrounded by sea in the beautiful Bay of Hopes and Sorrow where once it had been surrounded by dense forests. It was the very first place to become the densest of the Dragons' dreams the holder of the original plan, the first physical point of the planet. Contained within the very living rock were the files of ancestral knowledge, the planetary consciousness. It was the very DNA of the planet.

In the very heart of the forgetting, Lucifer lay sleeping, holding the energy of the forgetting in the centre of the Mount. From this focal point, the world was created, dreams woven upon dreams until the world as we now know it was created. The Bay of Hope and a Sorrow with the Mount at its centre was a symbolic reflection of the story of creation.

The Dark One ruled from within the safety of the Mount. Black and foreboding, it stood stark against the ashen

grey of the sky, a darkened silhouette etched upon a storm cloud canvas. The Mount, like a burnt and fossilised, hand stretched up to crush and destroy the sun that shone from behind the blackened clouds that rolled in from some distant shore.

The Dark One had entered the sleeping minds of the Dragons. He had infiltrated their thoughts, trapping them unconsciously into the dreams of death and decay, possessing the very landscape with his noxious thoughts. The very air around the Mount was putrid and toxic. Clouds of grey cobwebs could be seen hanging around the highest point. Many had tried to enter the Mount, yet none made it because of the toxic and foul air that wrapped tightly around its victims. Those who failed were said to be haunted images of their former selves.

With long and blackened fingernails, Lucifer wrapped upon the black hard arm of his throne, waiting. He could wait forever. He had nowhere to go. The body at his feet on the other hand was temporary. Death, in time, awaited it. Like some greedy monster, it devoured its prey. It trapped souls within the confines of the rock. He listened. He could hear the cries, which were like sweet music to his ears. Tormented and lost, they were held in the throes of dying over and over again. Many were blind to the Dark one and its evil workings. They carried out their pious lives, sanctimonious in their beliefs in a false God. Too busy worshipping their merciless God, they were totally unaware that, in fact, they worshipped the Dark One. Praying to what they considered 'Holy' and 'right', they unwittingly gave their power to the Dark Lord.

Occasionally his demonic thoughts would take form and he would stretch out his hand and reach into the hearts of the blind and manipulate them into acts of violence and malicious crimes of sin. It fed him. He could feel their blackened life force like fruit rotten from within, draining out of their veins into his. He contaminated their very souls. He made them servants, slaves to carnal desires of lust, greed

and death. They were easy prey. He could use them to affect and manipulate the outside world. His aim was to penetrate the outside world, the world from beyond the doorways. Souls so easily trapped were poor game. With every meal his hunger, relentless, grew more and more.

Lucifer...

" I am a mirror to the human soul. I only reflect your darkness, all that is not with God. The darkest recesses of your soul are reflected in the vision that you have of me. You cannot accept that there are places in your souls that are dark. You talk about being sinners, but how many of you have the courage to accept the darkness within yourselves. You have spent an eternity trying to project this failing onto others and myself. Blaming, judging, simply digging deeper and deeper grave for yourselves.

Yet I do not judge. It is all-fine with me. There is nothing that would shock me. I have been very curious watching you from within my space create a world that is constantly on the verge of destruction. You are such exciting beings; I am amazed watching you. You are living breathing expressions of the Creator, creating dark and fore-boding clouds in your very own reality. This has been a necessary part of the plan. You have come here from many places in the universe, bringing many issues with you to be played out. You are using the energy space that I provide to experience good and evil, right and wrong, light and darkness. You are learning choice and free will. I have held for you a framework where you can experience light and dark. I will hold this framework until the last of you have finished playing in the darkness. For that is what it is, play.

Elevate your consciousness into the fifth dimension for a moment, and look at me and you will see that I am friend, a brother, enabling you to experience a creative process that allows you to forget, to dream, and to awaken as God once more. It is to waken in the dream, to allow the God that you are, to awaken in the lucidity of your reality!

From the level of non-judgement, it has all been a cosmic joke. All is God; nothing can possibly be left out, so, therefore, so am I and so is the darkness. For the darkness is a very creative process and fear in its transmutation is an experience never to be missed by any enquiring and curious soul.

When you can accept and love the part of you that is the dark as a creative part of your consciousness, then I will free you from my grasps and we will move together into the Oneness of New Planet. When you no longer look at me as outside of yourself, when you have pulled all the aspects of yourself into the fullness of your souls you will move in consciousness. When you can look upon evil acts without judgement, then you have truly entered the realms of heaven. I await you there. It is not about living your life without care or purpose. It is about feeling and following the intent of the soul without judgement.

I have faith in you as I waken within you. As you integrate me as your own, we will both be free to play once more in Eden. For within my soul and yours, there is the information we will use to find our way Home to bathe in each other's love once more. I cannot wait for the embrace. I have felt the love. It has made me hungry. Finally I know what will satisfy this empty heart. The love of your soul. For it is through beings such as you that mankind can free the perspectives that you have around evil. Only when you can look upon darkness with the love of the Creator, which you are, will this planet of yours shift in vibration.

I hold the key. I am a blueprint. Not only do I hold the idea of separation and duality, but I also have the means with which to transform your world into a unified world of oneness and light. No longer will you see black and white, yin and yang, but you will perceive the unification of spirit and matter. You will literally become Gods living in physical forms. For this was the plan that we had all along to transform the very negativity of the universe through the

love of beings such as you and me. For are we not all fallen angels?

The blueprint is a matrix that contains all the necessary information to create a New Planet frequency; beings are being aligned with the crystal at the centre of the planet to access this information. When the time is right, every-one will be aligned and I will send out a new intent. With this, we will bathe in the Light of the Creator once more. So, until the last person is finished dancing with the devil, I will hold the old way, but I am eager to shift into a new role, one where I will be misunderstood no more."

Personal Experiences of Energy

The first time I met the Antari was whilst I was having a kinesiology session. Part of the re-balance entailed my 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 no 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.

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 my 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. That is all I remember of that particular experience.

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. 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 tone the most incredible tones through me, and people have been 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!

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 in-crease 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 tune 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 without 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.

There are many of us. You think there is only one version of you that exists at one time. You are mistaken. There are many, many forms, many bodies, and many stories to be told. You consider there to be only one time, one life, and one existence. There are many more. An image is the

best way to describe to you these myriad lives. Imagine a point in the centre with lines of energy radiating from it in all directions. Each self experiences itself as the centre, but, in truth, they are all the lines of force. Each self experiences its own unique reality plane, planet, etc. Some selves even consider themselves to be the one and only self, having no conscious recognition of the other.

An angel once told me that I was to undergo a series of initiations that would ground my true essential self into my physical body. This self was composed of many different aspects. She told me that my essential self was my Spirit manifesting itself into different levels of reality. All aspects combined create 'the ONE', the essential self.

Each self or aspect introduced itself to me by using inner dialogue, visual explanation, and, later, emotional recognition. After their initial introduction, they would walk in and out of my body. Each one would bring its own lessons and tests until on one final, grand initiation that tested me to the full, my essential self integrated as one within my physical body.

Since then I have been living as 'The One Being'. I can feel their energies separate within me as well as feeling them as the one combined form, *Alloya Ye Ra Har*. It is quite amazing! I can feel how each self, each programme, is designing a new self within me. I am not sure what this form will be like entirely, only that it is a new self, a combined self, and a new reality. It is very difficult to write about myself in this way as it could be considered an ego trip, and, yet, experiencing myself as this integrated self, I am becoming the person I channel myself to be. If I look within me, I can see a multitude of other selves, other beings, all focusing through my physical body. It can be quite overwhelming. As separate notes, they play a symphony within me, all expressing their unique tones and harmonies.

Alloya says that I am an 'Integrated Undergraduate', an 'I-u', an 'I and you', a complete integrated being. If you like, all these selves within me are my subjects, the modules

that I have to take in order to graduate from this process and move on to the next one.

I am not talking about ascension. I have never really understood the process of ascension. My understanding of what is going on is that the dimensions are merging, becoming one, becoming one, true reality. I am beginning to experience myself as multi-dimensional. It is as if there are windows into each one of the soul aspects, windows that I can peer into at any time that I am moved to do so.

For that is how it feels; it is as if I am moved by a being bigger in intention than myself. I can feel the integration of the ego. The ego is a place of habits, and, so, therefore, it still creates a reaction to true reality that is doubtful and not entirely convinced that this is really occurring. Yet other aspects of my-self are totally convinced and having an amazing time. Defining the lines, separating my realities, is becoming more and more difficult as they are organically evolving within me into something entirely new. It feels that even they do not know what this Super Hybrid will be like. For that is what I am becoming integrated energies within me ,unified energies and as this happens, I can feel the dimensions within me merging, and also becoming one.

I say I do not know what it is that I am becoming but I do know. For I have seen that new reality. I have existed there if only for a brief six days.

New Planet experience

Whilst the process to integrate the selves occurred, I was privileged to have an experience so incredible, that even today, I find it hard to believe that I lived through such an experience. It is difficult to really remember when in the process that this occurred as the whole experience seemed to be out of my normal time. It felt like it was completely out of time, that it was in the future, the past, and the present all at once. I got the sense that it was another dimensional reality entirely.

For sometime, I had considered giving up smoking. I thought it would be too difficult and hadn't given it any really serious effort. One afternoon in late March, I sat smoking a cigarette in my front room. I thought to myself, "Oh, I wish I could give up these things."

Alloya (Spirit) said, "If you trust me and follow my guidance, I will help you give up smoking and it will be a pleasurable experience." I could feel the intensity of her intention as it seemed to ripple through my auric field. "OK", I thought, "I will." I then stubbed out the last of my cigarette.

Alloya explained to me that she would help with the nicotine cravings. She said that every time I felt the awful craving, the wanting in the pit of my stomach, I was to breathe in deeply and fully and call her energy into my body, especially in the area of my stomach. I was to let her energy take away the craving and the fear that is a usual withdrawal symptom.

So, for the first evening, every time I got a craving, I took a deep breath and called Alloya 's energy into my stomach. At first, all it seemed to do was take away the craving, but as I did this more and more, I noticed that I felt happier, more alive and energised. I was very excited about what my life would look like without tobacco, but there was something more. Some part of me was very excited and apprehensive about something. At first I thought it was just

the giving up of tobacco, but, no, it was something much bigger. There was a part of me that knew what I was heading for, and with any new experience, there was excitement as well as fear. Something of cosmic significance was about to happen. I could sense it building.

The first night passed without incident. I slept really lightly, and awoke early in the morning around an hour before dawn. As the morning light shone in through my curtains, I could literally feel something happening to me. It is very difficult to describe it in words. It was like an energy that was dormant in my body was waking up. I felt really happy. This was not my usual state of being. It wasn't a general feeling of well being but a feeling of pure happiness.

I dressed and began my day. I was aware that energy ran through my body, intense, real. My body would occasionally go into fear as the new energy entered it. My Spirit, Alloya, guided me to breathe and move in various ways to integrate the energy. For the rest of the day, I was amazed as I watched this energy journey through my chakras.

Alloya explained to me that energy from the highest dimension was travelling through all the many layers of myself to anchor into the planet. As the energy passed through each chakra, blocks to its path would arise in order to be healed.

Now, I have experienced this type of healing before but this was going on without my conscious direction. It was literally happening to me without my control. I was aware of other lives and selves that seemed to be connected to each of the chakras. Finally, at the end of day, the energy entered my base chakra and anchored into the ground. The experience was very intense and real. As the healing of the base centre was completed, the energy subsided and the experience came to a close. I felt back to normal again, back to my usual state of consciousness. I went to bed only to get up some time later after tossing and turning, unable to shut down my mind and sleep.

You could say that it was because I craved a cigarette that I could not sleep, but it was something else. I felt that my consciousness was elevating beyond anything I had ever experienced. I felt so connected to my Spirit that I could hear her voice clearly and loudly in my head. She explained to me that I was going to have an incredible experience that I was going to another reality.

She explained to me in detail that I was entering a level of consciousness that allowed me to move up in vibration. This elevation would allow me to dwell, if only for a short time, in a reality that was free of illusion and dense energies. "You live in a world of illusion, a world made up of belief systems. These belief systems create your world," Alloya said. " You cannot see true reality through the veils of illusion that permeate your dimension. The space that you are now entering is free of illusion."

As I entered this new reality, this New Planet, I could literally feel my negative belief systems as energy constructs leaving my body. I felt so energised and healthy. I dressed and began my day. My intuition was alive and very predominant. I could feel it clearly, guiding me to eat certain foods and drinks to aid my body in its detoxification.

All I could eat for the next seven days were pounds of bananas. Alloya explained to me that bananas were not only very good at aiding the body in its detoxification, but also held an energy that was a comfort to the body whilst it raised its vibration. This made sense to me, as bananas had been a comfort food to me when I was a child. Alloya also explained that they contained high concentrations of magnesium and potassium. These minerals were brain food. I would need these minerals to balance the chemical nature of the brain whilst the pineal gland in the centre was activated at a very deep level. Alloya explained to me that all humans were going to have their pineal glands stimulated, pushing them into the next level of development, aiding them to enter this new reality. I also drank pints and pints of water, flushing out my system.

It wasn't like I chose to eat just bananas and to drink so much water; my intuition demanded it. The energy of bananas was perfect for me. If anyone sat next to me eating something like chocolate, I would feel almost faint and nauseous. As soon as they moved away, I was fine. It was as if my intuition was so loud and strong that I could feel the rightness of the bananas and the wrongness of any other food substance. It was as if my auric field was responding to the energies of food. Anything that was not in harmony with me was very obvious because of the symptoms I was experiencing.

The water helped flush out the nicotine from my system. As I sat there, I could see clouds of yellow tobacco smoke leaving my aura. Every time I felt the nicotine craving, I could see clouds of smoke billowing around me. I asked others if they could see it, too, but they said they could not. I could literally see the nicotine leaving my energy body. My energy levels began to rise in intensity. With every breath, I could feel fresh and cool energy entering my body. The only way that I can describe it is as when you breathe in a strong decongestant, it makes your face and nose feel cool and tingly. This is how my whole body felt. I was so energised. I felt so fit and strong, not only on a physical level, but on the other levels too, emotional, mental, and spiritual.

Breathing seemed so important. I seemed to be able to breathe in much more air and energy than usual. You could say all of this was because I had given up smoking. but I knew it was so much more than that. This was the beginning of a spiritual experience. I breathed deeper and deeper, filling my whole body with alive and intense Prana, Life Force. Never had I felt the Life Force like this before. I had studied Tai Chi and Yoga. Breathing exercises and their affects were no stranger to me, but this was so much more powerful. It was effortless! Even if I breathed shallowly, the prana seemed to penetrate my body with such force that it began to become ecstatic.

I felt so alive. The energy was building. I felt like I did when I first fell in love with my partner. Only this time I was falling in love with myself. Every breath filled me with so much love that I began to swoon.

There is something that I need to impress on the reader. This was no ordinary experience. This was so powerful I found it very difficult to accept that it was going on. All my life, I had searched for this enlightenment, but always doubted that I could achieve such a state. Yet, now, here I stood with Spirit rushing into my body. Usually I had to meditate for some time to be able to hear Alloya's voice that clearly, but now, her voice was constant and loud. Alloya guided me through everything, what to do, why I was doing it and so on. I had so many questions, some of a personal nature, some more of a cosmic significance.

Alloya spent most of the second day talking to me, giving me lectures almost on reality and the part I played in it. I saw how reality was created and as the energy rose even more, my outside reality began to reflect my inner.

The only draw back to this energy intensity was that it made me slightly too energised. I could not sleep. This distressed me somewhat. You see, I had the tendency to be an insomniac anyway, staying awake for days. As you can imagine, it puts a strain on your sense of well being. So, finding myself awake at four in the morning was not so pleasant.

Something else was occurring that was very different to the experiences of the daytime. Instead of being held in ecstasy, I was beginning to experience fear, a strange fear, one not dissimilar to the states I had experienced when I was an insomniac child, lying in bed, unable to sleep, imagining monsters and the such like. I felt like I was regressing back into a child-like state. Alloya explained to me that when a higher energy enters the body, during an experience such as this, codes in the body are activated and fear comes to the conscious mind to be cleared. This was no ordinary fear. I can remember saying to myself; "It feels like there is

something out there. It is big and dark and is out to get me." Even if I killed myself, it would still get me. There was nowhere to hide from it. I felt like I was being tested by the dark forces. In my mind, I was very aware that on higher levels there is no right and wrong, good and bad. Evil and dark forces were to be honoured and loved, but in this paralysing realm of fear, all my childish nightmares came back to haunt me. I spent the entire night battling with my evil, my darkness, my demons.

As you can imagine, I was very relieved to see the first rays of sunlight coming through the gap in the curtains. Alloya came back to me with such intensity that I gasped with surprise. She explained to me that she hadn't left me alone during the night, but that I was incapable of hearing her guidance clearly because of the fear I was in. The fear had clouded my reception of her voice. She went on to explain that the so-called demons were real, and the dark forces had sent them to me to test and tempt me, to challenge my perspective on myself. They had wanted me to think I was insane, or that I was experiencing some kind of mental breakdown, a psychosis. Yet even in my most awful hours of torture, I knew without a shadow of a doubt that what I was experiencing was real, true, and was a very important spiritual experience. Alloya praised my fortitude and once again I felt her love enter my body.

As the sun rose higher and higher in the sky and its rays shone into my room, I became aware of the energy that it came with it. It entered my body and I felt my vibration rise one level higher. I could feel my pineal gland activating, and as it did so, the colours changed. Colour was absolutely incredible. It wasn't like a trip where the colours are distorted and bleed into one another. They were clear, sharp, and bright. It wasn't as though my vision had changed like it does through the influence of drugs. It was like the colours had become alive. They seemed to have an inner glow. As I looked around my room, a vase of red roses grabbed my attention. The energy of the colour red was so powerful! I

could feel it passing into my body, activating the base chakra to which it belonged.

Alloya explained to me that colours have this affect on us all the time, but in the veiled reality we live in, we are incapable of seeing their true iridescence. I found that as I went about my morning business, certain colours seemed to jump out at me. As I went through the day, healing the various levels of my being, certain colours would aid the healing. This was not a thought-out process; it happened spontaneously and naturally.

As I looked at the colour, I could feel its energy enter my body via the relevant chakra. Alloya explained to me that I was now entering a world of the most incredible beauty and that by paying attention to the colours that were prominent in my reality, I could breathe them in to my body and they would heal and raise my vibration.

To say I was obsessed with colour was an understatement. Every different colour gave me a different sensation and feeling. Looking around my home, finding as many different hues of colour as I could, I was amazed to see how the various colour energies affected me. Turquoise seemed to be my favourite. You see, all these energy shifts were difficult for my body to integrate on its own.

I soon found a friend in turquoise. It soothed my body and made me feel calm and safe. My energies were rising and I was beginning to feel quite speedy. When I looked at my self in the mirror, I was quite shocked at how different I looked. I was beautiful, radiant. The pupils of my eyes were permanently enlarged and deep and glossy. Other people started to comment on how I looked. Some thought I was off my head.

Later that day, I walked through the park. As I turned the corner, I came across a large bed of beautiful tulips, all of different shades of red, yellow, and purple. I saw their beautiful colours, which were enhanced by the strange inner glow. I could smell them. They were very pungent and heady. Then, I heard them! I could actually hear them

singing the most amazing high-pitched melody. They seemed to be enjoying the sunlight, basking in it. For them, it was an almost sensual experience.

"Wow!" I thought. "They are so beautiful." The energetic response that I got from those flowers was incredible. It was as if they heard my appreciation of them and were repaying the compliment in love energy. It literally rose above them, all their colours swirling about in patterns. It flew towards me and enveloped me. My knees went weak. I sank to the ground. Their energy entered my body. I gasped for air. It was so ecstatic that I was beginning to swoon.

After some time, I rose to my feet, a little embarrassed, hoping that no one saw me. They would think I was weird. As I got myself together, I was amazed at what I could see. It is hard to explain. It was as if the entire park had come alive. All the trees and flowers seemed as if they were bodies, with arms and legs and incredibly beautiful faces smiling at me. They were all smiling. I could literally see the characters of all the plants around me. It wasn't as if my eyes had distorted. I was not hallucinating. This was real. I was seeing with new eyes.

"This is incredible. It's as if I just have to shift my focus only a fraction of a degree and I can see it." I thought to myself. "It is here always, just a change of focus. Change from a focus of fear, to one of love," Alloya had said. She was right. It had always been here but I was so locked into fear, into the illusion, that I could not see the incredible reality that I really do live in.

I spent the next few hours lying on the grass, breathing in the various colours. They would envelop me and soak my body in their frequency. Alloya explained to me that not only could I breathe in the colours, but I could literally breathe in any energy. I would look at a tree and breathe it in. The energy of the tree would envelop and enter my body. It was totally mind blowing. I was sensing completely how it was to be a tree. It was so beautiful. I was like a child, carefree and very happy, laughing at the amazing things that

were happening to me. I walked home along the seafront. The sea was awesome. I could feel the energy of the sea in my body; I could feel it ebbing and flowing within me. I could feel my self-being the sea, the shore, and the love that went between them.

It was rather overpowering. You see, it was one thing imagining these types of experiences happening; it is another entirely to be actually physically experiencing them. It is one thing experiencing this sort of thing momentarily; another experiencing it constantly. My body was beginning to freak out. It was having a hard time integrating the experience. I could hear my body consciousness saying, "Wow, this is really going on. I am really in another reality entirely. And it is real."

I had heard a lot about this new reality from my guides and other sources, but nothing had prepared me for this experience. It was just too incredible. Yet, it was real beyond any doubt. That was what my body was having such a hard time with. It could not come up with any logical reason for my experiencing this. Yet it was real and definitely going on. Body was amazed if not dumbstruck, in awe.

Intuition guided me, or rather propelled me home. It was as though there were a path preset for me to walk. It was as though there were a force field, running like a stream. It would come from behind and below me, enter my sacral centre, and pass out in front. It was like surfing. I could feel the energy in my body. As long as I breathed deeply and completely let go, I could surf this energy. Effortlessly, I could walk really swiftly. I did not feel any of the usual strain and discomfort you have in your limbs when pushing yourself in walking hard.

Alloya explained to me that this was how my intuition should be all the time. We usually experience momentary flashes of intuition, guiding us to go places and do things. The rest of the time, we seem to just float along

and hope for the best. Alloya explained that it should be a constant source of energy that guides your every action.

It was not hard to know when I was flowing with the intuition and when I was not. The energy would drop off, just like missing the wave and I would feel like I was stumbling in my action. As soon as I relaxed, let go, and surrendered, there she was in all her glory, the river of intuition, guiding my way home. This new talent, intuition, was beginning to heighten my awareness of moving in harmony with various energies. I could feel this river of intuition moving my every movement. I could completely let go. It was as if I were in a dream. In dreams, I used to sort of hope that I would fly and I would. This was the same thing. I could run along the beach, jumping large rocks at just the right time without looking where I was placing my feet. I was divinely guided. I could not put a foot wrong.

All that day I had spent the time in nature. There was a part of me that wanted to stay out in the elements, but I could feel intuition guiding me home. My body which was beginning to show all the symptoms of a scared rabbit needed nourishment and comfort. It was all getting a bit far out for body. On a purely bodily level, I was scared and confused. Nothing had prepared me for feeling energy so powerfully in my body. I went home, ate my bananas and curled up with my turquoise jumper.

In nature, in the elements, the whole world was alive and creative. I did not expect the objects around my home to hold this energy, too. Every ornament in my front room had its own personality. I was amazed how each one held a story of its creation, purely on a physical level, the consciousness of the materials that made it up and the consciousness message that it held. Certain ones were personal to me; others held energy unique to my partner. I spent all that evening casually rearranging my ornaments, putting them in just the right places so that the energy of the room was balanced. The ornaments acted like ritualistic implements. It is very difficult to explain this, but it was like there were

certain positions and angles that my physical objects needed to be in, in order to be in harmony, to influence the energy of the reality. Each object could be used in a ritualistic sense, to heal, ground certain energies, or act as focal points for contacting other dimensional beings.

When I finally placed, through intuitive guidance, the last ornament and turned it to its right direction, it was as if I had opened a door. It was a key to another level. My room, now in its right configuration, acted like a control room on a spaceship. If I moved to various areas and focused on differing objects, I could access the different energies that the object represented. Each ornament was like a transmitting and receiving device capable of receiving and transmitting messages as frequency.

Again, unable to sleep, I spent the whole evening balancing my house. It felt like, in a symbolic way, I was building my own spaceship out of my house. I could see how I was building my very own Merkabar. Again, I want to impress upon the reader that this was in no way a rationally thought out process. My intuition guided me or rather moved me physically as if I were being controlled, but in a loving way, to place my objects in just the right places.

As the sun passed beneath the horizon and darkness came on once more, the demons returned. Once again, I fought the demons. I went through level upon level of fear programming. I spent the whole night curled up in a blanket with my teddy, fearing that the darkness would take me away. Lots of belief systems came up to be viewed and healed and released.

I was skinned alive. Layer upon layer of my psyche was ripped away, exposing my vulnerability. It wasn't a fanciful thing. It felt very real. I could see dark clouds enter my room and I could feel them just as intensely as the energies of the flowers and trees. They crept inside my body, showing me all the things I loathed about myself. By day I was in heaven; by night I was in hell. There were times in the darkest hours where the dark ones almost convinced me

that I was mad and what I was doing was evil. This belief came from way back in a past life when I was killed for speaking my truth. My family had proclaimed that I was evil and was doing the devil's work. They had put me to death. It was a hard fight to release all my inner fears, fears that in this incarnation I did not even know I had. With relief, dawn came. Alloya returned with the sun and the demons paled in the light. It was such a contrast of realities, one so tortured, the other just as painful because of its beauty.

Up until this point, I had spent much of my time on my own. I was so absorbed into what I was experiencing that I hadn't paid much attention to any other person. My partner was a little concerned about the fact that I could not sleep and said my eyes were rather paler in colour and I seemed a little hyper. That is all he saw. If only he knew. I began to try and explain what was going on for me. Wow! That was a bad move. All of the energy went funny. I felt sick and he looked annoyed with me. Then, I could not believe what happened next. I thought to myself, "Does he know what is going on? Is he experiencing this, too? Is he asleep and am I awake?" He looked at me and said, " Not all of us experience the same thing. There are two perspectives here."

This immediately made sense to me. There were two realities, two perspectives here. One was of the ego and its awareness of reality in all its simplicity. And one was of soul, all knowing and divinely intelligent. It was so amazing because he or rather his ego was talking to a chat show host on the telly and wasn't really addressing me, but his words were as if they were directly from soul. He even looked like soul. I could see it looking out of his eyes. They were so deep and glossy. He had this really knowing look on his face. I expected him to wink any minute. I was so surprised I nearly squealed with delight and excitement.

I said, " God, you are incredible! How did you know to say that? Are you experiencing this, too? " Greg's ego said, confused and annoyed, "You what? What you on about? You need some sleep, you do. "

Alloya explained that ego was body orientated and very connected to the rational and the third dimension. If I talked out loud, ego heard and basically didn't have a clue as to what I was talking about. She explained that if I wanted to talk to ego, I was to talk out loud. If I wanted to talk to soul, I was to speak in the head only. " Try it," she said.

So I did. I asked certain questions in my head and the next thing he said answered them so profoundly that it was so hard to keep a straight face and not laugh and give the game away. So I started to via the conversation into spiritual discussions, giving his ego and rational mind a logical reason as to why he was talking in such a spiritual context.

It worked perfectly. It became a game between his soul and me. I would ask riskier and riskier questions and have to sit there and look at his mischievous soul whilst he answered through his unsuspecting ego. Wow, what a hoot! It was cosmically hysterical. I spent the whole morning getting to know or rather re-getting to know his soul and mine. He told me all about the journey we both had together and apart. He confirmed all suspicions about past lives together as I viewed them on a etherical t.v. screen that seemed to appear to the right of my vision. It was there to show me visual images that further described the information being communicated .

Over the next few hours until sundown, many of my friends came to visit, as it now was the weekend. Several of them commented about my energy and how wonderful it felt in my home. I could see how their energy interacted with each other and felt my spiritual, soul connections with each one. It was an amazing day if a little trying. It was very difficult to a) assimilate all the information which came to me via their souls, via their unknowing egos; b)integrate all the energy shifts that occurred in a healing capacity between myself and others; and c) experience all this and still make tea and on an ego, third dimensional level, act as if nothing out of the ordinary was going on.

As the night drew in, I was tired and scared. I began to feel really freaked out. I needed to sleep. The thought of going through another sleepless night, fighting the dark forces was almost too frightening to even think of. I was becoming confused. Maybe I was mad. If you stop and think about it, I was showing all the signs of a psychotic episode. My body was doing some very strange things. I would shake and could literally feel lumps of fear in my etherical body. It would writhe throughout me, making me feel sick. Something was brewing; I could feel it. It felt like I was in very dark space, a place where no light had ever been. Can you imagine such a place, a place so dark, so black, so completely devoid of light. I had got to the very core of my darkness. This was way beyond hell. I was so cold with fear. It was amazing. Two realities. One where I am sitting at home; another where I am in the very realms of death.

Stumbling, feeling out to find my way. The only thing to guide me was trust in myself and in the light, Alloya. I knew that some-how I had to do this alone. It was as if I were in an enormous dark cavern, cold and black. This was the densest reality there was, the home of the darkest fear and death. It was a test. I could feel that. I could feel, on the outer edges of the experience, angels watching me, waiting in anticipation to see what I would do. Would I pass the test?

This is going to sound crazy. And I don't mean this on an ego level at all as I do understand that what I experienced was symbolic. I was taking the light, the light of truth into the darkest place in the universe. I was taking the light that had been downloaded to me via the sun in the daytime, taking that light to the densest place, the home of Lucifer. Now I don't want to get all Bible-y on you, as it was my only way of understanding what was going on. I knew the story of Lucifer and Alloya used the stories I already knew to aid me in my understanding because I needed to understand and understand quickly. He was coming.

I can't say that I physically saw him; I didn't need to. Feeling him was quite enough. The fear was impressive. My body shook and I involuntarily made this strange pining sound like an animal does when it's really scared and I couldn't stop making the sound. He filled the entire room. It felt like I was going to die which was scary in itself, but what was more scary was that without the beliefs of my body that said this was delusional, I feared that Lucifer would devour me. There is a well known saying that when you are at the bottom of the pit that is when you find God. I was on the edge like I had never been before. This was one hell of a test. It felt like not only did my life depend on my success, but symbolically the success of New Planet Reality becoming real for everyone in the future was on my shoulders. Near to annihilation was how it felt. I had no where left to turn. I had to face him. So, face him I did.

The most incredible thing happened. I saw him as God. It was so simple. If everything is God, then so is fear. I felt the love. It was pure, mine, mine to give, my divinity. Not only did my soul face and love its enemy, but so, too, did my ego. We embraced lovingly on an energetic level. I had succeeded. Alloya explained to me that I had anchored the light into the darkness and now, in time, New Planet Reality would manifest for all. The process complete, the angels began to sing. I could hear them. The sun of another day rose in the sky. I had a new vigour that came with my success. I could feel this incredible power entering my body. Light filled my body. I spent the next few days walking in nature. It was a beautiful. The springtime sunlight was bright and intense. Everywhere I went, I could read the story of the landscape. Everywhere held energetic stories of things that have gone on there before, not only in the third dimension and history, but on all the other levels, too.

I was experiencing myself as God, an intrinsic part of all creation. I could feel the consciousness of all the elements around me moving through my body. The awareness of my aura grew and grew. I stood at the sea-edge, feeling my aura

growing so large that it was starting to incorporate the entire planet. It was at that moment that I passed out. When I came to on the beach, Alloya said, "It is time to go home and to sleep." I went home and later that night I took a sleeping tablet. You may ask why I didn't take one before. I couldn't allow it in my aura. Now, at the right time, it was appropriate and finally I fell asleep after six days of no sleep whatsoever.

I awoke the next day; a little worried it would all be over. I needn't have worried. The colours were still vibrant and alive. Alloya explained to me how I was God and created all that I could experience, even the people in my life. She showed me in no uncertain terms just how powerfully we create our reality. Without the restrictions of time in this dimension, manifestation was instant.

I thought whilst walking on the beach with a friend, "I feel so overly sensitive today. The worst thing that could happen now is if a gang of football hooligans were to come round the corner. I think I would pass out." Just as I said it, this gang of about six boys all in football kit, kicking a can, singing football songs came around the corner. Both my friend and I looked on in on in disbelief. "You made that happen," said my friend. This was getting to be a big responsibility. I needed to go home and sleep some more. I was really feeling the strain on my body.

Alloya explained to me that I would, over the next few days, come down in vibration to re-enter the reality from whence I came. That I would forget I was God. That it didn't matter because I would have grounded the blue-print of New Planet Reality into the potent soil of Gaia, Mother Earth. I can remember laughing, thinking it would be fun to go back and pretend I was not God anymore.

For the next three years, I had to integrate the experience. It was incredibly painful on many levels. I thought I had gone mad but the truth monster would not allow me to settle with that. It felt so untrue. It was a spiritual experience. I knew it without a shadow of a doubt and that hurt. It hurt because I was not in that reality

anymore. I cannot begin to tell you how painful it was for me. There were times when I considered taking my own life. When you take an experience or rather an energy so high and powerful such as I had done into your body, you cannot expect anything less than what I went on to experience, great pain, great sorrow, great loss and a great yearning to go Home.

For I am not from this planet or any other like it. I am from a dimension that does not even exist in our referencing. So to be in that reality and to be brought back into a denser reality was very distressing for me. However, now as I look back, I can now see how all the pain was a necessary healing and integration process. I am beginning to see how I never really left New Planet Reality but integrated it into a denser form. I am waking up in the densest dimension. Spirit in physical form.

As Alloya Ye Ra Har I am here and here is where ' I AM .'Many of you are experiencing beings outside of yourselves that you consider higher in form to you and in need of your worship. You do not need to worship aspects of yourself. Do you understand the nature of your reality? It symbolically represents energies in physical form. When you encounter beings from other realms, they are only other aspects of yourself. As the dimensions merge within your physical form, you will experience yourself as these beings. For on the other levels, we are all ONE.

Super Hybrid

The following is a mixture of personal experience and information regarding the integration of the multi-selves. So, what is a multi-self ? On the highest level of who you are, you are one whole being, you are God. You are an aspect of the Universal Dreamer expressing itself through the myriad dimensions. This Oneness, this aspect of God, expresses itself through the multitude of dimensions that make up infinity. There are infinite amounts of expressions such as this available to a being. So, as you look into the details of who you are on this high level, you see that you are made up of a multitude of expressions. Each expression, each self, carries an aspect of the greater being that you are. So, can you see that you are made up of many stories all going on at the same time? You are indeed a Super Hybrid, a being made up of many.

I, Alloya, I am the Oneness. In my myriad expressions, I am many things. I have an infinite amount of expressions, some physical, others without shape or form. Some of my expressions are so abstract that human minds would be stretched to imagine them. You could say that I am a Super Hybrid and so are you.

If you are reading this, you are at the level where you are beginning to become aware of the integration of the multi-selves. Before you embark upon your adventure, there are certain principles that you would do well to follow. Throw out your ideas of separation and view everything and everyone as a mirror expression of who you are. Do not search for answers through the rational mind, but through the imagination and intuition. Integrate the beings that you work with; look at them as if they are not separate to you and you will be amazed at what occurs. We are calling you to a point in time where you will integrate fully, all levels and move back into the Oneness of who you really are.

It is not mine to say that each and every one of you will experience the integration process in exactly the same way, for each self is uniquely creative. What I can say is the energy that brings this integration of the selves is a divine, evolutionary force that moves through the dimensions. It is a creative spark that triggers movement in the evolutionary path of species. These forces move as waves through creative forces that belong to your planet and activate within the DNA dormant codes designed to fire off at this time in your history. This pulls all the multi-selves into a dimensional reality where they can merge and become one.

Your planet is holding this frequency for you, to support the integration of the selves. This is why your world is so important. It is the only place where you can achieve this full process and yet stay in human physical form. What a uniquely creative process!

It would be wise at this juncture to ask you to refer to the text contained in the first part of the book, *The Mission of the One Star*. The book takes you on a journey through the various levels all the way back to the Universal Dreamer. It gives you the flavour of what the other realities have to offer and the type of communication you can experience of these other dimensions. It also introduces you to the energy of the various twelve selves that the channel is aware of integrating. It is as if you are getting to know the various selves that make up a hybrid. This is meant to allow others reading this to tune into their own integration process. For there is nothing like personal experience to awaken others to their own expression of this evolutionary process.

For years I wanted to write down my experiences, but I found it almost impossible due to the fact I was still physically integrating my selves. Now, I can get it in order on paper as I get it into order within myself. I am balancing these selves within me and allowing their talents and abilities to channel through me as my own gifts. I am now ready to tell my story.

It all started with Shektar, my guardian angel. Shektar told me that I was to undergo a series of initiations that would ground into my physical body my Super Hybrid self, my multi-selves. Each of these selves or aspects of my greater self introduced itself to me through using inner dialogue, visual explanation, and as the integration proceeded, emotional recognition. Through my interaction with each self, I learned about the beings' history, where they came from, what type of being they were, and how they experienced their reality. Each self seemed to be unique in their gifts, talents, and abilities. After hours of channelling their energies, I began to see how unique and yet how integrated they all were.

After their initial introduction, they would, over time, walk in and out of my body, each experience bringing its own tests and lessons. The lessons would manifest in my outside world. My friends and those around me would seem to play out symbolic type scenarios in order for me to learn more about each aspect. My friends would seem to represent one particular aspect of self, so that I could see myself mirrored in them. In the early stages of this process, I thought I was going mad. Yet curiosity took over and I threw caution to the wind and surrendered to what was occurring.

The lessons came in many different forms and all sorts of situations began to manifest in order for me to learn what I needed to learn. If no one was around to be a mirror for me, then the television and music was the next best thing. I would be having a conversation with one aspect, and the next minute, a lyric in a song I was listening to would answer any question so perfectly, I would laugh out loud. Newsreaders would almost look as if they were going to wink any minute to give the game away.

That's what it felt like, a game, a very funny cosmic joke. If we are God, then we are everything, and everyone and I was being shown just that in my outside reality. I wanted to jump up and down and tell everyone what I was experiencing, but much to my horror, they did not have a

clue what I was talking about. I was alone in this. Was I mad?

I investigated this phenomenon and discovered how there are many levels of perception on which to operate. On the level of most human beings, magi-cal, spiritual occurrences such as I was experiencing were either not real or were evidence of insanity.

Surrendering to the madness, I soon discovered that each self 's initiation lead naturally on to the next. I was healing various levels of my being as each self took me through a period of lessons and tests. On completion of each set of lessons, the self would walk into my body and stay and integrate itself into my physical form. I would go through an intense period where my conscious awareness would be shared with this new and unique aspect.

Each self had its own unique way of looking at reality, its own perception, and a unique way of experiencing itself. We played together and shared each other's experience. Each self had a vibration frequency on which it operated. Some of the aspects seemed to work very much on the spiritual levels; others on the mental, emotional, and physical. Some operated on a combination of all four. Each self brought with it talents and abilities that manifested mainly in my healing work and my everyday interaction with those around me. Each self upon completion would bring in its own colour ray that it worked upon. For that period I would be obsessed with the colour, seeing it everywhere I went. This helped my body familiarise itself with the frequency of that particular aspect. I learned a very deep level of information about colours and how they affect my being.

As I integrated more selves, I began to see a pattern forming. The first stages of the process were the introductions on a spiritual and mental level. Then, later on, came the emotional and physical level. It was at the stage of the physical body level that I began to become uncomfortable.

I was shown that the best way to integrate these energies was to dance. This allowed the energies to flow naturally around my body. Each self had its own dance and movement. By surrendering to their energies, I was amazed to see myself dance intricate hand movements. It felt like I was weaving new pat-terns into my auric field, new patterns that would allow the next self to layer itself upon.

As the process proceeded, I realised that each self correlated with the chakra system and even though they all encompassed the whole system, they seemed to relate to one particular chakra. By using particular breathing techniques and by focusing on the various centres, I could activate the self.

I soon found that I was automatically calling upon the appropriate self whose talents were perfect for the situation I was in. Each self lead on to the next as I watched the original idea of myself start off from the highest level, the level of Alloya, through the many levels to manifest finally on the densest, in the centre of the planet.

On completion of the integration of each self, I would be given a gift that somehow represented the particular self's energies. I would place this in a special place in my healing room. It was only when all my selves were complete did the story of their making come through me. I was given a brief story for each one, symbolic story to represent the various dimensions and the selves that lived upon them. I feel that in story form their true natures are revealed. I hope you enjoy their stories as much as I have had living them.

In the beginning there was only darkness, a velvety void that held an unlimited, an undefined potential. The void lay sleeping, unaware that it could dream that it could be. There was no direction, no movement, no limits, and no boundaries. The omnipotent omnipresence lay unconscious, unaware of itself. From this nothing, this void, this nagual, came the ALL THAT IS, all that can be named.

The void began to stir. No one really knows why or how, but one day the void had a thought, an inspirational

idea. This idea created sound and out of this sound and movement came an inspired spark of light, a mighty nucleus, and an awesome star was born, The Star That Illuminates a Thousand Moons, each moon being a dimensional universe of realities.

For the first time in the void, out of the nothing, came something. The void recognised itself dreaming and for the first time this awesome force knew itself as the Universal Dreamer. With a point of light in a sea of darkness, there was now a reference point. The Universal Dreamer gave this Star the ability to create. Out of this Star, individual beams of light were sent into the darkness. These beams went out and created more of itself and Alloya Ye Ra Har was born. Her light spiralled and wove intricate patterns in the darkness.

The presence of the Star seemed to be around me a lot during this period of the integration. I had a constant strange buzzing in my ears. Or was it my whole head? I didn't know. I felt strange. The most amazing feelings would subtly ripple through my body. It was a strange sensation, very alien and foreign to my body. It was oddly pleasant.

I would be sitting at home when it would come into the room. The light would go very funny and the hairs on my arms would stand on end. I would feel very 'not of this earth'. My perception would change. I was accessing some incredibly high being or beings. I was not sure.

As they drew their consciousness and mine closer together, the strange code in my head began to unfold. It is hard to describe the state of consciousness I was in. I felt like all my thoughts had calmed to the point of stillness, and that my awareness of myself was purely automatic. I felt very calm, and yet my breathing was shallow and fast. I seemed somehow unattached from my body and its breathing. I felt really dreamy and my eyes were very off-focused and I had very large pupils. Words began to form but they were too fast to comprehend. I could literally feel it trying to tune into me more and more. I was aligning myself to it.

One night, I sat down and started to write, 'What am I?'

page, and I wrote the first thing that came into my head, The Star That Illuminates a Thousand Moons. The very next night my friend loaned me a computer and the very next day, I started to write. The opening lines were, "Hello and greetings Gaian beings. We have been waiting a long time to communicate to you. You might be thinking, 'Who are we?' We are imagination in its first form. We are the energy behind the urge to look into the unknown. We are the curiosity behind the need for wisdom. We group together as a Soul consciousness. We channel through the manifestation of a focal point that can best be symbolically described as a Star. The energy from the Star illuminates a thousand moons of imagination." They were The Star That Illuminates a Thousand Moons.

Months went by. Literally every evening they would come, and I would find myself writing until the early hours. The information was incredible. They explained how they were a group, a collective consciousness. "A collective consciousness is a group of beings or energies that come together, and in their interaction, they create a being or entity that is made up of many. Yet it experiences itself as one singular identity. We become the 'I' and individualise our being when relating to you."

Over the weeks of writing, we covered many topics. They talked about how they were a vector, "a vector is a coming together of energies in a harmonious, creative and transformational way to create a force that has magnitude and direction." They helped me understand how they were like a chakra in the body of God. They communicated pictures to me to help me understand more fully. They talked in some detail about the nature of the universe and consciousness, and how our DNA was transforming us into light.

I was not shocked by anything that I wrote as it all seemed like I already knew it, even though I knew that I

didn't. They covered information about how their energy affects our planet and how they were dreamers dreaming our existence. They talked about E. T.'s and about how they lived on different frequencies. They talked about how I was one of these beings incarnate in human form. I knew that was true. They talked in detail about the mechanics of the transformation of the cells of our bodies. They talked about the other dimensions and how we have an aspect of ourselves on each one. This made sense. I was both Shektar and myself. They were different 'me's' on other dimensions. As well as writing the information, I was given pictures and feelings in information to enable me to fully understand what they were talking about.

Some books talk about how we all have a Spirit name that describes our true nature. I knew some people who had changed their names to their Spirit name and it had brought them both liberation yet it had also ultimately made them social outcasts. Nevertheless, I wanted to discover mine. I decided that I would set to it that very next day. I didn't have to wait that long. I was listening to some amazing techno music when this sound came from nowhere. As it began to slow down, I realised it was words. Then all of a sudden the words became clear. It was my name, "ALLOYA YE RA HAR." I wrote it down and said it out loud. In that moment, I knew that I was the Star and its name was Alloya, my Spirit.

Then the communication became crystal clear. I heard this voice loud and strong. "If you break up her name, her message is revealed. 'All-o-ya'... 'all of you' ... 'Ye' is old English for 'you' ... 'Ra' means 'to radiate', and 'Har' means 'life force'. Alloya Ye Ra Har, all of you, you radiate life force." The voice went on to explain that she was my complete aspect of myself on all levels. She holds within her all my aspects. She is a focal point in the body of God. She is my aspect of God. My 'I AM'.

Alloya has many forms on many levels. A few images spring to my mind to describe her energy. One is a great Star of all the colours of the rainbow, vibrant and

pulsating, radiating energy into the darkness of space. Surrounding it, there are a thousand moons that stretch into infinity in all directions. Each moon looks like a shiny, reflective metal ball, reflecting the colours of the Star.

The Star expresses itself as one being, as Alloya, in order to communicate and interplay with you. She radiates lines of herself as starlight to criss-cross upon the surface of the moons. As these lines criss-cross, individual focal points are created. Each one experiences itself as individual, and yet each point is also part of Alloya, the Oneness. They experience themselves as many different levels of awareness and transfer their information of experience back to Alloya and, thus, back to God.

The voice went on to say that I was a Super Hybrid that was made up of twelve aspects, from twelve different places in the universe. If I were to draw a line from each of these places into the middle, they would cross to form a six-pointed star.

Another image that can describe her is the image I saw in the mirror. "Who am I and what does my Spirit look like?" I asked one day. I was totally amazed at what I saw forming in the mirror. My face completely changed until I could see a beautiful yet terrifying face looking back at me. I was not human, but extraterrestrial. Large almond shaped eyes seemed to penetrate me to the core of my being, a strange elongated head ... bald with shimmering scales that seemed to cover my entire face. They were iridescent. As I looked closer, I could see an intricate nervous system just under the skin that seemed to have light travelling along it.

The being that I was seeing was awesome. As I stood there, my Spirit communicated straight into my body information that would later surface to guide me along my journey. I realised that what I was seeing was a symbolic image to describe and explain my spiritual nature. It took me some time to pull myself from the mirror, my body strangely excited and scared all at the same time. That was the beginning of my journey. My rational mind went into

overload. "It's just a hallucination, a good one but only a hallucination," it kept saying over and over again. It was the only way I could handle it. You see, I had seen things before, but they weren't real and I knew it. This, however, was very different. You see I had inklings that I was somehow not human. It sounds crazy because I have a very average human body but my Soul is very different.

When I was a small child my Mother would find me sitting on my windowsill in the early hours of the morning, looking out at the stars. "That is where I really live," I replied when my Mother asked me what I was doing. I always had the idea that I was from another place or planet, a place that was very different to the one I now inhabited. My home was made of light, and was so full of love, that planet Earth seemed cruel and devoid of love. I found it very difficult to exist in this world.

I was a very sensitive child; I could pick up on much different energy and could communicate with Fairies and the energies of the trees. As I grew up, I felt very out of place, as if I didn't belong. I had a strange yearning to be somewhere else. This caused me lots of pain as I grew up.

As I entered my teenage years, I had painfully learned that it was easier on the psyche if I closed down my sensitivity and protected myself. Looking at the face in the mirror only confirmed my suspicions that I was, in fact, an alien. Can you imagine what that does to the many levels that make up the self? I am sure that without the love of this being, my body would have frozen in fear at the prospect of realising that it was housing a completely alien soul.

I was excited and scared. My rational mind was totally confused and kept hiding beyond my impeding doubt. However, within the chaos of all these mixed emotions, I was overwhelmed by the response of my heart. It literally sang. Tears flowed down my cheeks, tears of joy, tears of knowing. I could not deny its message. It rippled through my very being. It was real and it was true. I was from somewhere else, somewhere far away.

Alloya showed herself to me in this form to make me curious as to where I got such almond shaped eyes. She was made up of many different aspects. These characteristics led me to discover all the many selves that make up Alloya. Her energy was all consuming for me. Electrifying energy ran up and down my spine. The integration of her took many months and was one of the hardest aspects to integrate.

Issues of being separated from my true source, God, were very much up for me. The lessons to heal through were about loneliness and isolation, feelings from childhood. She was very difficult to integrate into my physical body. I found that to break through the blocks to her energy, I had to tone high-pitched sounds and later to tone her name. This left me feeling shaky and emotionally heightened. Tears of loneliness overwhelmed me.

She gave me a sense of self beyond the mundane physical realm. I had to widen my perspective to encompass the idea that I was an aspect of God. I was a universal entity experiencing itself on many levels.

I was introduced into my magnificence and allowed to see the world and its reality through eyes that were far above ideas of judgement and beyond polarities. I began to understand from this high perspective my true purpose of being here on this planet.

Alloya taught me how to honour my true nature and feel and take on my highest power and learn to use discernment in the way I lived my life. She taught me the true meaning of life and death and allowed me to truly feel the eternal nature of my soul.

Sharing my consciousness with this all-knowing, omnipresent entity allowed me to see with new eyes. Alloya gave me a trust in God and the universe. She showed me my true nature as herself, and this allowed me to know myself as God.

The Creator, Alloya Ye Ra Har, lay dreaming and in her dreaming she wandered into as yet an unformed part of creation. At first it was all dark. As the creator opened her

eyes, the light that shone from within shone out into the darkness, forming two mighty stars. They were Astrata and Astrea; their love warmed the darkness. They watched with curiosity as the worlds formed around them. As galaxies were born and planets formed, Astrata and Astrea watched and waited. They watched as worlds created new potential, new beings, new experiences.

One such experience was the union of love to create a third, the child. They pondered the possibility of their performing such an act that would create a child from their union. They realised through their observation that in order to create such a being; a little of them would have to be given as a sacrifice in the name of their love. Separating from themselves created an incomplete feeling within them. At first they were content to bathe in each other's light. Now, they yearned to be with each other once more. Their yearning to be with each other, their movement, created a magnetic force, polarising them into positive and negative forces, spiralling them into a vortex of love.

In the dance of their love, the energy swirled around them, creating movement and sound in creation. Their light reflected patterns of light and sound and form. Within the spirals of love, the gifts they had given combined to create the third, the child, the star child. Astrata gave of his positive vibration and Astrea gave of her negative vibration. This combined male and female created the child. As they watched with awe, the blending of the colours, the blues and the greens, swirled around and back upon themselves. They were amazed to see the glistening of a new colour, the silver of the child.

Within this grand display, an exquisite sound could be heard. From the spiral of Astrata, the sound whispered out the song he had given as his gift; from the spiral of Astrea, the song, thunderous and loud. The beauty of the colours and the wonders of the sounds began to form the child, Astara.

At first, she resembled her parents and the energies of love they had given. She was a Star in a double spiral of

sound and colour. Using her rainbow mind, she pondered, as had Astrata and Astrea once before her, about the possibility of her creating a world, too. As her parents had done before her, she split a part of herself away as a gift and sent it to create a New World.

As the gift which resembled a spark of light fell into time and creation, it landed and solidified, forming a bluey-green sphere of bliss-ful love. Astrata looked upon her newly formed creation and great love filled her heart. She watched in awe as the essences of love formed the beautiful sphere of light and sound. As she watched, a thought began to murmur through her mind. "What was it to be named?" "Unesseia," was the reply.

Astrata, Astrea and Astara. These aspects are integral parts of each other. Astrata, male energy, and Astrea, female energy, combined make Astara. They are representatives of the Antares star system. They are light beings, the consciousness of the stars themselves. They are my Stellar Source. They feel like they come from the future. They are what I will become in another existence. They have an understanding of the intricately complex matrix, which is our universal dimensional reality. They are universal consciousness. They represent the light body, which is the vehicle into which we are transforming in order to travel through different dimensions.

Sharing myself with this consciousness was very unique. They showed me where I really sourced from in this universe, and gave me a base from which I began my journey as an experimental Soul. They gave me access to my greater self. Having a new perspective allowed me to see beyond judgement to the many layers that are our relationships. They taught me how to align to my light body and also realign others to theirs. To do this, I had to dance intricate patterns with my arms and hands. I could literally weave new pat-terns into the etherical body, aligning the body to light. They had visited me; or rather I had visited them, way back in the early part of my journey. However, it

was much later that I met them again and forged a new relationship with them.

Several years previously, I had been lying on a couch having a kinesiology session. The woman had placed a crystal at my feet that instantly made me feel incredibly heavy. She then put a beautiful crystal at my head. I closed my eyes. I could feel the couch moving as if it were a hospital trolley. I saw lights pass over my head. I thought, "Where on Earth am I?".

I saw Zeta in the distance. Then I was on this operating table. I was on a ship. I wanted to have a look around but a being (Astrata) telepathically said, "You are not supposed to see this. You are supposed to be asleep on this level." The being seemed so familiar and loving even though it had an enormous head and an almost praying mantis type body!

I looked down and could see that I was being operated upon. My etherical body, at least I think it was, was open its whole length. They were taking something out and putting a new part in. The parts looked like fuses. The new one going in was glowing with light. The whole experience was so real (see also 'Realignment to Light Technology'). Yet it was much later in my journey that I came across these beings again.

They are a navigation system, which is contained within my DNA and light body. The light body is a higher vibration representative of the DNA chains. The highways of light that I see as the DNA spirals link all of God's creation as one. They give me a unique awareness of my place in the universe and to my Stellar Source. Seeing myself as a greater whole enabled me to free myself from the feelings of isolation that had hindered me all my life. I came to know them as my true Home selves.

Living out of the realms of time showed me how to use this level of imagination to travel interdimensionally. They taught me how to align my light body and integrate my light body, which is a spiritual blueprint of a future vision.

They taught me how to rewire the etherical body to align the light body. To do this, I dance intricate hand movements, programming energy directly into the DNA. I was able to remove dark karmic patterns that resembled dark, cloudy masses within the etherical body. I began to see through their eyes, which saw throughout the whole of existence.

Unesseia

Unesseia was a translucent blurry-green sphere, the heavenly home of the stars. Upon this sphere lived an ancient race of beings, ethereal in nature, called the Unesseia which means 'unified essences'. They lived a transient existence, expressing themselves as separate non-physical entities for only a short length of time before they returned to the singular all encompassing energy of their home.

They created themselves as thoughts, thoughts of their sphere. They differentiated and transformed themselves into exemplar entities existing as transparent images of forms, using light that radiated from their source, the Star. They only existed as ideas, ideas as living light patterns. Their urge to create these forms was sourced from the sphere itself. The sphere is the representation of the energies of the urge to create through love.

The sphere, like the beings that dwelt upon it, were etherical in nature. It once was a thought; an idea which crystallised into a denser light pattern which appeared like a misty crystalline structure. The geometric pattern held the sphere in form and allowed the unmanifested entities to manifest and appear in this ethereal dimension. The entities or ideas were the direct creation of the sphere and the sphere was the direct creation of the Star, the original idea.

For aeons they lived on the sphere, emerging and re-merging themselves with the sphere over and over again. For aeons they lay sleeping, dreaming in their crystalline realities. One day, it occurred to them that in order to evolve; they would have to create a new type of being. Giving a small part of themselves, they fused and melded their love energies and with a surge of intention they created a being

consistent with their awareness and feelings. Itesha was her name.

One beautiful night I was privileged to go Home. I lay back on some cushions and closed my eyes. The energy around me swirled and moved me out of my body in spirals. I left the planet and travelled fast into the darkness of the universe. Moving further and further from Earth, passing through star gates that were strangely familiar, I knew that I was no longer in the same dimensional reality as the universe I was used to experiencing.

Before me in the darkness was my Home. It was a bluey-green Sphere of light. I cannot describe the feelings of recognition and love that I had for this place. I was finally Home. As I approached, the strangest thing happened. I totally merged with the Sphere. I was made of the same substance and was totally one with it. I learned that the beings on this Sphere were an ancient race of beings, ethereal in form. They were totally one with their Home, only emerging in temporary form to dive within once more.

Finding the true Source of my Soul, my true Home Sphere, was both a liberating and painful experience for me. The emotions and vibratory rate of the Sphere was almost too overwhelming. Every breath I took sent waves of energy washing over my body. I cried out in pain. I was dropped into a conscious awareness of what it was like to be a swirling mass of colour, light, and sound. The energies swirled and twisted constantly. With every movement, it rippled out into my auric field. The whole experience moved me to the very depths of my emotions. I was totally unaware that I was capable of such deep feelings. I could experience myself as a substance that was capable of shimmering through other bodies like cosmic wind. The sensations this produced were truly amazing.

Working with this aspect was an opportunity for me to experience more, and learn about what I really was. It was a very challenging time for me, having to heal out issues that were not only connected to my Soul's wounds, but also

corresponded with the issues in this earthly lifetime. I could literally see my personality changing, becoming released from fear and gaining a sense of self-love.

Up to this point, it was only me who had these experiences. No one else had experienced my being any different. At this time, I was very frightened to show it to anyone. A number of fears prevented me from sharing myself. I was afraid that it was all in my head, and that no one else would experience it. I was afraid that they would reject me. This was a wound currently in my personality, an ingrained fear of rejection.

One evening, whilst dining with a friend, we got on to the subject of what we thought we were on a soul level. I explained to her how I thought I was not human on a soul level and, in fact was an alien. She said, "Show me." Afraid to show the whole room, I told her to come into the kitchen, where I would show her. My friend and I stood looking at each other in anticipation. "OK," I said.

I closed my eyes and breathed in deeply. The fear was uppermost. Then, all of a sudden, out of nowhere, my aspect appeared. I opened my eyes and peered out. My friend stood looking in disbelief, amazed at what she saw. Then I saw the realisation flick across her face. "Oh my God!" she cried. "She really is an alien." She went to cry out in fear just as I reached out to her heart and whispered, "Please." She overcame the initial response of fear and gazed with tears running down her cheeks at me as my ET self looked out of my eyes.

The energy was too much for me, as was the love I experienced in those moments. My friend and I will never forget it, the first time I had the courage to show my true self. Over the next few months, many of my closer friends who were open to see saw my Soul looking out with alien eyes. There was confirmation from every angle. I could no longer deny who I was.

Months drifted by whilst I came to terms with my find, and slowly I gained the courage to explore this new

concept. I began to open up myself to the energies of this new Soul aspect. The information flooded in; concepts on God, the universe and everything seemed to flow in on this new energy. I began to write, keeping a complex journal that only I could understand. Any one else reading it would think it was the journal of a madman.

You see writing had always been my passion, and, as of late, I had begun to explore poetry. The poems just seemed to flow from me in one stream of consciousness. They were beautiful; they talked about other worlds. I used this medium to express the overwhelming feelings of sadness that I had about being here and not being on my sphere of love. I must admit I was slightly melodramatic. From a higher perspective I can easily see that I perpetuated my pain. The pain was sweet and writing reams and reams of poems expressing how I felt seemed to be the most creative thing to do. It helped me really get in touch with this aspect of my higher self. I would call her down by sending my intent up into the stratosphere. I would feel her arrive from a great distance, and with a 'whoosh' of energy, she would enter my body for only a matter of seconds. Yet that was enough.

She would move me to tears, the energy rushing up and down my spine. It was strange; it was both painful and ecstatic. My body would respond to her in a very strange way. I would get the overwhelming urge to make sound. I began to tone the most incredible tones. They were incredibly high pitched and dynamic, nothing like the tones I had heard at toning workshops. In the workshops, it seemed as though people were holding predetermined notes that were at the usual pitch of their voice. These were different. They were almost like dolphin sounds but much higher, far out of the range of my usual singing voice.

As I experimented with this new talent, I realised that I was actually communicating in a strange and alien language, a language that only I could understand. I would sit in my room for hours making these tones, much to the

annoyance of my husband. It was very painful, the yearning growing and growing. I felt so alone. As I aligned more and more with this being of self, I felt less and less earthy and more well, extraterrestrial. Working with this aspect was a very liberating thing for me to do; it seemed to answer so many of my questions such as "Who am I?" and "Where do I come from?" I was beginning to really see who I was. Her visits to me became more and more frequent, the channels opening, more communication coming in with much more clarity. Slowly, my discoveries started to make sense, filling in more and more gaps.

My communication with Shektar waned at this time due to my fascination with my Soul aspect, and yet, through it all, I could feel her loving embrace protecting me and supporting me. I had yet another new friend. Working closely with my Soul aspect I realised and remembered information about my Soul. It mainly came in pictures, visions, and feelings. Through these pictures, I learned that my home planet's inhabitants were called the Unesseia, Unified Essences.

They are the origins of my beginning as a perceivable entity, my true Soul Source. My Home Sphere is the place in the universe that I can call Home. This self is the original self, the blueprint which is the framework on which all the other selves were patterned upon.

The Unesseia exist on a dimension that is only just perceivable to our senses. You could say they are a thought. If a thought were physical, then that is what they are. They are an intrinsic part of the Sphere. They are multi-dimensional; they can access information from both the past, present, and future.

Sometimes, on a beautiful day whilst looking at the bluey-green of the sea near my home, I would get a sense of their presence, unmanifested, non-physical and invisible to me, yet real nevertheless. They are a very lone expression of entities. I get the feeling that they experience themselves as contained within the realms of their Sphere. Whilst visiting

their realm in my imagination, I discovered that they resemble the misty blues and greens of their Sphere. It is as if they are vapours. They do not form into one set form, but change and transform constantly. They take on vague bodies, sometimes resembling humanoids.

Whilst working with them, I noticed a strange thing. They seemed to enter my reality through a centre based a foot to two feet above my head. While I was meditating upon this centre or chakra, a sphere not unlike my home would appear above my head. I would reach up with my consciousness and activate the centre. Bliss would flow down into my body. I just had to surrender to their energies. I would feel this free falling sensation. Opening this chakra seemed to send me in a new direction of fascination, the fascination with colours. Working closely with the bluey-green ray, I was totally amazed by the vibrations of colours.

The loneliness that I felt in this stage of my life was very overpowering. I really thought that I was somehow lost, out of place. As I used to say to my best friend, it is as if I came here on holiday and missed the bus home. I felt abandoned and forgotten. Were there any others like me with this strange notion that they were aliens?

Spirit had obviously heard my cries for help. Soon after, I found myself sitting down in front of a video by Extraterrestrial Earth Mission. They were a group of Americans who considered themselves to be ET incarnate. I couldn't believe it when I read their literature. They were basically saying all that I had learned over the past few months. They start to tone, drawing in and channelling their what now I call their ET selves. I couldn't believe it! They toned the same as I did. I cried tears of recognition, as I knew exactly what they were saying. In those few minutes, I realised how these tones were a universal language to express the energetic nature of the being that was doing the toning. It is simply saying, "I am and I am here." It is like an energetic signature. I was hooked. I wanted to know more.

Mostly, I needed feedback on my ideas and they fitted the bill.

I borrowed all their literature and began to read. They talked about all that I knew, some consciously, some information that was just surfacing into my awareness. I listened to their channelled tapes and began to piece together even more information about what I was. The phrase that they used constantly and stills rings through me even now is, "You are the universe ex-pressing itself at a single point."

This concept amazed me. I seemed to understand it on such a deep level that my rational mind was confused as to how I knew such a thing. I had known it all along since I was a very small child. When I was about four years old, I couldn't sleep; this was a constant problem for my parents. I am lying in bed, wondering about life. When I asked, "Who am I?" the answer was loud and clear. "You are a dot, a dot in space. You imagine all that you experience, pretend, sight, sound, taste, touch and hearing. Prove your parents and your world exist."

I understood it completely. I was, in fact, in my childish fashion talking about being God and creating all experience. It didn't phase me at the time; I took it on board as if it were the most natural thing to think. It was only later in my life that I realised what a profound concept to have, let alone for the likes of a four-year-old child who couldn't sleep.

The Unesseia took me upon an amazing journey of discovery. It was the discovery of the many layers of colours, and how each one held a certain frequency. I began to see certain colours and shapes occurring more and more in my life. The Unesseia made me aware of the ritualistic significance of everything that was coming into my life. They showed me how pictures, stones, ornaments, all have great teachings and secrets to tell. Everywhere I went, messages from spirit were appearing, calling, attracting my attention.

Iteesha As Iteesha opened her eyes and looked around her; she was amazed at the beauty of her Sphere, the home in which she had never been separate. Never before had she had the level of consciousness to comprehend the Sphere as separate from her. Living a transient existence, she had an always re-merged her consciousness into the sphere. Never before had she had this perspective.

She scanned the surrounding universe, dark in space. She was amazed at her godlike source, the Star, which could be seen in the far off distance. Her consciousness spread wide and far. Her newly created mind was capable of reading the entire local universe in detail. She was awestruck; she took no delay in investigating all the wonderful creation that seemed to lie all around her.

Energy pulsations and waves of light swept past her, waves of Almighty Ocean. She stood in awe of all the wonders of all the sights and sounds she observed. She wished to share this newly found perspective with her loved ones, The Unesseia. With tears welling up in her eyes, she was overcome with grief as she realised that she could not return and re-merge with the Sphere. She was separated forever from those she loved. Alone, she stood, staring out to space and for the first time, a thought rippled and pulsed from the core of her being out into the darkness that lay all around her.

The shock of seeing her very thoughts rippling out and affecting the surrounding space sent her heart racing and made her breathing shallow and nervous. Not sure whether to feel fear or exhilaration at her new found ability, she stood holding her breath, unable to decide how she should proceed. A murmur, a whisper, a message, a sign was coming from far off in space from her Source, the Star. The message could be felt deep within her heart. "Go forth and create new worlds and new beings like those before you."

I dreamed a strange dream. I was in this ancient Indian temple with a beautiful statue of Kali in pride of place. This woman pressed hard into my neck and I passed

out. All went blue and I heard this voice say, " What is your name on your home planet? " I awoke saying, " Iteesha".

Even though I can see myself in all aspects that I have discovered, I hold Iteesha in my heart as the dearest. She moved me to tears every time she walked into my body. Her innocence, her grace, her loving presence was enough to make me swoon. She seemed to shimmer through my body. She resembled the misty blues and greens of her home planet; she was Soul aspect, now named. Her energy was cold and frosty. It made me catch my breath. She seemed to represent death to my physical form, being Soul energy.

Of course, my body found this difficult to handle. So, was it any wonder she would make me want to hold my breath and stare in disbelief. I became her for quite some months. I felt a level of sensitivity and vulnerability that was new and exciting. It was also very uncomfortable and frightening. Her perspective was one of constant reverence and honour to God. Everything about her was in prayer and praise to God.

She enabled me to firstly feel the intensity of the separation from, not only her and home planet, but also the severance from God. She made all my childhood yearnings to go home to the stars come back with force. She gave me an exciting level of imagination that I found so inspiring that I spent much of my time day dreaming about my home world and often went there in imagination. I must admit that people around me thought I was withdrawing from physical reality and were a little concerned about me.

Even though she encompassed all my body, I was disturbed to discover that she found the physical body and its organs somewhat of a mystery. I went through a rather disturbing period where I found the whole concept of having a physical body rather alien and disconcerting. I would peer down at my legs and think, "Oh yes, they are my legs." Through my interaction with Iteesha, I was taught how I created my reality with pure loving intent. She taught me

how to activate my crown chakra and reconnect myself to my true Soul Source.

She explained how she was a semi physical being. She is an intermediate between the higher light realms and the denser dimensions below her. She is the aspect of self that is untainted and unstructured by denser levels of awareness. She expresses herself as the oneness of her world and galaxy in which she lives. I get a feeling that she and her kind, The Unesseia, are the etherical counterparts of the Sphere. She is like The Elohim. She is like the breath of light and sound. Her energies fuse, penetrate the other selves, and give them the air to breathe. Her Source centre, the Sphere, Unesseia, is like a cosmic pump that breathes in and out God's breath. She can shape and mould herself into any self. She can penetrate expression and carry messages of light to all that encounter her messages. Her messages were transmitted to me in pictures and very intense emotions and feelings.

She is a dream weaver; weaving dreams as she flies in consciousness throughout her area of universal reality. Iteesha travels within her domain and like a wind that leaves ripples in the sand; she leaves lines that criss-cross and form a mighty complex matrix which is in the dimension below.

I had an incredible time integrating this aspect but I was so home sick that I found myself lying upon my bedroom floor. I felt so light; I put stones from around my plants on all my major chakras. Iteesha's energy moved into me and a voice said, "You have complained for long enough. You can go home. All you have to do is walk out of your body. Your body will die instantly you leave and you will go home. Try."

I lifted my dream body arm out of my physical. I knew I could do it. So I pondered the situation. All of a sudden a feeling of truth rippled throughout me and I realised that I had been a total drama queen and didn't want to leave at all. I felt such relief, I laughed out loud. All my guides around me laughed too. I had passed the test and

again learned a worthy lesson. This helped me heal a great deal about being here in a human body.

Zeta Web

Iteesha stood upon her Sphere, no longer able to re-merge herself with it. Sorrow began to ring through her as the urge to be surrounded by others like herself started to grow within the cells of her body. She began to think and imagine new dreams which rippled out into the darkness.

Stellar lines of thoughts criss-crossed and wove themselves together until a large web like crystalline pattern hung like a snowflake in the darkness. As she looked upon this form, a new and exciting thought began to form in her mind. Could she awaken and activate this structure of her own thoughts? Could she breathe life into it and create life like those before her?

With the energy given to her from the Unesseia, her lifeblood, and her urge to create through love, she sent a thought. It was a thought so whole, so powerful, it carried her consciousness through the darkness and, as it hit upon the Web, it shattered into a thousand tiny pieces. It cascaded like showers of liquid light into the web, awakening it, giving it life. The Zeta were born.

Each Zeta, an idea, a dream, was given life from Iteesha's pure intent. Working as a whole unified mind, the Zeta's took the ideas that had been given from above and structured them into conceptual theories, concepts that would later become experimental dimensional experiences. They dreamed and created dimensional realities capable of housing beings connected to the Web as a whole, yet also individually experiencing themselves as unique and singular identities. The Web's strands twisted and wove the ideas together, adding to the pattern, creating a giant evolutionary ladder. This ladder held all the ideas, all the ingredients to create beings to live upon the worlds they had imagined. Alloya had almond shaped eyes, eyes that strongly represented the little greys or, as I'd rather refer to them, the Zeta. I had always been fascinated with the Zeta. I had

strange dreams, dreams where I was Zeta on the home world. I felt like they were watching me. I must admit I thought I should be scared but I wasn't. They seemed friendly in an unemotional sort of way.

I found that whilst dancing to weird dark trance techno, they would enter my body. My body was fine with it as it felt strangely pleasant, even sexual, but my mind would disappear. I would literally be a Zeta. I could feel my perspective on the world changing. They seem to look upon reality and see the web-like structures, the pattern or blueprint that reality hangs upon. They channelled through me the following:

We can move, realign, and rearrange whole pictures of reality by understanding the workings of reality at a deep level. We rearrange it according to preset cosmic .They exist on a very high mental plane. They let their emotional bodies entropy in order to achieve their state of mental agility. They do not appear to have emotional bodies. Their whole level of consciousness is very similar to a computer and can seem extremely alien to us because we experience deep levels of emotion. They are capable of time travel on an atomic level. They also use mind maps of the universe to travel great distances. It is very hard to understand them, as they are extremely alien to our way of thinking. They experience themselves as the 'WE', as we experience our-selves as the 'I'. If you tune into them, you will know what I mean.

Working as a 'WE' consciousness, they are singular and separate in form yet work as a whole mass mind, moving like a swarm of bees or a flock of birds. They sent my rational mind into absolute turmoil. Their whole way of looking at things was so radically different from my usual ego-based rational approach that I thought I was losing my mind. Worse still, perhaps I was being taken over by some weird, evil, alien entity.

Without an emotional body that I could recognise, they worked not unlike a huge intricate and highly complex computer system. Their whole nature works on a level above

polarity, and without the comfort to me of their having an emotional body, they frightened the hell out of me. They saw nothing wrong with either good or bad experience. They moved me to see the inner workings of reality and how the mind creates realities around itself. These were mirror images of its conscious awareness. They told me that they were formulators of reality, taking inventive ideas from other dimensions above, and working them into intricate formulas that later manifested on denser dimensions as reality that could be perceived.

The Web exists on a dimensional reality that is slightly denser in form than The Unesseia. As far as my understanding will allow, the Zeta is a giant network of beings that exist in civilisations upon dense physical planets. They are quite close to humans as they are very close in our genetic makeup. However, their perspective, the way they look at reality, is very different to ours.

They seem to see reality as patterns; complex structures made of thought. Instead of experiencing reality and themselves as predominantly physical as we do, they see their world as layers upon layers of thought that are manifesting. They see everything as separate constructs, yet all intricately tied together as one synergised entity. They experience themselves as one whole mind made up of separate individual components functioning as one.

They showed me, by playful and creative example, how my physical reality was formed. They taught me how the many levels of our interaction are mirror experiences designed to allow us to see our true natures. They played with me, taking me on many mind warping reality shifts, allowing me to see how finely tuned the whole universal system was.

One of these incidents occurred when I was with a group of friends. The Zeta entered me more strongly than before. It was as if the right side of my body were Zeta and the left was my sense of 'I'. It was a very strange and a little frightening. I got to experience the disappearance of my

sense of self. I was part of a giant 'WE' consciousness. I went through so many levels of fear; I could literally feel them rewiring my circuits in left side my brain.

They used a special form of communication that can only be described as binary code. My friend started to channel. The Zeta told me that she was talking about my sense of 'I' so that I could hear my truth. I listened to what she had to say. She was aware of what she was doing.

As I listened, I would hear truth and then she would talk but the words did not ring true. The Zeta said this is the truth and bullshit game. When she says your truth, then stand up, and when she tells you your bullshit, sit down. Without any control on my part, I had no choice but to do this. It was as if my body had been taken over. My friend said that she could see the Zeta in the right side of my body. It fascinated her. She was also completely aware of what I was going through as she was holding my integrity as alloya or I could lose myself.

After some time, I began to get tired so I stamped my foot and said, "I don't want to do this any more. Can't I just have the feeling in my stomach or something." It was amazing. I could literally feel my stomach responding to the truth and going flat with the bullshit. To this day, I have used this as a gauge to weed out the truth.

Their energies were very strange and caused me to cry out in the strangeness of the sensations as they rewired my brain. I looked out and saw everything being an aspect of myself, a representation of some part of psyche and Spirit. It was very overwhelming.

Everywhere I looked, I could see aspects of myself. It was then that the Zeta said, "Close your eyes." I did. I could see loads of Zeta faces looking at me. They said, "It is at times like these that you close your eyes and know who you are." I immediately thought, 'I AM'.

As I did this, all the faces merged into one Zeta face and it was Alloya. I knew then that they were aspects of myself and I was one of them. I was indeed an alien. They

taught me the significance of what your mind experiences as reality, and how we can all live in totally separate reality states.

The things I was experiencing should have been bizarre to the two boys in the room. When I apologised to them for being weird, they said they didn't see me as being weird at all. It was then that I realised the Zeta had completely altered my reality, and I was no longer on the same level as the two boys were. I was to have many more encounters with the Zeta. They were the cosmic jokers in the pack. I spent many weird hours of amusement with them. They seemed to want to dance through me, a dance with such intricate hand movements. It allowed me to rearrange not only my own energy fields, but also the energy bodies of those around me. I realigned web-like structures in the mental plane allowing for creative and evolutionary happenings to occur. Reality shifts happened at parties, and social chats. All who experienced them, whether they were consciously aware of it or not, were moved by them. They had their perspectives on reality radically altered by their presence.

I used the Zeta's talents of working with the mental body to realign other people's brains in my healing sessions. This helped people remove what they called 'devolutionary mind states and patterns'. I was fascinated by the dance. I could see myself making etherical patterns in the air. I was forming ideas to manifest on the physical plane. I realised that I was helping align our realities to the Zeta and was allowing others to experience them also. My friend was introduced to them at a party one night.

I watched as they entered her body. I saw their faces shimmer across her face. It moved me to tears. She then got up and began to dance the exact same dance. Together we were literally changing the energy of the room. What we in fact did was create a space so the angelic counter-parts could be introduced to their earthly partners. I was told that she and I had created the space.

Integrating my Zeta self was an incredible experience even though those around me thought I was losing it. I felt completely alien. The idea of being this physical body appalled me, as did the gender of sex. I referred to the body as "The body. I would say things like " The body wants a drink." Those around me found it very difficult to handle. I was at home totally. I must admit I lost it a little in the whole situation. I felt completely non-human and detached from my loved ones. It was only when the Zeta were totally integrated that I seemed human again. However, I felt that now I was Zeta plus.

When I had finished integrating the various aspects, I would be rewarded by something happening in my outside reality. I went to a party and was introduced to this guy. I just said, "Hello" and went off to dance. He knew absolutely nothing about me, and yet he said that from the time I met him, he had " The girl's an alien" going around and around in his head. It disturbed him so much that he told a mutual friend who later told me. What confirmation. ! I could no longer deny what I was becoming.

As the Zeta analysed those they imagined, they created a great gene pool of ideas. Some of their ideas failed and fell short of their purposes. Each one had its unique creative talent. Gathering all the best ingredients from each of their ideas, they spun together their ideas like silks of coloured light. Slowly the warp and the weft wove itself together into intricate patterns until a new form, a new creature, stood proudly before them. Alustra, The Dragon, was his name, a conceptual idea taking shape and form. Contained within it was a message that could be communicated through the idea that came from the highest source, the Star.

With eyes to see and ears to hear, Alustra's mind was powerful and wise, holding within it many secrets for those he encountered to discover. With scales of light to represent the many ideas that had created him and a voice of fire in which to sing his song, his voice could be heard ringing

through the universe. With a tail to steer him and a pair of giant powerful-feathered wings to propel him, he set off on his magical journey, his quest in flight through space and time. The Zeta held their breath in awe as they saw him take to the air and fly in spirals out into the unknown darkness, seeking out information he could transmit back to be stored within the Web.

Alustra.

A mighty dragon energy that represented the ley lines that flow throughout the universe. He taught me the magic in objects. Through his guidance, I realised that every action can be a part of a ritual if applied with intent. Alustra is unlike the other entities I have experienced. They are based in one place, whereas Alustra seems to come from everywhere. He is a great cosmic dragon. He is a psychic, astral entity that exists on a realm that you could call imagination. He seems to live in a world of myths and legends where unicorns and the like exist side by side with ancient civilisations.

He operates on a level of higher mass consciousness, which is where our archaic records are. Within this realm, are all records of past, present, and future realities. He is capable of time travel. He does this in the most amazing way; he recreates himself where he wants to be. He has a great awareness of cycles and movement. His energy helps ascend the etherical and astral bodies into higher light bodies. He is the activator of the Merkabar vehicle that allows you to consciously project yourself into any time or space.

Working with him, I saw the pattern in time. He taught me how to energetically decode DNA. He represented the aspect that records all the information of soul. He channelled through me energy that released karma and re-aligned people in soul agreement relationships. Alustra allowed me to see the creative imagination energy at work in my reality. He danced around me for some time, hiding every time I thought I could see him, a mysterious and

fascinating entity. He taught me how to see the plays that unfolded in my everyday awareness. By using my imagination, I could see a drama of cosmic significance in every interaction in my life. He showed me with stunning and amazing clarity how even though we like to think of lives as being past lives, they are, in fact, going on at the same time.

He taught me how to tap into myths and legends in the mass consciousness. I began to live many different times all in the same space. With Alustra's help, I learned how to decode the information stored within the DNA and release etherical implants that had been put there to hinder my spiritual growth. Whilst I was working very closely with him, my whole life seemed to grow and blossom into one great fairy tale.

This is where 'The Story' began. I cannot tell it for it is not mine to tell. For my friend began to tap into this realm and we lived in the fairy tale together. She was indeed a dragon, too; she helped guide me to integrate this particular aspect. Let's just say that she began to write and draw the characters of a mighty story. It was an Atlantean story where all the members of our close friends were main characters. It wasn't like we chose them for each character; each person over a space of months would literally act our story symbolically in their life in the way they behaved and reacted to life. The symbolic nature made it a very creative and inspiring time.

I will never forget the night when Alustra decided to totally integrate into my body. I was at a party. It seemed so unreal. These parties were beginning to become very creative. I could see myself in other people. It was so obvious to me that they would represent different aspects of myself and channels information from their particular perspective.

Alustra flew in spirals in my mind's eye and then entered my body. Being Alustra, I could feel all my files, my records going back to God. It was explained to me how the

aspect that was 'I' on the highest level was accessing my information and that I was the first gardener of creation to come home with the harvest.

It is at this point that I feel I need to explain something to you. I was living in a paradox. I was experiencing myself as all the different aspects and, yet, was also totally aware of myself, experiencing it, too. I could see my friends being themselves but also representing different aspects of myself. How can I explain this further? It was as if two realities were going on in the same space.

For example, I was sitting on a chair when Alustra began to download my information. At my feet, resting against the chair, was a very close friend of mine. He had represented the Source during the night. You could say to me in my reality that he was channelling the aspect of himself that is the Source. He was channelling it so strongly and completely that he had become the Source looking out of human eyes. Amazed at this, I asked him if he knew he was the Source. "Of course," he said and smiled.

I could feel the connection that was going on between us. He was the Source and I was Alustra, downloading my information to him. I lay my head on his neck; feeling like light, in information, as it streamed out of my third eye. When the process was complete, another friend came into the room carrying tea. She passed me a cup. As I turned it round to hold it, I was amazed at what it said on it. Under a picture of a vegetable garden were the words, "Number One Gardener." What confirmation!

Alustra is a wise and knowledgeable entity and of a high intelligence. He seemed to be a bridge between the higher spiritual and mental selves and the emotional and more human selves. He uses his wings to fly from within the creative space of my imagination to ground his vision within my physical realm. Whilst I was working closely with him, my whole life seemed to grow and blossom into one great fairy tale. He awoke my dormant childlike imagination and

gave me the trust to allow my mind to expand without limits, knowing I was safe and secure, nestled in his energies.

Shektar

Alustra flew far and wide discovering many star systems and galaxies. Contained within these systems was information and he gathered it and sent it back to the Zeta. Great cosmic currents took him far from his original home. Finally, he hovered above the heavenly realms of the beautiful planet, Earth. The heavens swirling beneath him were shimmering colours of rainbow light. They were all touched with silver and gold of the highest stars. Mesmerised by the exquisite patterns, he, too, created a being from the colour and sound. As the sounds beneath him created a symphony of light, his heart was moved and as he quivered with the vibration, a single lone feather fell from his powerful-feathered wing. As the feather floated silently down, circling within the currents of the heavens below, he watched in awe as the love he had felt wove about itself the most beautiful being he had ever seen, an angel of rainbow light. Shektar was her name, with wings of love and light in which to fly. All who looked upon her were overwhelmed by the love from her heart; it glowed like the embers of a sacred fire.

Alustra watched as she shimmered and hovered in grace and love in her heavenly realm. With held breath, he watched as she unfolded her wings and took flight, rippling the very light and sound that surrounded her, moving all in exquisite bliss as she flew near by. She glided and flew upon the currents of the uppermost strata of the heavens of love, not wanting for anything else than to express and give her love to all whom looked upon her radiance. Circling and spiralling down, her attention was captivated by the watery emotional realms below. Alustra sighed as she disappeared from his sight.

Shektar was so beautiful with wings of turquoise and silver. Her beauty and grace warmed me like the sun on a summer's morning. I could not believe the amount of love

that I felt for her. She opened up my heart and allowed me to see the vulnerability that was inside. I felt so naïve and cherished in her presence. As she enveloped me within her wings, I moved into the very purest part of my Soul. All darkness was kept at bay by the blinding light that radiated from her being. She hovered and shimmered in front of me.

Her whole form looked as if it were breathing with the gentle ripple of her wings. Shektar warmed my very being, sheltering me against the harsh winds of everyday reality. She gave me a free and safe environment in which to truly awaken my pure inner child. She guided me to see that my weakest moments could also be great moments of hope and strength. She helped me heal. She opened up my heart, which had been locked away, and she allowed the floodgates to open. I felt so safe and secure with her wings around me that my emotions of pain and hurt flooded out, leaving me feeling clearer and more purposeful. I was becoming more aware of who I really was. Within these feelings were signs and messages, signposts pointing me in new and exciting directions, directions that would ultimately lead me to discover more of the aspects of the selves and their individual expressions.

A few months went by. Working closely with my angel, Shektar, I was able to heal enough pain that I could start to move forward on to my path with confidence. My service began to develop. I learned, or rather remembered, that I was a healer and began to dedicate myself to healing using Shektar's energy. I had some quite remarkable results. She showed me how to hold people in their truth by placing my hands on certain parts of their body and holding a pure thought that they were perfect.

I would watch as I lay my hands on people's hearts and they would instantly cry, releasing pain from the heart centre. She showed me how to see the beauty, not only of myself, but of others, too. All who experienced her felt honoured and loved by her. Other people have commented to

me how they had called upon her in hours of worry and had felt her unmistakable presence surrounding them.

Spending hours and hours communicating with Shektar, I learned about the nature of angels and their connection to us on Earth. Shektar explained to me that she was a Solar Angel, her place of origin, our Solar Source, the Sun.

Shektar said, " The sun and all the myriad stars in the night sky are portals, the pure concentrated energy of God. The Source projects its energy as light through these portals to penetrate your dimension. Angels, such as I, act like prisms reflecting the pure white light of God. I am like a prism differentiating the light into many colours or aspects." She explained to me that there are different frequencies of love. It is as if there is red love, green love, and violet love. All is love yet of different vibrations.

All angelics work on different rays. Shektar is an angel of the turquoise ray. In order to more fully understand the nature of angels and their function, Shektar guided me through a visualisation where I saw a symbolic representation of God. I saw God as a giant white light. From God, beams of light radiated out in all directions. These beams were not individual or defined. The beams began to criss-cross; beginning to make up a mighty grid which creation and all its dimensions exists upon. At each angle of this complex grid (which resembled a snowflake pattern) was an angel. Angel, angle, amazing the play on words. Angels allow the undefined light of God to become differentiated.

She also went on to say, " We are non-physical energetic beings whose function is to guide all manifested beings. We are the non-physical counterpart of the self that experiences a denser reality. Our sole purpose is to be a guide of love and support. Some angels are the guardians of the land, the elements, animals, plants, etc. Archangels hold in grace whole planets and solar systems. I guide and support you through your earthly existence."

Intrigued, I asked her about the dark angels. I was surprised at her response. " They are still God's love manifested and hold you in grace, too. They allow everyone to experience negativity and dense realities. They are merely angels working on the dark ray. Their constant dedication to their purpose or function allows you to tap into different levels of energy because they magnify or hold this energy in which you experience."

Shektar began to guide me to certain books that somehow seemed as if I had written them. The words would somehow jump out at me and resound through me as truth. There was no denying it; the truth makes your body feel as if there can be no other reality. It just is. One such book struck me to the core. It was ' The Return of the Bird Tribes' by Ken Carey. One chapter seemed to hold me in its fascination. It described how in the days of old, angels would come to Earth and awaken their physical earthly partners, the initiates. They would awaken them with a symbol that would be their glyph. When I read these words I was strongly remembering an experience I had at a medicine wheel workshop.

I had somehow found myself at this workshop recommended by a friend. I was not sure why I was there because I thought I was not into rituals and the like, thinking them irreverent. But I was there, nevertheless, and I was going to stay open to what ever happened.

One evening, we were sitting down by the fire, chanting and calling in the ancestors when the leader of the group said that we were to call on one of them when we went to bed and ask them to give us an important dream. So, when I went to bed, I simply asked my chosen ancestor to give me a dream, not thinking for one minute that I would have anything of significance.

How I surprise myself! In my dream, I found myself in the garden of the place we were staying in at Lamorna, in Cornwall. I was with Shektar. Everywhere I looked there was this glistening hair-like substance hanging off the trees

and bushes. It reminded me of the angel hair, the type you put on Christmas trees. "What shall I do with this?" I asked Shektar. "You are the weaver, weave!" she replied.

I began to gather the hair like substance until I had a great pile on the lawn. As I parted and played with it, it turned into multi-coloured thread. I began to weave it into a beautiful multi-coloured banner with a dark black symbol on it. I put it on a pole and marched around the garden with pride. It was my banner.

When I awoke, I quickly drew the symbol. When we went down for breakfast, we were asked if anyone had had a dream. I left it to last to say anything, not being terribly confident in those days. When I told them the dream, the leader looked on me in amazement and said, "Wow, you are a dream weaver." Dumb, as you like, I just smiled, not really understanding what she meant. Too nervous to ask.

Now, reading ' The Return of the Bird Tribes ' the experience came flooding back, and, finally, I knew and understood what the dream and the symbol meant. The symbol really opened me up, and it seemed easier to access information whilst in meditation. Shektar explained to me that the image I had seen in the mirror was a symbolic representation of all the different beings that make up my Spirit. She said she was one of these aspects, and, in fact, was me in angelic form. I found this very hard to own, as I could not believe that I could be a beautiful being of love and light. Shektar opened up my heart and allowed me to see my beauty.

One day I was in a quandary. My doubt had got the better of me and I doubted all over the place. Such is my nature. Was Shektar really real or was all this a figment of my imagination? Shektar told me that white feathers were her trademark, so to speak, and that whenever I saw one, she was around. " Oh, yeah," I thought. I live by the sea. There are seagulls everywhere, white feathers galore!

After this particular meditation, I got up to change the tape I was listening to. Above me was a very small

skylight, only open by about an inch. No way could a feather just drop through it; it was at the wrong angle. However, just as I looked up, a beautiful, large white feather came gliding through the very small opening and landed on the table in front of me. There was no mistaking it; it was a sign from Shektar. The love was overwhelmingly unmistakably hers. Yes, living by the sea, you see an awful lot of white feathers. Not all of them are sent by angels. The ones that are, are unmistakable. They carry with them an energy that is loving and expansive. It catches your heart when you see them.

I used the feather sign as a gauge on how well I was doing on my spiritual path. I would ask Shektar to send me one whenever I was flowing with my Spirit because, as yet, I could not feel whether I was or not. I am a very doubting person. It wasn't that I didn't believe that Shektar was real. It was more that I believed that I was not capable of aligning with an angel with whom I could really communicate. Being bombarded by proof, I was finding it very hard to deny my experiences sent me many feathers, some your normal common or garden feathers, some amazing and beautiful. One was a silver pendent sent in the post by a friend who just happened to think of me when she was out shopping. It landed on my doorstep seconds after having yet another meditation with Shektar. These gifts filled me with joy and contentment. I was doing all right and I had the badge to prove it.

This began another fascination, the fascination with inanimate objects. Shektar explained to me how inanimate objects such as feathers could be impregnated with angelic love to act as a symbolic reminder of the energy it represents. I was beginning to understand the true nature of rituals.

Demina

Swooping down on wings of light, Shektar's attention was captivated by the watery realm of emotions below her. She watched in curiosity as the love from her heart rippled the surface of this beautiful blue ocean. She was intrigued by

the soulful sounds that cascaded like the fire of her heart. She experienced a desire to dive into the ecstasy that was this realm, swooning from the intensity of the feelings that rose like a song of love. As the song dropped into the ocean, a ripple, a movement was forming.

From this swirling whirlpool of sound and colour a beautiful dolphin of turquoise and silver leaped in joy from the centre of the swirling colours and Demina was born. Shektar could not believe her eyes as she watched the weaving of the beautiful patterns that formed within this watery realm, intricate in nature and complex in design.

As she watched, these designs rang out a tune, a song of both sadness and joy. Demina played, leaping from the ocean and diving back just beneath the surface. Shektar cried tears of joy, as she had never done before as she watched the light play on the back of her daughter, Demina. She leaped high into the air and cried a sorrowful song of goodbye to Shektar, her creator, as she dived down deep into the darkest depths of the mighty ocean. Shektar, now, alone sent a wave of love to carry her little Demina on her way.

Demina is a dolphin energy that taught me about being empathic to other people's emotions. Demina is of dolphin race. She, or rather her kind, originally came from the Vega system in the Lyra constellation. She is semi physical in form; she has more of an astral body in our understanding. She is mainly in a form that is somewhat like the dolphin bodies that we have present on earth. The hues and colours of her body are more vibrant and iridescent than those of her earthly brothers and sisters. Demina exists in waters of the astral plane that surrounds this planet. In this realm, there are myths and legends from an emotional perspective. Demina exists as a character in one of these stories, the story of Atlantis.

Thousands of years ago on this planet, there lived, side by side, the Reptoid /Dinoid races and the Dolphin races. Demina was one of those beings that could live on land and in water. This is where the mermaid stories come

from. She communicated to me through emotions and feelings.

Can you see another pattern emerging? Each self is coming in and healing the chakra to which it belongs. It empowers the energy in these centres and allows me access to other dimensions. She brought with her the blue ray. Her energy ebbs and flows like currents in the sea. She is very closely connected to the breath. She taught me about the sacred art of breathing, the universal breath.

Out of all the aspects, hers was quite painful emotionally. Some times I would feel like giving up and want to drown in the sea. I had a sadness to leave my earthly body and swim in the sea. Demina showed pain and the hurt I carried within my emotional body, not only the pain from this lifetime, but the torture I had endured in past lives.

I would wince and cringe at the harshness of the energies that were present on this planet every time she walked, or rather, swam into my body. She showed me how to have the courage and power that were present in my most powerful emotions. She showed me the ways of creativity that are present in my deepest emotions.

My creative writing took off as she plunged into the murky waters of my emotional body. Not only did she bring great pain and distress from the depths of my Soul, but she also showed me the ways of joy, praising God through innocence and trust in play.

Demina helped me love not only the divine within but also the more human aspects. Unlike the other aspects that express themselves on mental planes, Demina exists on the emotional plane and communicates to me through feelings, feelings which are hard to logically understand and communicate to others. The easiest way to experience her and her kind is to gaze at the sea on a moonlit night and ask to feel the true nature of the sea. You will be over-whelmed by the response that you will receive.

She worked predominantly on the turquoise ray. She heightened my sensitivity. I began to become empathetic to

other people's feelings. In my healing sessions, Demina allowed me to stay open and empathic. Demina became a bridge between the larger starry identities and the more human aspects.

Demina dived down deep, letting the currents of this mighty ocean of emotion carry her deep into realms as of yet unfelt by those above her. Currents of joy whispered by in swirls of blues and greens. Sorrow rippled past her, calling her heart to truly feel. Demina experienced them all, pain and sorrow, joy and laughter. Playfully she leaped and splashed in waves of emotion that lapped all around her.

Sometimes the sea was peaceful and calm and sparked in the midday sun. Sometimes it crashed and rolled in thundering fury during a mid-night storm. Demina swam through it all, singing her song to those above her, letting them know what it was like to live in the watery realm of emotional feelings. Her voyage took her far and wide until she came across a foreign land, a dimension more physical in form.

As she swam about in the warm waters of the shallows, she could hear the sweet sound of love that was made by the sea lapping the shore of this denser realm. If she listened carefully, she could hear a song that the foaming surf created, and, as she listened, the song moved her heart in love and from that love two beings were born, Hara Sheed and Deehs Arah.

Male and female in joyous union, one and the same. As Demina watched them spiralling and flowing around each other in ecstatic bliss, she was moved to tears. Hara Sheed and Deehs Arah could be seen as a beautiful God and Goddess of love in the waves that lapped against the shore. Demina sent them the gift of creation that she, too, had been given by those above her. As they spiralled around in their love making, they created a vortex that spun and penetrated the dimension below them. As Demina watched them disappear from her sight, she, too, sighed with the wonder of creation that she herself had given.

As I dropped down through the levels after healing and balancing those above, I began to enter deeper and lower chakras. I knew of the idea that we all have an inner male and an inner female. However, I did not understand the significance to me until I met Hara Sheed and Deehs Arah.

Deehs Arah's energy I was familiar with. He was strong, with a sense of direction. His energy took me to the stars. He encouraged my conviction and dedication and purpose, showing me the ways of the inner warrior. Tall and proud, he cut away at the weeds of my consciousness, making way for the entrance of his true love, Hara Sheed. He awoke the energetic enthusiasm

within me, heightening my sense of excitement, and allowed me to feel the strength and power of truth. He moved me in leaps and bounds and gave me physical energy that made me sometimes hyperactive and somewhat manic in nature.

He had a sense of desperation about him, like the sense of exhilaration that you feel when you go into battle. Situated in the sacral centre area, he would force my energies up from this centre to surge out of my head. Needless to say, he would fly me straight out of my body. Pulling me down to earth with a loud dump was his harmonious and perfect partner, Hara Sheed, my inner female, earthy in nature, the goddess of my Soul. I found her difficult to integrate. She revealed issues around my femininity, negative feelings about the physical body. Never before did I really consider myself feminine. I was a true tomboy. She worked with me relentlessly until I could feel her goddess energy surging through me, concreting me into the earth, making me Gaia incarnate. She pushed me into new levels of physical sensitivity for the first time. I realised then just how out of my body I was most of the time and it was time to get into body.

Sexual and sensual energy flowed from me as they entwined and twisted themselves around in my body. I was moved by their presence, which healed me and grounded me.

The Hara dance was very important. I had to spiral my hips around like a snake. This enabled me to have energy and information drop directly through the top of my head and go down and anchor in the ground. This felt very important, as though they were preparing me for something.

I could clearly see Hara Sheed in my head. She wore gowns of dark blues and greens and peacock feather headers. After having a particularly intense day with her, I described her to a friend. As I finished, the second post arrived. In it was a card from a friend in London. It was Hara Sheed, headers and everything. My friend and I were stunned. I knew then that I would move on even faster.

In the atom, there are energy spirals called quarks. One is a negative or feminine vibration, one is a positive, male vibration, and one is a neutral vibration. A quark, according to the dictionary is a hypothetical elementary particle, supposed to be a fundamental unit of all earthly life. These quarks and their function are closely connected to Hara Sheed and Deehs Arah. Their names are equal opposites of each other. Saying them backwards or in reverse, gives you the other's name. Deehs Arah becomes Hara Sheed and vice versa. They are self-perpetuating reality, a perpetuating existence that is the foundation of all life and expression. This explains the atomic theory of a God's energy, expressed as the quarks, existing not only at the base of all life, but also being a continual, self-perpetuating energy.

In the chakric system of our being, there are three lines of energy channels that weave their ways around the physical spinal column, one masculine, one feminine, one neutral. This energy presence is Hara Sheed and Deehs Arah.

Acrumead

Hara Sheed and Deehs Arah, male and female, positive and negative, hot and cold spun around each other. A mighty tornado of their creating swirled into a vortex of such intense power and energy that they, too, travelled down through their realm, and as they penetrated the barrier to the

dimension below, a mighty storm was created from their interaction. Clouds billowed grey and heavily laden with sweet rain. With every heartbeat synchronised in time with each other, thunder crashed and rolled all about them. Their frenzy heightened their lovemaking, getting closer to the peak of perfection.

As they surrendered themselves to each other in orgasmic bliss, two mighty lightening bolts were sent from each of their hearts. As the lightening bolts touched and entwined themselves about each other, a new being was forming. A mighty lightening lizard, serpent of light, Acrumead was born. Hara Sheed and Deehs Arah held their breath, tumbling in each others arms, not sure of whether to fear the creature or not. Acrumead roared and swept his mighty tail through the darkened sky, lighting up the darkness in sheets of blinding light. Flashing and crackling in static fusion, he carried their message of love down into the realm of physical feeling and sensation. Deehs Arah and Hara Sheed, their mission completed, watched as Acrumead, untamed and alive, spiralled down, until he, too, was lost from their sight in the dimension below them.

Acrumead, Lizard Being. Acrumead and his kind exist as semi physical beings on a planet that orbits in the Bellatrix system in the Orion constellation. He is Reptoid in nature. Encountering these beings brings up our ancient fears. There are fear codes within our body; they are survival codes that were implanted long ago to allow us to physically survive our encounter with these beings. His energy is dynamic and awesome. It is a thrill to activate his energy. He showed me how to activate the fire in the belly. He is the internal alchemist transmuting, through fire, the physical matter of the body to cosmic light, turning lead into gold like the alchemists of old. Christians saw Acrumead energy as the realms of hell. To step into the fire, to transmute the body, is to be the Phoenix, re-birthing in light.

Acrumead taught me about the biological level of life and death. He showed me the magic of the natural world and

introduced me to the realm of the elements. He explained to me that He was a representative of my elemental self. His energy was particularly sexual in a primal sort of way. He made me look at my issues around sex, sensuality and lust. He gave me a new sense of confidence, strength and stability within my physical form.

As I was lying on a mattress whilst my friend gave me healing, Acrumead entered the room. I could feel someone whom I presumed to be my friend. Starting to rub up the inside of my thigh. It was such a sexual feeling. I thought, " That can't be my friend. She wouldn't touch me like that." Then, I realised my friend was holding my head. Acrumead crept into my body in such a physical way I was shocked. His energy did make me think that perhaps I had fallen into bad company. He had a great zest for life and taught me the value of biological life. He taught me how to activate my Kundalini energy. Acrumead taught me about the magic of the natural world and introduced me to his world of the elements. I revelled in my new sense of sexual and physical power, making my body strong in appearance and in grace of movement.

We have a lot of karma with these beings. Encountering these beings brings up our ancient fear as hundreds of dinosaur films depict. It is now time to re-address this problem by integrating the 'Lizzies'. This is a prerequisite for transformation and enlightenment for our species as a whole.

Acrumead is closely connected with our DNA (deoxyribonucleic acid) which is the main constituent of the chromosomes of an all organisms. Acrumead taught me all about the physical form and the energetic counterparts, the elements. He is an entity such as the electrons, neutrons, and protons that are the lesser complexes of the atom.

Acrumead is closely associated with this realm and exists in the elements of the body. He is closely connected to the planet and exists in a simpler, rudimentary level of existence. He is the environment itself and influences

atmospheric conditions and powers of nature and weather. His energy is dynamic and awesome and a thrill to have in your body. He is one of the last aspects to activate as he allows the recipient to access the spiritual fire present in the centre of the planet. This powers the physical realm, allowing manifesting forces to express through physical form. He is the internal alchemist, transmuting fear into light, lead into gold. Integrating our Lizzie selves will enable us to heighten our vibratory state to a higher fifth dimensional world of light.

Ida Crone Woman

Acrumead's electrical body, crackled, hissed, and popped as he flew through the dense atmosphere. He circled and dived, playing with his lightning rope that trailed behind him like a lasso of light, weaving behind him a mighty complex network that resembled a huge intricate nervous system. Acrumead lit up the sky like a thousand flaming torches. His roar, his energy, could be felt from a thousand miles away and the Gods above him wondered at the creature their creating had brought. The friction his flight created built, until with a wink of his blood red eye, he used his tail like a lightning rod and sent a bolt of lightning to the ground beneath him.

It created a fire of such intensity that the heat that radiated from it set alight the very rocks that lay all around it. The fire burned intensely and with passion, consuming the flesh of the land on which it sat. Eventually, the fire died down until the last embers went out. All that was left were the ashes of his fire. From this dark and blackened soot, strong bones of rocks began to stir and with a click and a clack they formed a being. Acrumead roared in satisfaction at what he had created. Ida Crone Woman rose from the very earth itself.

Ida Crone Woman represented the purely physical realm of my nature. She comes from the planet. She is body of my individual self. She represents the very building blocks of my body. As beings self-manifest, they bring with

them their history. Ida represented the physical history of the planet. By activating my crone self, I was raising the vibration of my physical form.

Ida and Acrumead are of the dense vibrations; these are misunderstood as being hell. Yet if you pass through the fire, you will find salvation. You remove all unwanted elements and free yourself. We, too, will rise and fly in the flames of Spirit, carrying our natures higher and higher into spiritual realms. These realms of the earth are heavily guarded by so-called demons. They prevent those ill prepared from entering. Only those adept, brave, and centred can pass through the fears and come out into the heavenly world of light.

When she looked into my eyes, it felt as though she could look into my body, to the very skeleton. Later, I found out she could. She rattled her bones at me, making me pay full attention to her. Her directive was to get me into my body and ground me to the planet. In healing sessions, I used her energy to re-ground others at the end of the session. She introduced me to the energy in my bones. She also realigned me with the structure of the planet. She guided me through the ancient ancestral knowledge that was in the marrow of my bones.

She led me into the dark cave of my physical body. On base levels, we are nothing but more rocks and bones. Going deeper within myself, I thought I was going backwards. She made me realise that my journey was about taking the white light of my God aspect, my ' I AM ', and taking it down through all the levels to plant it into the darkest part of the planet.

There are, in fact, many ways to God. She allowed me to honour my body and made me realise that I had slowed my progress by wanting to get out of this dense realm. Ida, through transformation processes is transforming her-self from a carbon element to a diamond that is capable of housing the light of God. A prism, the diamond of the bodily self, will radiate light, as does God. Our

transformation will be completed and we will have a diamond body, which is crystalline light. Ida and Acrumead and those of their dense realms are widely misunderstood by religion as being the realms of hell fire and damnation. Yet to pass through the fire of purification, to remove all unwanted elements, is to free oneself. We will, like the Phoenix, rise and fly in the flames of spirit, carrying our natures higher into spiral realms.

Ta-Tum-Bi

Ida Crone woman, bare foot soles like leather, set off on her journey. Black and barren was the land that lay all around her. Harsh was the wind as it wailed her song. She rattled her bones that she kept in a leather pouch around her neck.

Ida, head down with unfailing determination, set off on her quest to find the Sacred Mountain. With her wild, purposeful eye, she gathered her cloak around her to keep out the cruel and biting wind. In her desolation, she was all alone. As she rattled her bones, she beat her pathway to the foot of the Sacred Mountain and came to the mouth of a dark and ancient cave. This cave led deep down to the very centre of the planet Earth.

With a wild cackle, she entered the foreboding cave, aware of the danger, and yet defiant in her way. The darkness lay all around her. The walls of the caves breathed an unseen breath, and she went deeper and deeper down into the earth cave of the Mother, entering into a cavern that lay at the very centre of the Earth. Crone woman danced the sacred spiral dance, laughing like one who is mad. Shaking her very bones, she whirled round and round. Drunk as in trance, she beat an ancient rhythm into the hard rock that lay at her feet.

Out of the rhythm she had danced, out of the darkness, came a new being, the hidden Shadow One. Ta-Tum-Bi was his name. Opening her eyes, Ida could see that the light that shone from his eyes was the light of the Star, The Star That Illuminates a Thousand Moons. Pulling his

midnight cloak about him, and with ancient hands, he drummed out a new rhythm, a new idea that was sent from the Source. The earth shook with its new rhythm, awakening to hear its new heart beat. Gaia with her new pulse, awoke and in her awakening, her dreams became real. Paradise was born. Where once there had lay black and dark mountains, now stood crystal temples, shining in the sun. Trees bore fruit and flower and everywhere looked like an eternal springtime. The birds sang their songs, full of rejoicing. The creators looked down from above. They knew their mission was complete. The whole universe rang out in song, a song of joy at the beauty of the landscape of the Soul.

Ta-Tum-Bi was the next and final aspect in the pattern that was emerging. It seemed to me that there were so many levels, so many aspects. It seemed that I had taken an idea from the highest aspect of myself and, now, I was finally coming to the final aspect. It is hard to write anything about him, as he is the unmanifested aspect of myself. God has two faces, one being self and the other being the unmanifested self, the tonal and the nagual, All THAT CAN BE NAMED and all that cannot.

Ta-Tum-Bi sits in the very centre of the planet. As he sat quietly and steadily in my body, I realised that he was the one with whom I was most familiar. He had always been there, sitting, waiting for the idea from the Source to travel through the levels to settle lightly in his rich and potent soil. As he opened his eyes, the light that shone forth was the same light as Alloya. He showed me how to see the landscape of the Soul in the land around my home. I could see and experience myself as the landscape. It was an awesome feeling.

He is anti-matter. Anti-matter is a hypothetical form of matter composed of anti-particles. An anti-particle is an elementary particle that has the mass as its corresponding particle, but with its opposite charge and opposite magnetism. Anti-matter is like negative space as opposed to positive space which is occupied by something. Negative

space is theoretically there, and yet it is not something you can see. It is something not being there. He showed me how to create New Planet Reality, to dream my dream awake.

Final Merging

My friend and I spent an evening together. We knew that it was going to be a special night as the atmosphere was alive with our guides. As the evening wore on, each self came into my body, danced through me and then the next aspect would come in and dance and merge with the previous energy. Finally, one by one, they merged with the other energies within my body. One final dance and they settled comfortably in my body. I then knew that the process was complete. As the realisation entered my mind, I was reminded of a piece of channelling the Star had given me.

The entering of power into your body will activate the reunion of the self. We see time as a point in space, a dot. This dot represents the individual Spirit. Out of this dot travel lines of force, which penetrate the dimensions surrounding it. Each line sets up individual focal points. They take on a life of their own, some believing they are the only one. Spirit pulls on the lines to connect all the multi-selves. This is to reabsorb the energetic signature of each self.

We see this reunion as a party where all the focal points are invited to attend. They are asked as separate selves. As the party commences, a strange attraction sets up between the selves and they find themselves in couples and the dancing begins again. Moved by the presence of the other, the transference and combination of the essences begins to make all couples become one. As the couples regroup through attraction once more, the guests reduce in number. This continues until 'self' stands opposite 'self', two halves of the same whole. They embrace in the ecstatic union.

As they swirl together, the energetic structures create a whole being, Alloya +. You will ascend as an encoded pattern, which will catapult you into the next dimensional

journey. I was amazed. It had been written all along. So the integration of 'self ' was complete. Wow! What a journey! Where I would go next was anybody's guess.

The Hybrid Program

For many of you, you are in the beginning stages of integrating your multi-dimensional self. You are being introduced to the various aspects that make up the many levels of your human and Extra-terrestrial psyches. You are all creating various levels of interaction with your selves in order to raise the levels of your own consciousness. The intensity of the integration process is underway. What is the integration process? It is a means, by which you can integrate, in a way that is conducive to your reality, an experience that enhances your perception and knowledge of your own higher soul self, your multi-dimensional awareness. Each and every one of you has created for yourself, a concept in a context that is in harmony with your current level of reality. Many of you are being introduced to beings that you once considered your superiors, as Angels and Ascended Masters, as aspects of your very own soul. Think big, and then think bigger. Many of you are experiencing these beings as yourself, such as Christ, Mary and other holy figures. This can be disturbing for the rational mind that is why is imperative that you move beyond your ideas of idols and worship. These beings are exact mirror images of certain levels of your own consciousness. Entities such as Christ, Buddha, and the Sun God Ra are all archetypal energies representing a certain level of consciousness. They are giant thought forms; they portray and hold energy that is a complete evolutionary wave.

YES THESE BEINGS ARE SEPARATE ENERGIES IN THEMSELVES, ON CERTAIN LEVELS, BUT ON OTHERS THEY REPRESENT YOUR EVOLVING CONSCIOUSNESS.

You hear beings telling you that in the fifth dimension and above there is only the Oneness, the images of separate beings that you encounter are only third dimensional translations of higher dimensional light. Can

you see that if, “We are all one”, then, there is no separation from you and the consciousness of Christ, Buddha and Ra. If you could change your beliefs you could all move forward with incredible speed. Instead of third dimensionally translating it, imagine it on the fourth dimension. You are currently moving as a mass consciousness, (Human Kind) through the fourth dimension. Think bigger. Think past, imagine past the confines of your religious concepts, they are old and outdated, move into the creativity of future orientation. Think globally, think oneness. Who are you? If you are Christ, then why do you not appear as Christ? Maybe because the appearance is irrelevant, as is the form the body consciousness chooses to express itself. It is the energy; you are translating that is important. The Zeta do not appear as you choose them to look, they do not have form, and they are energy.

Everything is energy, everything is oneness. You are everything. Integrate fast, it is ok to be aware of the beings as you open your awareness to other aspects of your multi-dimensional self. But be aware not to hamper the integration process by being obsessed by aspects of yourself. It is very easy to become the being and stop the process, detaching from the rest of the aspects. Move faster.

You are learning, or rather remembering, what you already know. To integrate these multi-selves is something that you have all done before. You are not new to this process; it is old hat to you. You are system busters, divine missionaries from a source far from this universe. You were sent here with the intention to awaken systems that are on the verge of evolutionary meltdown. You inject a concept that is completely alien and foreign to the consciousness of this particular universe. Your intention was to come to earth, in several guises, some of which you are getting a glimmer of as you encounter your human aspects. Many of you, as the oneness, looked out of the eyes of Christ, Mary and Buddha as other integrated aspects of the oneness of Christ’s Multi-dimensional consciousness. Remember “ We are all One “.

Many of you had encounters with the consciousness of this planet, through more Extra-terrestrial energies. Some of you are encountering the confines of the third dimension for the first time in human body. The channel is one of these beings; she gets all confused as to how she can have memory of past lives and a strong feeling of not having been here before. Several of her aspects are complete new comers to earth, but other aspects are well accustomed to earth life, some even taking human form. The Extra-terrestrial aspects of her nature are more prominent and overwhelming to her current level of consciousness that she even considers herself extraterrestrial.

It is familiar to move into and integrate these levels of consciousness. Separate energies merging with the human body, human consciousness. Is that all there is to occur? If you have integrated all twelve aspects as Christ did, how come nothing really different is happening? Have you not lived existences of complete integrated beings before? Yes I hear you cry. You have memories of past existences in various systems throughout this universe that you were experiencing yourself as an integrated being. A being that has all twelve aspects in alignment. Imagine if you will a blueprint, a design that consists of liquid light. An intricate snowflake like pattern that represents all the various levels of consciousness, that make your multi-dimensional being. This pattern assembles itself in your auric field, and with the aid of the Antari, (the aspects of your self that are the light technicians), they rewire and assemble and implant your light body. This is not a one off occurrence as others would like to believe but a complicated and intricate procedure of living light constructing itself along the lines of your intention. Layer upon layer of the light body implants itself into your physical body. That is when the real integration procedure begins.

For many of you this is when the real healing begins. As each aspect is integrated not only into the auric field but also into the physical body, many issues are raised. This can

be a trying time as you are confronted with all the limited belief systems that are the debris of your past karma. Karma not only from this lifetime and other human aspects but other systems that wish to cleanse their system through you. Remember that you are the Oneness. You can bring with you a frequency that needs in some way to align with the intention of planet earth. This frequency changes through you, whilst you experience third dimensional realities. Many of you will experience dark aspects moving through your reality, cleansing their negativity through you, healing not only your own issues, but the many and varied aspects of other system's karmic cycles. You must embrace all aspects of the self. One by One these aspects will filter into your body, aligning the many levels of your human consciousness, healing, cleansing, until you are completely integrated.

On your everyday level, it can seem like the selves have gone, as they filter so successfully into your consciousness that you do to seem to see them as separate parts of yourself any more. They are you, you are integrating. You use their talents and gifts as natural automatic aspects of YOURSELF. For many it can be a trying time, as the physical body adjusts to the new frequency that is aligning itself to your form. Many of you have invented mystery illnesses to explain to yourself this strange phenomenon. You still do not believe you are transforming, so you change transforming symptoms into illness that are a direct result of neuroses in the mind. Use these opportunities to clear your belief systems about the body. Rest during this period; do not worry if you are wishing to halt in your spiritual progress. This is a direct result of the friction that lies between the body frequency and the new blueprint that is coming in. Listen to your soul, use the various aspect's perspectives to aid you whilst you integrate fully. On an everyday consciousness, you may feel you are becoming more third dimension. It is about getting this information into the planet via your bodies. During this

extended period, you may feel very heavy, being weighed down by the density of the third dimension. Many of you will put on weight.

Slowly, your frequency will rise enough for you to begin (in your accelerated moments) to access the fourth dimension. You will become aware of yourself as being this new being, this integrated being. Others will also notice who you are. The encounters that you have with each other in these times will enhance your experience of this level of the process. They will confirm who you thought yourself to be. Everywhere there will be direct signs from your own spirit, your own self, guiding you into more and expanded belief systems about who you are. You will encounter, other people channelling, your many and varied aspects. This can be rather disturbing if you are unaware of the procedure up until now, many think they are going mad at this level. It is important that you help anyone that you encounter experiencing this, as direct human to human communication of this phenomenon is a dynamic way of collectively changing your belief systems and consciousness. That is why groups of all kinds are springing up, it is not a new religion, or new age, it is the direct result of the integration procedure. You are creating for yourselves; avenues for expression of what you are experiencing. You need each other, to reinforce your experience in third dimensional language.

As more and more people join these groups, belief systems will begin to align, through the forces of the aspects within. New ideas, thoughts, creating new reality. Many of you are becoming aware that you are starting to consciously create your own reality. You have always been creating your reality. With the higher self and all its aspects integrated, you are becoming aware of limited belief systems, finding creative ways of dispelling of them and moving into more expansive realities, through the expansion of your own ideas of consciousness and of yourself. This is literally changing your world. Changing your reality. Your perception of it.

As you balance and align your many selves they begin to merge and become One. You begin to experience your higher self as something that is not outside of yourself but an integrated part of who you are. The wiser voice, the guide. Many of you want to change your name at this point. The intention is to animate your higher self, your expression of oneness through your physical form in its entirety. You want to say to the world look, here “I am. “ At this point you may be wondering why you do not feel any happier, or can’t change the world by will. This is because it is not about a Higher Self-experience, it is about a Human / Higher Self-experience.

A Hybrid Self. You carry unique DNA; you carry the oneness gene. It is a strange phenomenon as your selves unite within you, you trigger a biology + spirit phenomena. You are becoming Hybrid. Spirit/matter Hybrids. Your physical biological body is of great worth to the universe. You are mini Gaias. Your planet is unique, she has the means and creative energy to create third dimensional solid experiences that are capable of housing the full intensity of the Universal Dreamer’s Light. Your bodies. Nowhere else in the universe is there the diversity of experience that is on your planet. That is because Gaia (the consciousness of the planet earth) is a fully realised being. Gaia in her highest experience of herself has created for herself a reality where she too can create with the full intensity of the Universal Dreamer. No where else in the universe is there the full extent of free will that we see on your planet. Light and dark, two polarities that can create all and a myriad variety of experience of both the negative polarity and the positive reality. Your planet is indeed unique.

Hybrids, beings that have integrated their aspects, merging aspects to create a new species of soul and spirit, a hybrid a, super hybrid, are coming to this planet They are integrating into the physical vehicle, using the body as a vessel to house a variety of energies. These energies are merging. You are creating new beings out of the alchemy

process that is going on as these new species of spirit /soul merge and combine with the energies already here present in the human form. You are hybridising into new creative beings. It is as if the human body and its already present three strands of D.N.A are the cooking pot in which to mix and blend these other aspects/energies.

The energies are blending to create new beings. Some of these beings are Extra-terrestrial. For those of you integrating Zeta, you are noticing that you are becoming more than Zeta, more than human, but Zeta / Human Hybrids. The experience is more than being Zeta, Many of you have encountered the Zeta as yourself and have channelled their energy, and shortly you will have experiences where you experience yourself as Zeta. This can be a rather strange and exciting experience; it is the direct result of the integration procedure. Further along the integration procedure you will encounter the sharing of these energies with your human consciousness. That is when the magic begins. It is not just about these beings aiding you, but you aiding them too. Many levels of beings are dynamically changing frequency through the human experience.

The experience of the Zeta / Human Hybrid. Zeta only accesses the left side of your body. When you are in hybrid mode you will experience the Zeta taking over the left side of the body and the right side of the head and brain. The left brain governs the right side of the body and the right brain governs the left side of the body. The right brain is the intuitive brain and the left is the more analytical, intellectual brain. The Zeta come into the left side of the body but the right side of head and brain. The right eye may feel that it is actually changing shape and this can become apparent as the human physical eye changes shape compared to the left eye. It is possible to see the very apparent difference between the left and right sides of the face. The Zeta eye has a completely different perspective to the left. It is not that you can visually see any different, but the energy that is transmitted and received through the eyes drastically alters. The perceptions

of the human side can be very different to the Zeta side. It is possible to feel the codes that transmit through the Zeta eye and how they affect the surrounding reality constructs. It is very important that the left and right lobes of the brain are balanced, allowing for the balanced perspectives of both the Zeta and the Human. Only then can you become Zeta/human Hybrid.

Many of you are noticing a change in the encountering of the Zeta that is because as a species they are changing. They are changing through their interaction with humans. Not only as an outside experience i.e. in space ships being sighted etc, but also in the hybrid experience. Remember when the Zeta come into contact with a reality such as yours it creates dramas out of the material in the mass consciousness to allow the humans an opportunity to shift in consciousness and gain an expanded version of reality. The Hybrid program that your governments fear is the direct result of the Zeta hybridising in soul with its human counterparts. Inner and outer realities in reflection of each other.

Through merging the energy in the D.N.A of both the Zeta and the human a new species is beginning born. For all the Zeta/human hybrids out there, on an everyday level you may not notice much difference to your awareness as you did before. This is because as you integrate you only become more of what you naturally are; it is no change for you. But other people will notice! You will not buy into the dramas as much as you did before. When you do, you will see that it is your human aspect that is creating the negative belief system from which you are creating your reality. The Zeta aspect will aid you in its perspective to align you with you true intention in reality. The Zeta is without an emotional body so they do not buy into dramas that are generated in your emotional bodies. These dramas hold energy in your aura until it becomes so dense that you create it in your reality. You then say look and hook into it on an emotional level. You feed off each other and get totally stuck in the drama.

Some of these dramas you play with one another, you hook into each other's auras, on an emotional level. You experience an intensity of your dramas, a re-enforcement of the drama and you think it its reality. The Zeta's perspective will allow you to see through the illusions and see the truth, free of judgement, and emotional debris. You will move beyond your illusions and create more pleasant dramas.

Through the human vehicle the Zeta are making their presence and perspective known on your planet, through you they are aligning realities that are also in the process of shifting in vibration. If you could see with totally Zeta eyes, you would see that the whole of reality is made up of positive and negative lines of force. These lines create the Web. The Web of Consciousness that is the level of Zeta. The Zeta aligns realities to this Web of consciousness and reprograms new designs into the matrix. This creates new dramas in the mass consciousness of the residing planetary consciousness. The Zeta brings with them designs that are all about expanded consciousness and rapidly shifting realities. These designs are responsible for the acceleration of this planetary experience. The Zeta brings the designs that make it possible to Quantum Leap. The Zeta are the workers they are very busy beings, they vibrate at a rate that far exceeds the human experiences. They channel energy through the human experience that is very fast indeed, human /Zeta hybrids may experience many sleepless nights and speedy headspaces due to the channelling of this energy. Many of you are beginning to dance, some of you are attracted to Techno music this is the music of frequencies, the frequencies of the Zeta. This music is a direct manifestation of the Zeta frequency merging in with human/Gaia experience. Gaia supplies the tones and sounds out of her imagination, the Zeta assemble the constructs out of the sounds to harmonise certain frequencies together. Listening to this music and dancing to the underlying currents of frequencies aligns the human /Zeta hybrid. This is conducive to the integration process, this facilitates the process.

On another level you are actually weaving new forms, new designs into the waft and weft of the Web of consciousness. You are directly affecting the matrix. You are directly changing your reality. The frequencies come through in code, a code that completely bypasses your rational mind and downloads straight into your sub-consciousness. Those of you that are Zeta/Human hybrid, you will notice yourself performing many strange hand movements that indicate that you are channelling Zeta energy, weaving the new designs.

It is not a one way process you as humans are directly affecting the Zeta, through the integration process, you are affecting species throughout the universe. As two energies come together within your human experience they affect each other. The Pleiadian energy is one of intense love; this however can bring over sensitivity. So they need a bit of Zeta, and the Zeta needs a bit of Pleiadian. Through your experience of this integration procedure you are aiding other species as well as yourself. Through the interaction of these being's energies within your human form, you are healing, aligning and transforming the whole universal experience.

The human Gaian body is the secret to this, the various energies whether they be, Lizzie, Zeta or angelic bring with them codes, designs or perspectives that merge with the human body and create new ideas in form. You are literally creating new species. The Symbions are a direct reflection of the process in hand. As their names imply they are the reflection of the symbiosis that is occurring between these varying energies and the human experience. They are a blending of genes, d.n.a and energy. Up until this juncture in the process, the Symbions did not exist; they were created out of the hybrid process. Remember outer reality reflects directly the inner reality. The symbion beings are created out of the potency of the now moment, with the creative inspiration of a hybrid being. Can you see what is occurring in this creative human experience of yours. As you integrate the beings within your self, you are creating out of the potential of your d.n.a other beings that also reflect your

level of consciousness. As you meet more and more aspects, hybridising aspects you will also see how they intricately reflect the process at hand. You are indeed creators, out of your ascending imagination you are capable with the wonder that is the human body, of creating beings that can reside in all the many levels of the incredible multi-dimensional universe.

There are beings called the Essanani. They are beings from the future that are the direct physiological and biological blending of the Zeta species and the Human species. Can you see that as your time moves on, you will directly reflect the process in the physicality of your reality? These beings are hybrids, manifested into your reality in a way of relating to them that is physical. In this future you will physically encounter these beings walking on your planet. These beings that you are creating out of your cosmic consciousness, your cosmic imagination, will need planets to live upon.

As more and more hybrids wake up to themselves they will create on mass planets that can house the levels of consciousness that they are experiencing. New planets will be discovered not because of better techniques, but because they are just appearing to the human species, Gaia 's collective consciousness. You are indeed creators; you from your experience are creating just like the Universal Dreamer, creating more aspects of the universal consciousness. You are adding to the universe. You are the universe. As you wake up more and more to who you really are, you become the ultimate hybrid, you become the whole experimental universe. It is as if you have different flavours, ingredients, that each of the aspects brings. Just like the blending of ingredients in cooking, each self affects each other self. This all going on within the cook pot that is Gaia, creating and generating new species, that are ethereal in nature, fourth dimensional and above, that can also be manifested in the future of your human experience.

You as Hybrid beings brought with you a gene, an encoded strand of d.n.a, which activates and instigates the hybrid process. Only on earth within this human experience can the complexity of the hybrid procedure occur. It is as if you are planting seeds within your human d.n.a strand, to create new blends, new beings, and new selves. Many of you are currently integrating your various selves but some of you are plugging into Gaia and activating the hybrid process by the merging. Many beings such as yourselves have been living outside of your bodies and have not been entirely connected to the earth and have existed in the ethereal layer of your planet's consciousness. You appear as if you are here but you have not quite landed yet.

Some part of your consciousness split itself apart from the whole and sent an idea in form to this planet. The idea was your physical body, your ability to develop a personality and an earthly ego. Many of you considered yourselves to be just this. An average human being, either male or female, nothing amazing. But since you started this amazing journey of self you have discovered that you are so much more. The human self, is like an anchor, a beacon to assist the other aspects of self that are scattered across the universe to find a place that they can merge and become one. The big bang was when you split yourselves into billions of pieces, millions of aspects of self. One by one the aspects came to this planet, this sphere of self and have begun to integrate into the human experience of reality. One by one the codes that these selves bring anchor into the body. First they must go through and align to the other bodies that make up the human experience. The aspects travel through the spiritual, mental and emotional bodies before finally anchoring into the physical cells of the body. This process continues until the twelve aspects are anchored into the body and then it needs to be blended with Gaia. Anchored into the planet. This is where the earth story begins.

Earth Story

Layers upon layers of light blueprints are implanted into your body. Until it resembles a beautiful pattern of light, the diamond light body. This new system of consciousness needs to be plugged into the consciousness of the planet. This is where you encounter the level of Gaia's spider consciousness. Spiders weave the web of consciousness that is on your planet. This is the level where the web of the planet and its entire consciousness and the universal web of light unite. This is how, you as light beings, can directly connect to the collective consciousness of the planet. Not only do you see this consciousness mirrored in your physical reality in the form of spiders and webs but also it is mirrored in the psyche of human-kind. Remember outer reality reflects inner reality.

The structures that man builds are direct reflections of certain levels of consciousness. If you have ever looked down upon a city at night from a plane you will see an amazing sight. A web of traffic, roads and lights. It looks like a giant web, a nervous system. It almost looks organic; the car lights look like blood cells being pumped down Gaia's veins. Do not mistake Gaia for being nature only for she is everything that exists in this sphere of experience. That includes you and all that you build. Once you have connected to this level of consciousness, you will begin to experience synchronization more and more in your life experience.

There are many stories about spider beings. The following is the personal experience of the channel. Her encounter with these beings. "the channel _ " I have always had a great fear of spiders. So one day whilst I was working on my website, a spider being entered the room. All the hairs on my entire body stood on end. This being was a spider, black, very large and intensely frightening. To say I was

scared was an understatement. I began to process, and fast. Clearing layers upon layers of fears, briefly experiencing myths and legends about spiders that were present in the mass consciousness- humankind. Then with one great in-breath I allowed the spider being to enter by body. It was such an incredible feeling. I could feel every nerve in my body, responding to its presence. It was very electrical, almost itchy. I could only stand so much before, the being left me, with the whispering words, “ we will be back”, and they were gone.

“Oh my god”, I thought. I knew I had said I wanted to work with all the beings that were judged and misunderstood, but this was not part of the plan. I could not even stand small physical spiders, I could not work with these beings they were huge. I tried to process the fears but they were deeply entwined in not only my physical life but also the mass consciousness of humankind, they were very strongly associated with the image of the spider. Not all the legends were negative, like the American Indians who believe Grandmother Spider created the whole universe. The legend is that Grandmother Spider with her silken body, span with her silks, the forms of animals and amazing creatures They became the stars systems that we see in the Great Bear constellation. With consciousness that is the spider she created the entire known universe. The Native American Indians as a scared creature revered her.

Alloya – “Gaia ‘s consciousness runs like a spider’s web throughout the entire planet. In symbolic form she weaves the realities that you encounter through this medium. There are many realities, all going on at the same time, on your planet earth. Parallel realities, providing many and varied realities, all occurring on this planet at one time. Gaia in her spider form aligns all the different realities together and allows the realities to cross over each other. When you are running along in synchronization to your own spirit then you enter the synchronized world of the spider beings. You will encounter, time on digital clocks saying the same time,

example: 12.12 / or 9.09 etc., numbers have a very strong influence at this level. When Mathematicians come across fantastic formulas that explain the universe, they are tapping into this level of consciousness. Magicians of old, knew about the secrets of this realm, for this is the level in which you can perform miracles and magic. The sciences of chemistry, biology and psychics were inspired by the consciousness that exists upon this spider consciousness level. You can weave a spell here.

Through aligning your self to the aspect that is part of this spider consciousness, you begin to develop the skills needed to consciously create your own reality. In symbolic story, spider weaves the realities and the fairy tales, and all the realities that you as humans can imagine. Not all your realities are fanciful; many are usual normal third dimensional levels. Never the less they are all created by you tapping into the manifesting level of spider consciousness. You have always as a human being, been anchored to this level, but for you as a whole integrated being; this is new and dynamic. As you plug into this level, you code into the matrix of this planet new ideas, ideas that come from the hybrid mind. You begin to create your reality more along the lines of your soul's original intent.

Your outer world begins to reflect your inner world more and more. Magic begins to happen. For some of you it will take a long time before you finally realize that you are creating your own reality. You are moving into realms that are very conducive to you experiencing dramas to represent your process. You will continue to create realities along the lines of normal reality, until you begin to notice more and more strange occurrences. Occurrences that will eventually convince you that you are no longer operating solely from the third dimension and you and your reality has changed. Then you will become aware of soul both in your inner reality but also it will reflect into your outer reality. Be open to soul speaking through others, they are channelling your

soul information so that your outer world reflects your inner world, this will transform both realities.

The level of Gaia's consciousness that is represented by the spider, is a level that is considered automatic by the human mind. It seems it is a foolproof way of creating your reality. You will, once connected to this level, experience yourself automatically performing tasks and developing skills that you had not yet discovered about your self. You will be anchoring into the body the ideas, or codes of all the other selves, your selves that exist on other dimensions, you will bring their codes down and anchor it into the aspect of Gaia that is responsible for the creation of realities. The spider level is the giant computer of Gaia's electronic mind.

To say that the spider level has no consciousness would be deceiving, but the spider does not have the level of consciousness that you as humans would consider freewill. It is more that the spider is a level in itself, it is a level of consciousness that is a system, a mind system that is responsible for weaving realities. These realities that you perceive whilst on earth are only physically possible due to the manifesting ability of Gaia's spider consciousness. Gaia used the technology of the age to create a system that would become the web, the web of her mental consciousness. The structure that is the mental body of Gaia is represented by standing stones that mark points of power, where the lines of energy that permeate your whole planet, cross and merge.

Occasionally in certain points the web comes to the surface of the planet and that is when ancient peoples of old erected stones or other ritualistic pointers to represent the spider's web. It was through the visiting of one of these sites that the channel met her spider aspect. Her aspect of Gaia that was automatically connected to the web of consciousness that is Gaia's mental body.

“ Myria was a Spider Guardian of a scared burial ground, Chun Quoit in Cornwall, England. She turned out to be my spider aspect; I met her at the stone quoit. I met her whilst taking a workshop of about twenty people,

introducing them to different Et energies. I must have processed out enough fear since the last time I had encountered these spider beings. I felt fine. She stepped lightly into my body. She was very fine and graceful energy. I could feel how her energy was very much like the energy that I had encountered whilst trying to feel Gaia. I had a problem with Gaia, being very Et; I was not plugged into the planet. I could not feel the planet energy in the soles of my feet; in fact I was sure I really didn't have any feet! I could not feel, in an earthy way.

However I could with Myria in my body. I could feel everything. I could feel this spidery consciousness that connected to the web, that ran like veins all over the planet. In fact I could feel the whole planet. I could feel this strange nervous system that ran through Gaia. Carrying her thoughts like a nervous system. I was given a brief glimpse at the level of consciousness that is the spider realm. I could feel as a spider being that I was connected to all the other standing stones, burial grounds and churches that dotted the landscape of the surrounding countryside. I could also feel along these web lines, the other power places that litter the land in this part of England. I cannot say that I felt Gaia's energy in my body but I could sense her thoughts. They were nothing like any of the other beings that I had so far encountered. This frequency, this level was going to take some tuning into. “

Alloya _ “ As you as whole-integrated beings tap into the web, that is Gaia's consciousness, you will need a certain amount of time to adjust and acclimatize to the energies of the earth. For many of you, to be so well grounded into your physical body and its reality can be uncomfortable. Those of you that are Zeta, may experience, discomfort in shoulders and arms and wrist. You may find yourselves wanting to be free of the confines of the physical body. This is natural, it is just the two energies, the energies of the hybrid and the energies of the earth self aligning and adjusting to each other's frequencies. Be aware not to create mystery illnesses to disguise the fact that you are having strange bodily

reactions to the hybrid energy merging with your body. You will not mutate into some strange creature.

The information that is required to create your physical form is inherent in the three strands of d.n.a that is naturally present in your human helix. The hybrid energy and codes are activating the gathering together of the so-called “junk” d.n.a. The hybrid gene of oneness activates this process, gathers together the strands, rebuilds them along lines that are pre-set by the design that is created out of the merging of the selves and their codes. Creating a super hybrid code that implants into the human, d.n.a and transforms the species.

With all the merging of the selves, there is always a learning curve, a healing process to undergo to allow for the harmonization of the new energy and the already merging hybrid. Fears associated with this level of consciousness must be cleared in order to integrate in balance. The channel was taken through a process for weeks, where she allowed this frequency of consciousness to come more and more into her focus and allow the integration procedure to begin. As she aligned herself to the frequency of the spider energy, she not only encountered the light aspects, the earthy aspects of the spider, but also the darker, more sinister side of their nature.

There are races of beings that are in spider body. Their consciousness is not dissimilar to the spiders that you encounter on earth, but they are of huge proportions. They are of a much higher intelligence level than the ones that you have on earth. They inhabited many planetary systems in the constellation of Arackus. They have a very cold consciousness, they are without love. They do have emotional bodies, not like human emotions but they can feel pain and have an awareness of suffering. They are totally without compassion and are very warlike creatures. They are very peaceful among themselves, as they are a collective consciousness. They are not joined on a mental level like the Zeta but are connected in a telepathic/telekinetic kind of

way. They can feel one another. Not in an emotional way but in a physical perception. They can feel through telekinetic waves the state of consciousness of their fellow beings.

Imagine if you will a giant web like structure that is made up of metal lines. Imagine if a current of electricity was passed down these lines from one point only, the static, the current would eventually flow along the whole of the structure. This is what it is like for the spider beings and the consciousness that is the spider web. Each spider would eventually feel the static; the electrical message as it passed through its collective consciousness. Their level of consciousness is automatic; they do not feel emotions like you, only in their ability to feel pain and to have the intelligence to protect themselves from it. They have a mental body but it is very cold and automated. They come to earth to not only heal past karma but also to find a way to harmonize their energy with that of earth's so that when the universal reality shifts in consciousness, the spider beings will not get left behind.

You see earth is a very special place and is a healing centre of the universe. Beings can come here in physical or through their human counterparts and cleanse and heal karma and imbalance. These imbalances are changing the whole universe. Everything must come into alignment before the whole universe, as a whole, can shift in consciousness. The spider beings having destroyed their home worlds through abuse of black hole technology, then went on a campaign to take over other systems. They came to earth to take over the planet as their own. They built ships that were dark and cold. Many of you have written in your psyches, the stories of the spider beings. Many of you have encountered them on other planets, they were cruel and without love. In some sectors they gained control, others they were fought back by Alliances of Planets.

Can you see where you get your science fiction stories and star wars films, from? These events of Star wars are from your past. The spider beings spent many thousands

of years creating mass destruction wherever they went. With all beings that come to earth they have to, over many thousands of years, heal out and rebalance their karma.

Even beings of such a cold consciousness, could see what was occurring on earth and they too decided that if their race was to carry on existing they too would have to incarnate on earth and balance their karma, and thus balance the karma of their whole species. The whole universe would be affected by the presence of spider beings on planet earth. At first they wished to annihilate mankind, rid the planet of what it considered a virus. They waged a war on the fourth dimension that still haunts some of you, as dreamers, as you sleep; some of you carry this over into the third dimension and are fearful of spiders in the physical realm.

Over thousands on years of living in the healing energies of earth, spider beings are changing their opinions of humans. Gaia has always loved them for they brought with them the ability for her to design and create a mental body, if only a structure. A structure awaiting creative thoughts, warm thoughts. When all hybrids are connected to the spider consciousness level, the web like structure they have created will warm, love the whole planet. The Spider consciousness level is at present without the frequency that you would consider love, but when the love and warmth of spirit/ hybrid is connected into this structure then, the ideas of all the other selves will activate new realities, that are more loving and peaceful. It is as if only a certain level of frequency is being channelled through the spider system, but when the light of the hybrid anchors into the Gaia spider consciousness, ascension will begin. The hybrids will begin to consciously create their own reality and create high and higher versions of ascending earth.

As earth ascends it will begin to vibrate at a level that could be called love. As you first come down and anchor into the spider level you may encounter dramas in your reality that carry stories about these beings, or infact any being that has had some sort of encounter with human

beings, that have had a direct affect on the history of earth's past. The channel had an experience that allowed her to have many different experiences with a multi-dimensional perspective.

alloya-“ I was right in the middle of integrating my spider aspect, I was finding it difficult, my body felt strange. I was very speedy, as if, now that I was anchoring into the planet, I had friction, something to push against, now I was running fast. I was going to Munich to facilitate a workshop about ETs. From the moment I stepped off the plane, I began to feel strange. At first I thought it was just stress from travelling but as the next day came I felt worse. I had never been to Munich before and had no idea the energies would affect me so much. My friend took me around all the power centres. By the time dinnertime came I was very unwell. I felt sick, not physically sick but energy sick. I could not eat, I felt like everything was too much. All the following day my colleagues who worked with me, said they would take me to a quiet place and give me healing and help me process out the fear that my body was in. It did not work, I felt worse and worse, so we went to friends flat and I was terribly sick. I went to the balcony to get some fresh air. That is when I saw the Olympic Tower that was built in the Olympic village. It was a metal structure, just like the sort of tower that you would expect to see on an alien landscape. Well that was it for me. The whole of Munich disappeared and I was no longer on earth.

The planet I was looking down on, had a red sky and was completely covered with metal structures. There were absolutely no signs of nature anywhere. The beings here had obviously covered the entire planet with these metal buildings and structures. Well you can imagine what this felt like to my human physical body, having this experience. The pain was incredible; to see what they had done to their planet, brought up intense pain, and sadness and distress to me. I cried and screamed and shook involuntarily. I gripped on to the balcony, which was obviously still there in the third

dimension. On the third dimension, my friends were supporting my body, as I cried and screamed.

On the fourth dimension, which is where the experience took place; I was having flashes of what it was like to be the consciousness of that planet and the beings that existed on it. They were very intelligent but completely without love, or compassion for their planet. They had no respect; they had completely wiped out any natural thing that may at one time existed on the planet. They had created structures that sustained themselves, but only just. It was very painful to perceive myself being one of these beings and a human at the same time. I was integrating and integrating fast. The energy was building and I was feeling very sick. They were doing something on this planet, I could feel it. Being a creature that could feel telekinetically I was aware of some danger, some thing was going wrong. There was a foreboding feeling that was intensifying. I could also feel the fear in the other spider bodies.

As a race of beings we had pushed the planet to the ultimate limit and had messed around with black hole technology and imploded our planet. I felt the pain of all the other spider beings as we annihilated ourselves. On the third dimension I let out a scream that can only be described as an insect scream that rang throughout the buildings. Then it was over. Later that evening, the spider beings came again. This time they were not dark and black, but light and with the most beautiful turquoise blue eyes. Their energy was incredible, I could feel through them how they had connected in love to the universal web. They were now tapped into the cosmic consciousness. They explained that through me they had cleared some of the karma that had held them back from ascending with the rest of the universe. I was beginning to see how each and every one of us through our interaction with these beings, through integrating these aspects are healing the entire universe. Through this human experience. Incredible really!”

Alloya _ “ There are always many stories going on many different levels, all symbolic to one another. The Hybrid in our story has integrated the spider level, and is now integrated into the web like matrix of the planet earth. This is where you as hybrids begin to empower yourselves, and begin to consciously create your own reality. You will, with the aid of spider consciousness, create dramas in your reality to awaken you to the fact; that you are the creator of your own universe. Some of these dramas will not be pleasant; you will have the inner reality of your psyche mirrored into your outside world. However this will waken you more and more and you will become noticeable to other beings on this planet. Beings that may not like the idea that this planet is ascending into the light. Beings from another planet that wish to prevent the ascension of earth, for its own purposes. One such race of beings is called the Annanuki.

Not all life forms are organic. !

There are metal consciousness. The Annanuki roam the universe, looking for planets and their inhabitants to enslave. They like to take over whole systems and control them usually using very subtle and clever mind frequencies. They are very present on your planet. They are without a home as such, even though they have inhabited many planets that they have enslaved, they have no home of their own. They are much feared throughout the universe. They control most of mankind, using frequencies they control the performance of the human brain. You see, you as humans should not think in the way that you do, you are far too rational. The Annanuki beings brought to your planet a frequency that developed in your human biological brains a rational way of functioning. On one level this was all part of the plan, but on another level, it has been the single most harmful interaction with Extra-terrestrial beings that you have so far encountered. They in consciousness have been here for many of your earth years, but it has only been in the last modern years that their influence has really taken hold.

They are metallic consciousness; they vibrate at the same frequency as the metal that makes up your pylons and metal structures. The Annanuki beings inspired you to build all the telegraphic poles, satellite dishes, etc. They are very useful appliances, but it is this very level of consciousness that has pushed you as a race to have no regard for the natural aspect of your planet. They brought a frequency that developed in your brain a rational function that took over and stopped you from hearing and listening to your intuition. That is why you as a species cannot hear the intuitive voice warning you against the destroying of the planet. The Annanuki beings control your governments, as they are easily held in the frequency of fear. The rational way of thinking is very close in vibration to the frequency of fear. As soon as you are in fear, you cannot hear your intuitive

voice anymore. The Annanuki use the pylon and metal structures to transmit frequencies across your planet that hold you as humans in limited perspectives. The rational mind does not have any room for spirit, God or any other creative thought process.

Anyone who knows anything about geometry will recognize that these metal structures all over your planet are inspired by the Annanuki, to be used as transmitting beacons. The whole planet is humming with this frequency. This frequency prevents astral travellers from going out further than the astral realms that cloud the planet. The Annanuki energy holds your soul and mind in a limited zone of experience. This enslaves you as a race of beings.

The rational way of thinking does not allow for intuition, inspiration from nowhere, magic and miracles. The rational mind taken to its extreme does not allow for a concept of a god, or soul, or love, or life itself. The Annanuki as a race of beings are here in your experience to hold you back they do not want you to ascend, they do not believe in this possibility. They know something is going on with the universe and themselves but they do not understand the paradox. Rational minds cannot understand paradox. They have taken their perspective to the absolute extreme; they are without love, even though they do have emotional bodies. They are only capable of hate. They watch mankind very closely, they can see with their advanced equipment, humans waking up. They can detect Hybrids awakening too.!!

They want to stop you, from doing this. They are metallic consciousness, so therefore they can use the electrical equipment that is all over your planet to use as surveillance equipment; they can literally scan you and see what level consciousness you are. Those of you waking up are a threat to these beings. They want to stop you. The channel had great difficulty with these beings when she tried to upload her website, they manipulate computers. They were the beings that inspired you to build computers. You

see they can have their uses. Once the Annanuki have healed their karma like the rest of the beings coming through your human experience, they too will be of great value to this planetary experience. They do provide a problem to mankind as they have a great hatred of your species, but love will conquer all. They know as a species they need to align also to the intent of earth, which is to shift in consciousness. Beings in the frequency of love can only do this.

The Annanuki know that they too need to align with love, but to their cold metallic consciousness and bodies this is very frightening to them. So be patient with your Annanuki aspects as they will need your love to walk the path they know they eventually will have to walk. The channel had quite a battle with her own fears of insanity as she integrated these beings, because remember they do not believe in this ascension process. She had to heal out layers of rational doubt and fear. Finally she integrated her Annanuki self, only to find the human body had reactions to its presence.

alloya – “ As they entered my body for the first time, like all the aspects before, I was very aware of the physical discomfort that it brought with it. All my teeth felt like metal rods and I could feel all the metal in my body reacting to this Annanuki presence. Their consciousness was so full of hate; they had extremely rigid thought forms that made my body feel very stiff and uncomfortable. I felt like I was android, I had no feeling other than a tight hatred of all things natural. The Annanuki aspect that I was integrating was using my body and hybrid consciousness to heal out its hatred of humans and nature. For I was doing this process in the middle of a wood. I had gone to this wood with a friend to get a way from all things electrical. I was trying to upload my website for the first time and they were using all the electronic equipment in my house to attack me with their frequency and to sabotage my site. I felt like I was going insane, I had the most awful, headache in the middle of my third eye, classic Annanuki energy attacks. I could not

remember anything spiritual, forgetting everything instantly, another classic Annanuki energy. I felt awful. So I went to the woods. With the energies of the tree all around me, I felt safe, the Annanuki being however was having a very hard time. He was in great fear, he kept asking questions as to what was love and would it hurt.

In those brief moments before the integration I was very aware of his level of consciousness. It was a very hard, robotic consciousness, that had great hatred to humanity. It operated only from the rational mind and had very cold thoughts indeed. It was however extremely clever, and had a great knowledge of technology. He had realized in his deductions that if he and his race were to continue they too would have to align to the love of the universe, or risk their annihilation. They had as a race of beings took their idea of reality to its death. With great fear he stepped into my body. I began to integrate.

The positive results of such an integration was I had a great ability to learn the computer, I seemed to be able to call upon the Annanuki aspect that I was, and he would help me with my computer problems. He as the representative of my rational mind but he was aligning to the intuitive and super conscious minds to deduct his perspective on reality. These minds joining were giving me more scope to what knowledge I had available to me. I was using the aspect that was Annanuki to learn about technology. The negative side was a sudden allergic reaction to almost everything. It started with an allergy to sugar, wheat, dairy products, then as the time went on I became allergic to everything that I eat. It was the Annanuki energy that my body was allergic to. My tears were so acidic that they burnt my skin as I cried. I felt like I was really integrating an alien metallic aspect. My allergies have since gone but if I am in an airport for too long with all that metal, they mildly come back. “

The Annanuki have been influencing this planet for thousands of years. They are responsible for holding a frequency that allowed the rational mind to develop. They

hold you and various metallic structures around the world to hold this energy. Anyone who is interested in sacred geometry will know how you can use various combinations of shapes to harness and direct energy. It is strange that these structures are very near sacred sites. The Annauuki use the energy of these places and harness the energy. The Annauuki come from far in our future, realities where they have developed the rational mind so intensely that they have totally cut themselves off from their planet. They have cut themselves off from the intuition. In their world there is no such thing as love and connection to spirit. These beings have been in a parental role to mankind and like parents watching their off spring leave home, hard as it is they have to let go eventually. The Annauuki need the love of light beings such as yourselves to realign themselves to the love of this planet. Only through us can this be possible.

There are many beings that hold this planet in a certain type of energy. Not all of them are positive, the Annauuki need to rebalance themselves with the rest of the selves as do the D' Naar.

“ The D' Naar come from a planetary system in Orion. They are a very dark consciousness indeed. They actively prevented Hybrids from plugging into the matrix of the planet. They plugged the two energy channels that run down the legs and connect hybrids to the planetary web. They used etherical implants to block the flow, so the hybrid would remain ungrounded and unable to pull on the energy of the planet. Many of you hybrids have spent your entire lives very ungrounded or feeling unconnected from the planet. They wanted to prevent his planet from accessing the information in the d.n.a of the hybrid. The information codes contain instructions on how to ascend the planet. So you see all is correct and perfect, all meant to be. The D ' Naar even though acting out from a negative perspective, were part of the divine plan too.

It is very easy to slip into the perspective of the D'Naar being all bad. Remember the idea that we should live

without judgement. , you are very prone to reacting from a judgmental fear -based perspective. It is very nice and simple to put the D'Naar in the dark camp and the Sirians (say) in the light camp. But there is something inherently wrong with this perspective. It is dualistic thinking, it separated perspective. In the dimensions of light above your 3rd/4th dimensional realities, there is no focus on right and wrong, good and bad. The beings that exist on these levels do not hold anyone in the focus of judging them as to whether they are good or bad. They see them all as the oneness expressing itself, these so called good and bad acts are only experiences of soul. So you see you should not be so quick to judge the beings the D'Naar. Each and every race of being is a part of an intricate and precise plan. The plan of the universe. The universal being needs all the aspects of itself in order to ascend its perspective to a higher reality. Each and every dynamic exchange that occurs between itself, as its many and varied aspects aids the ascension of the entire universe. For that is what is going on, not only is your planet earth ascending in frequency, the entire universal consciousness is raising its frequency to exist in a reality of a new and defined order.

If we look at the energy of the D'Naar it is very understandable that you would fall into judgement of them. They came to this planet many times in many different guises; some of your peoples have worshipped them. If you look in the oldest texts of your religions you will find them documented there. They brought an innate sense of order and control. They brought a frequency that would allow for the further development of the human ego. Up until this point many of the peoples of the lands lived lives directed by the instincts and the intuition. Many people lived by the guidance of planets and animals and they were very natural in their worship of God. They had a sense of the oneness; they could see how they and the natural world around them were one. They worshipped beings, but rather as seeing them as separate idols in which to give your power to, they saw

them as intricate aspects of themselves as a whole. The D'Naar brought to this planet a frequency that aided the development of the human psyche and mind as it is today. This frequency held the people of earth in a pattern, a manipulative pattern of control and dominance. Many of the royal families of the planet are direct descents of these beings. They are into control, dominance and manipulation. These D'Naar beings came to this planet and created a frequency that held people in human ego perspective. This brought fear and suspicion to the humans of other people. The survival codes that you experience now were the direct result of the D'Naar's influence. Before the energy frequency and the direct manipulation of the human d.n.a, the people of earth were free in both mind and body. It was easy for the D'Naar to control and dominate these newly influenced humans, they operated from a perspective of animalistic fear and were unable to put up much of a fight as the D'Naar were seldom seen and controlled things from behind the scenes.

You can see their influence in many cultures and they were very responsible for the defining of civilisations and the development of the ruling classes. Their energy has been well masked. They are very psychic beings but they operate on such a low frequency that it is very hard to detect. Many people of earth worshipped them as their gods and developed massive civilisations. However these civilisations were warlike and also carried the D'Naar genes that created them as people to be warlike and to have a very strong warrior consciousness. You should fear and hate your neighbour; The D'Naar influence created many of the early wars and conflicts between people on your planet.

You can see more information about the Orion Empire if you click to Lyssa Royal's pages on spiritweb.org

The D'Naar comes from a dark star in the constellation of Orion. A dark star is very dense matter, so densely compacted together that no light can escape. A dark star is like a black hole, a star that is imploding in on itself.

They are very hard to detect as they give off no radiation to detect. They are only detected due to the movement around them and the fact that they suck in matter.

“Orion-- the hunter--a large constellation visible in both hemispheres in the evening from about October through March. It contains many stars and nebula, most notable are the Orion Nebula where stars are forming in the sword of Orion, and these stars are called the Trapezium. Two very bright stars in Orion include Rigel and Betelgeuse, and other stars you may have heard of: Mintaka, Alnitak, Alnilam, and Belatrix.

The appearance of the D'Naar are an average of seven feet tall, darker skin, Their skin layers are thicker. The skin is not as soft as human skin, is much tougher, able to withstand high levels of ultraviolet radiation. Generally, the hair of any D'Naar is black. They are very well built and have a dark almost black aura. They have very hard and square features and usually wear black clothes. The dark lord in your “ Star Wars “ films, Darthvader is a classic D'Naar character. They would find the atmosphere of earth now, intolerable to their breathing and would need apparatus to breathe on earth. That is why many of you are seeing these beings as resembling your Darthvader.

They are energy vampires. They are so dense in vibration that they cannot produce light in their bodies. They are incapable of moving in alignment with this universe. They realise that to survive they too must align with the intention of the planet and the entire universe. They are coming to this planet in the now to readjust their frequencies and align with the coming shifts in consciousness. They use the hybrids that are present on this planet to remove karma and imbalance. They too like the Zeta are needing to learn love and the ability to take their power from the universal Dreamer, rather than sucking and vampiring off other beings. Their energy is very dense and dark indeed. If you imagine that the energy of the one you call Lucifer is like black running treacle, then the D'Naar's energy is like rock, hard

obsidian. In fact obsidian holds the frequency of the D'Naar. In the present day the D'Naar like the Annauki are getting your attention in your dreams, and visions to remind you of the contracts you had as souls to integrate your darker aspects and align with the rest of the universe. It is very unpleasant energy to work with, but it is necessary. You or the planet or the entire universe cannot ascend without each and every member of this wonderful creation being a part of it. So it is necessary to work with and later integrate their energies to clear yourself as for some of you, you are them and align the D'Naar with the plan. Or have they been aligned with the plan all along ?

You underestimate the consciousness of the Universal Dreamer. Remember it is all stories within stories. The D'Naar have played the part of the restrictor, the manipulator, to keep this planet of yours from advancing too soon, ascending before the rest of the universe is aligned. You see it all started here, that is why there is so much focus on earth from the stars. The D'Naar like all the other aspects whether light or dark have their important part to play. The D'Naar have aided the hybrids present on this planet. They abducted their own whilst they were small and implanted them with devices that would allow them to stabilise their expression in the third dimension, i.e. The D'Naar enabled them to solidify their appearance. The hybrids were not really here in actual physicality. They were held here by the energy of the D'Naar who manipulated their energies. They prevented the hybrid attaching to the earth. This affected the hybrid in many ways. They made them unable to connect to the planet.

This prevented them from downloading the information they carried in their d.n.a into the planet too soon, and transforming the planet into a star too quickly. It also enabled the hybrid to not be focused in the matrix that is present and controlled on your planet, i.e. the net. Hybrids could then hold the focus that they were not entirely human and came from somewhere else. This prompted the hybrid to

turn to other star orientated energies to access information about who they were. This meant that many hybrids could channel information and energy into this matrix of your planet to adjust and alter it.

This helped the planet with information from the hybrids about how it was to proceed in its transformation. The hybrids are having their implants that prevented them from connecting to the planet removed, in order to allow them to connect to the matrix and planet consciousness. Many of you are in deed the D'Naar, having them as one of your aspects, so do not be too quick to judge. Integrate their energies, release the karma and move on. Do not get pulled into the game of judgement, trying to decide which ones are from the light and which are from the dark. Neither one or the other is better than the other is; it is a matter of balance between light and dark. "The channel had an experience that confirmed her suspicions that she too had been implanted when she was a very small child. Here is her experience. "

alloya- " I had a dream that I was on another planet. I was with lots of animals that could talk to me. We were being held captive, by these dark humanoid beings. They guarded a hole, that if you jumped down it, it would take you to any place in the universe that you wanted ,it could take you home. A dog said that it did not mind staying on the planet and started to dance and sing to distract the guards and we all escaped down the hole. When I landed I was lying on top of my completely made bed; I was three years old and could not make my bed myself. I never did forget that dream it haunted me all my life. I had always thought there was something strange with my back. Two points in my lower back held a very strange energy. Every-time I took my consciousness into that place, I felt sick and very uncomfortable. I did not want anyone to touch it, it made me feel dirty and strange.

During one of my workshops I had the opportunity to heal it out. I recalled the night they came to my room, those humanoid beings that appeared so grey and had such a hard

consciousness. Their energy was awful; it made me feel in great fear, and loathing. They took me, being touched by these beings was quite horrific, my body writhed and I cried like a distressed animal. I was three years old. They put these black rods into my back in the two points that I could feel the discomfort. It was terrible; the feeling of darkness in my body was quite intense. I processed like mad breathing in more and more of soul, amazed at how incredible my soul was at dealing with such a horrific experience. I was clearing the memories as more and more rose from the depths of my consciousness. I recalled a past life where my body and consciousness had been used as a host, to this being who's nature was to absorb life-force from living hosts. Not very pleasant I can tell you. Soul took me to the very depths of the experience. Finally I cleared the last pieces of the memory and I was free.

It was then the snake energy came and united me with the planet. It rose up my body, giving me, if only a subtle feeling of the earth energy in my feet. I connected with Gaia and for the first time I could hear her talking to me, loud and clear. I could feel the information that I had in my soul being downloaded via my d.n.a straight into the matrix of the planet. Gaia was pleased. I was encoded it with that which I knew as a hybrid being.

Alloya _ “ Gaia's life-force is animated in snake energy. It is no mistake that the life force energy that lies curled at the bottom of the spine is depicted by a snake, Kundalini. This is Gaia in her raw. The snake energy is a potent, electrical energy that connects the human body to the planet. Most people's snake energy is not activated. If it is, it usually only goes up to the sexual centre on its travels up the spine. However, the balanced system of the developing hybrid, allows the snake energy to activate and travel up the spine. Many of you will have momentary glimpses of this. The snake energy is the power supply. Its can draw energy from the source of physical manifestation, Gaia and direct it into the human body. As it travels up the spine it activates all

the chakras; each chakra contains the energy encoded by the residing aspect. The aspects together make up the hybrid, but until you as hybrid connect to the energy of the snake, you cannot totally animate your reality. The snake energy takes some integrating, as it is a very powerfully animated energy. That is it can be physically felt within the human form. Some of you have experienced this, and have had the overwhelming urge to release the tension of the energy through sexual practice. If however you can allow the energy to travel up the entirety of the body and activate all the chakras and selves then the hybrid is animated. The snake energy acts like a generator of animated realities. It is as if the selves in your human experience are only in watercolour. With the snake energy these selves gain an upsurge of energy and can animate themselves more fully into your outside reality.

The snake energy is very feared because of the story in the bible. The snake animates that which you are; it gives the light blueprint, which is developing in your energy bodies the power to physically manifest. The talents and abilities of all the other selves are heightened by this energy. It allows you see the divides between dimensions it distinguishes the multi-dimensional qualities of your nature. It empowers the selves; it gives them the power source in which to not only manifest themselves within your life and personality but also in their ability to create realities on earth. They create realities that are generated by the perspectives there present within the multi-selves. The selves bring ideas from their perspectives; ideas on creating more and more balanced realities on earth. This will bring a new Eden a, new planet reality. The blueprint as its connects with the snake energy, lights up, the light body, that is being implanted into your body. The light body will have its power source; this will dynamically affect the physical body. The cells of the body will respond to the snake energy and vibrate faster and faster. The snake energy supplies the Merkabar (light body) with the necessary power to, power it, to turn it into your very own space ship. A vehicle made by this process to

allow you access in a human experiential body the awareness of other dimensions and realities.

It is as if you are a Christmas tree, with all its different lights, but no power source, as you plug in, on go the lights. Well say that the lights begin to spin, the tree, moving in spirals getting faster and faster until there are patterns begin created out of the blur of colours. That is what happens when you connect to the snake energy, it is speeding up your vibrational bodies and changes them into something more. This process of connecting to Gaia and snake energy is not a one way thing. The information that is inherent to your d.n.a, as a hybrid, needs to be implanted in to the energy matrix of Gaia to create new realities that she will later transform into physical possibility. So you see Gaia needs your information to be able to create a new planetary reality that is capable of shifting into the light. You need to download your information directly into Gaia. However there are beings that wish to prevent this. Beings that wanted to keep your planet from shifting in vibration. These beings are the D'Naar.

As the hybrid

connects with the matrix of the planet, it encodes or rather programs it with new expansive information that can literally transform this planet. This hybrid program is part of the choice of the planet to change its vibration, to ascend the planet into light, into Star consciousness. A strange phenomena occurs, the aspects within being merged with the energy that is the matrix of Gaia, the hybrids itself is changing. It is merging its hybrid nature and d.n.a with that of the human and Gaian consciousness. This is drastically altering the makeup of the hybrid aspects and the human earthly aspects, they are all merging together to create, What we do not yet know. It is a case of watch this space. !

“ There is more than one universe; there is more than just this universe. There are as many universes as there are stars in the night sky. How mind blowing is this creation in which we live. Each and every universe holds a different energy, a different intention. Each universe has its own laws, movement and cycles. They are a collective consciousness, a “ We “. Unified and made One, this universe becomes an individualised entity in itself. This universe has an awareness of itself as separate aspects and as unified whole. On a dimension far up your ladder of consciousness you express yourself as this entity. You are the universe, focusing itself in the third dimension.” Alloya

alloya “ Oh yes “ says your mind. “ What! “ Says your body. How on earth are you going to integrate a whole universal consciousness into your body? That is what I thought until I lead a seminar, here in England, London. The intention of the group was to experience the universe, and all its facets, consciousness, aspects. The energy in the room was so thick with different levels of consciousness. The energy in the group was playful and willing to fly. Amazing these beings, half had only been doing this work for a short while, the other half, completely new to this level of

integration. Flying through the dimensions we integrated into the very cells of our bodies the highest levels of consciousness. Taking a journey from here in the third dimension to the source of this universe at the top of this particular level of experience. What fun!

“ What ‘s next? “ I thought as the day came to a close. “ Take them through the portal into other universes “ my spirit says. “ Far out “ I thought even I have not done this in body. I lead them to the Andromeda portal and by integrating the energy of this place, by integrated and becoming their Andromeda aspects, selves, they passed through the portal. I found myself saying imagine a cord around your waist. It occurred to me; maybe I should stay in this universe and guide them back after. It was simply amazing; I could see images and feelings, being sent back to me via the cords that connected me to the others in the group. I could read their experience via there inner senses. I could get data on what they were experiencing. This data went directly into my d.n.a. I was being coded with the information that their consciousness was accessing from the particular universe that they journeyed into. After I regrounded them into this dimension and reality, feedback was simply amazing. One guy said that he had gone into the universe that is the Void. When I asked them if they had things in their universe, he thought, “ What is a thing? “ In his universe there were no things, being the void. This story of integration is getting to be absolutely amazing!

This reminded me of an experience I had, had when Alloya was explaining to me that she was the fabric of the universe and gave me a remembrance in meditation.

I was looking down upon a courtyard, in the centre there was a pool of what looked like liquid metal. In all Four Corners of the courtyard were guardians wearing feathered robes. I could not see their faces. Walking around the pool were twelve beings, human looking with white robes on? They all looked the same; they were young with white hair and bright turquoise eyes. In their hands they carried crystal

balls. They chanted and rolled the balls in their hands as they walked around the pool. I realised that they were trying to channel down a very large consciousness. They were trying to embody the consciousness of the universe, they wanted it to separate into twelve aspects and enter their bodies. They were getting excited it was working, then I realised as I shot down into the pool that it was me. I was the universal consciousness. As I enter the pool I became one with the liquid, then I passed as streams into the bodies of the twelve aspects. I experienced myself as having twelve levels of consciousness. I realised that these beings represented the twelve dimensions that make up creation. , If you use a twelve level model.

Alloya “ You are all universal beings that have entered this universe to bring a energy from another source, this is not only evolving this universe it is evolving other universes, other systems. Just as you pull on your connections to other selves pulling them into one within your human bodies, the universe is also pulling in its aspects, the universe is unifying. The same process is mirrored throughout all of creation. You on earth are the focal point for this amazing experiment. There are other systems that need to clear their programming through this one, just as you are experiencing yourselves clearing programming of other selves through the human form; this universe is also clearing the energy of other systems. We are using this universe as a giant filtering system, a universe of a balancing energy, dual perspective; this universal entity is conscious of itself as light and dark. So by integrating your universal consciousness you are accessing yourself as a universal being from another source. You are aiding the integration process for all in this universal reality.

Many levels of consciousness are being integrated into the cells of the human body. You have no real idea of how amazing this process is. You are not only becoming whole within your selves, pulling in all the aspects; you are dynamically changing the frequencies of other beings

through your human experience. You are clearing Karma, balancing aligning whole races of beings, levels of consciousness and whole systems. Some of you have had the experience of dark and demonic forces walking through your bodies. As they walk out the other side they are in the light and are transformed through the energy present in the human/ hybrid d.n.a. Can you see how as you align the selves within you; you also balance each with the rest of the universe. It is all about balance and getting each and every aspect whether, E.T ,stellar, universal ,is in it right energetic balance with the rest of itself. Many beings and levels are dynamically changing frequency through the human experience. You are ascending the entire universal experiment .

As each aspect integrates into the body it merges with the rest and become a series of hybrids. You will experience two or more aspects coming together to form a third, a new being, and a new race. You are beginning to see that the whole universe and all its many and varied aspects as reflections of each other. They are merging to create new levels of experience. It is all about balance, the Zeta for example are cold with no emotional body, and the Pleiadians are of high level of emotion, blend these two beings together within your cells and a third Zeta/ Pleiadian hybrid, appears. Your inner process is affecting the creation of the entire universe. “ Alloya .

alloya “Now in my workshops I am experiencing races of beings, levels of frequencies changing. The Zeta for example, said, “ They know Love now”. They can not feel love, as they have no emotional body but they can have a perception and an understanding of love. They tell me that through our interaction with them they can recreate our reality to reflect our new experience of these beings. That is why people are finding these beings much more in alignment with our human experiences and emotion. We understand them more and they understand us, we are learning together. There is a great balance going on. For example the Annauuki

are in a great balancing act with the fairy kingdoms, which is directly affecting this planet. The Annauki are the energy of the rational mind, its most limited form. The fairy kingdoms represent the intuitive mind in its most expansive form. They represent the process of the right and left sides of the brain coming into balance. Your inner process is reflected into the outer reality. As the two sides of the brain come into alignment so will the energy of these two beings and the balance of thought on this planet will change. This will reflect all levels of duality on this planet. Bringing everything into alignment and balance and eventually Oneness.

There are several different things that you can do to aid the body in its integration process, one of which is dancing. You can aid the body through dancing, toning, and movement with the consciousness of the flow of spirit. Allow the hybrid energies to be expressed through mediums of the body. It helps the balancing of the selves; it is part of the hybrid process. Many of you want to sing, tone or simply make sounds; this is part of the integration. Allow yourself time to integrate, many of you are hybridising very fast, you need to aid your bodies. Dancing is like weaving the energies into the etherical body, later to be integrated into the body. Many of you dance to rave, dance, and Techno music. This music is on this planet at this time to aid the hybrid program. This music represents the frequencies and aids the integration process, and you can experience the selves being activated by the different frequencies in the music. I have said before that the Zeta are very attuned to trance Techno. As are too the Antari. Lizzie beings are more in tune with the lower bass lines in drum and bass.

Some music is pure Hybrid music as we see old and new, Techno and drum and bass, merging, combining, mixing together to form something new, hybrid music for hybrid beings. Many of you are experiencing various different energy sensations in your fingers, whilst in this mode of hybrid. The index finger is known as the Zeta

finger, hybrids experience this finger when they weave the web. The Antari sense one frequency down into one hand and another into the other. The difference is very noticeable. When Zeta / Human hybrid is activated, the face can appear darker on the right and the left hand is very cold, all signs of Zeta/ Human hybrid.

As you hybrid, you create for yourself, an amazing blueprint of light, your own unique expression of being hybrid. This radiates outside into reality affecting the web, recreating reality and making magic occur. You may find yourself drawing to you other blueprints in people who are direct reflects of your inner hybrid nature. You will begin to align and connect with other people who are all a part of a collective pattern. This is where the twin flame theory comes into play. You may have experiences of meeting other people who channel and represent the aspects of twin flames.

If you could see yourself as the pattern of light that you are, you would see how you could be part of a bigger pattern, a collective pattern. As you meet each aspect of your twins, you will realise that reflect the polarity opposite of your hybrid self. Each aspect will teach you things about the polarity opposite, that is your twin, so that when you meet the whole reflection you will be aligned and ready to align and merge to create a new pattern of light. These patterns have speeds and velocity and once you align with your twin you will speed up the atoms of your bodies to beyond the speed of light. This will ascend your planet. As all of the collective consciousness of your planet, patterns connected, creates an pattern that has so much power it will ascend the whole universe and beyond. The way that your reality creates itself so that you can synchronise events in order to meet your twins is the creation of the consciousness of the spider. She is the storyteller and can weave realities that can create magical almost super realities that allow these meetings to occur. Fairytales can occur. Use the level of your spider consciousness to weave your magical soulful dreams. This will create new planet consciousness.

Remember fairy.

Do you remember your life in fairy?
 When we flew together through green leaf trees.
 You held my hand so gently I thought you would
 never leave.

Today you remember not, lost in the human mind,
 not a trace of fairy kind.

Back into your forgotten fairy past, this time your
 love will last.

Come with me to a wooded glade; cool yourself in
 forest shade.

Pan plays his pipes, a jolly tune, steady now, or you
 will swoon.

Fairy energy, can you feel, believe me,
 WE ARE REAL.

Not a fantasy from a book, not a hallucination. -
 LOOK.

We are here among the flowers, weaving tales with
 our fairy powers.

Hear our laughter, mischievous that we are, we come
 from a distant star.

Content now to play held within a gentle breeze.
 Dreaming fairy dreams among the trees.

Look into my eyes, deep into a fairy gaze; look
 carefully through the haze.

A scene does form of such beauty, your mirrored
 thoughts for me.

Nymph, Pixie, Elf or Fae

Come join us today, we invite you all to come to see
What is like to be a fairy just like me.

Most Hybrids on this planet have now one or more of their aspects that are of the frequency that is Fairy. Each and every one of you as Hybrids have had an existence in the realm of Fairy. I ask you again can you remember. ? Gaia put out a call along time ago, for the presence that is the Hybrid to come to earth and aid the planetary shift. You as a soul group came here many times. Before you could anchor your energy, your light into the matrix of the planet you had to experience the planet from the side of nature. You had to get Gaia's perspective on things, so you had lives in Fairy. There are many different kinds of beings that exist in the real of Fairy. It is not my intention here to talk about these beings as if they are an individual consciousness. It is my intention here to share with you the memory of what it was to be at the level of consciousness that is Fairy.

The blueprint that is the Hybrid first came to this planet in its original form. It needed an aspect that could commune with this force of intention that later became Gaia. So they sent a creation of their selves as the original energy of Fairy. They resembled balls of light. Do you remember when you came to this planet with those incredible forces of creations, the dreaming dragons that combined created Gaia's planetary body? The planet was in its early stages of physical development, it was an ethereal place, and it resembled paradise. As the aspects that were fairy merged and communed with the dragon energy and the ideas that were forming to create Gaia, the fairy energy solidified and individualised to create a splendid kingdom, a dimension that aided Gaia in her creation. The realm of Fairy.

If you imagine the Hybrid as being made up of lines of light, each line representing a different frequency, a different being, i.e., Zeta, Lizzie Etc. In order to anchor, or plug into the matrix of earth the Hybrid blueprint needs a part of the pattern that can attach itself to the Earth. Many of

you Hybrids are very alienated from mankind and earthy things, but many of you can relate to Gaia at the level of Fairy. It is not so solid and many of you can easily remember your lives in fairy. Remember time is not linear in the 4/5th dimension, which is where you will find the fairy kingdoms. So these existences are still going on in parallel lives. So as you are living your lives in the 3rd dimension you are also having simultaneous lives in the realms of Fairy. The beings you are in fairy aid you being here enough in physical to be perceived by other more 3rd dimensionally orientated people.

So can you see why Hybrids created for themselves aspects that would aid them in their mission to earth? You see as Hybrids as Star beings, as Multi-dimensional consciousness you have dropped down through the levels creating aspects as you came, to aid you in the particular level that you were on. This aided your purpose and as you entered earth's atmosphere you realised you need aspects in fairy to help you align and integrate with the energies of Gaia.

“ The Big Moon was high in the sky. A Star filled sky, rained filled clouds passing slowly overhead. The sea lapped at the shore, quiet almost still. She walked with Him. How it happened they did not know, it was as if they had been hit by lightning. They were in each other's arms, passionately kissing with the gentle rain running down their faces. He kissed her deeply her head reeling, colours swirled about her head. Her energy rising, looking into each other eyes souls awoken, fairy souls. Fairy aspects inhabiting human bodies, animating fairy energy into 3rd dimensional bodies. They were swirling in energy. Getting drunk on each other energies. As the fairy vortex opened, they disappeared and in their places two-fairy lovers Illiad and Nay appeared. Merging the 4th dimensional fairy vibration with the 3rd dimensional human world together. She had wished for this, a fairy lover. Her memory stirring. A forbidden love on earthy levels, but fairy kin should not be apart. Illiad and Nay merged in energy within the human vehicles. They

remembered each other in a way only fairies can. Images of trees, forest and streams. The sweet memories of lying in the sunshine and experiencing the sweet embrace of a fairy lover. As if hypnotised the earthy hour passed on, spellbound, she had become a character in a fairy tale.

The Tale of Illiad and Nay.

They were summers Day and a moonlit dream. Free to run among the trees. They washed their hair in cool streams.

“ We played content to be just we two. “

No one could see them anyway; they were a dimension away.

“In landscapes oh so sweet our love was divine, when I was yours and you were mine.”

“ We held each other oh so close, we could not see our true reflection, distorted by the love of the other. “

“ You were my love, you were my brother. Fairy Kin sweet as wine binds held us close so no distinction could be made. “

Then one day Nay came across a walking man, his saddened face broke her heart and she did say “ Oh man of the human world, why do you cry? “ “ Does not the beauty of the land not heal you so? “

Nay was fairy of face and free. The man did see she was a fairy, he began to smile as he took her in his arms. All the time Illiad watched on.

Illiad ‘s heart hardened with the pain of what he saw. The jealousy was too much for his fairy heart. His soul was aching, he was tearing apart, and no longer were they one. He turned into a beast and vowed he would love no more. And as his hooven feet ran through the trees, Nay cried alone. Her breath was gone as the sun set in the sky, Nay lay down and died ,no longer was she of the realm of fairy, now she entered the density of the human 3 rd dimensional world.
“

Many of you will have interaction with other people who hold codes, information within their d.n.a that you need. You will access this information through your interaction with them and you will gain the earthy d.n.a information that will greatly aid you in your visit to earth. You will begin to experience very profound interaction with other people souls, which will aid you in your development of the ultimate hybrid. You are becoming not just starry E.T hybrids but a hybrid that encompasses all of creation and its many levels. You will begin to merge your many E.T selves with the realms of Fairy and become who knows what kind of beings. It is a very creative process going on in your consciousness. Universal Hybrids need a framework in which to anchor them within the Earth matrix. The matrix is made up of many different levels and as you enter the Earth's realm you access the fairy kingdoms first. You can anchor there to the first aspect of your twin Blueprint. As Hybrids come to earth they see that there is another pattern awaiting them. There is a yin for their yang and a yang for their yin. Hybrids discovered that there was a pattern that they could easily fit into, as if it was designed just for them. Seeing the bigger picture the Hybrids could see how these patterns merging created the amazing structure that is Gaia's Matrix or Web. There was a socket if you like that they could plug into. They could use this socket to download all their information that they carried in their unique universal d.n.a, straight into the intelligence of the planet. This would give Gaia the information that she needed to raise her frequency to light. The energies that you perceive as the fairies are responsible for keeping the dimensional frequencies of Gaia in tact. So once the Hybrid brings in the new blueprint, the new idea, then the fairy energies set to work raising the frequency of the planet.

In order to align with the fairy kingdoms you have to become fairy too. Many of you are having encounters with people you consider to be human when in fact what you are dealing with is the animated fairy aspect of the Soul. You are

learning many creative things about nature and the planet through these fairies in disguise. And finally just like all the integration process before, you integrate and become the fairy human hybrid, just like the Zeta before them. As a soul group you do not hold all aspects, so you will begin to meet others who carry the aspects you need to find. It is as if lost parts of you are hidden in the d.n.a of other souls. You regain these lost parts of yourselves through other people. This is speeding the integration process up immensely as the aligning is being acted out in your 3rd dimension, and your 3rd dimensional lives. Your very lives are becoming 4th dimensional fairy tales. You should be very careful what you wish for. It is not all light in the land of Fairy. Your mission is to anchor into the first dimensional core, your d.n.a into the very heart of Gaia. Gaia has a crystal matrix that lies in the centre of the planet and it is your job as hybrids to anchor your information in this place. First of all you have to drop through the levels, dimensions and pass through the veils to anchor at Gaia's core. Hybrid energy in its universal form is very hard to ground to the earth; lots of you hybrids are accused of being spacey and ungrounded. You need to anchor yourselves through all dimensions to become truly multi-dimensional. You need the devic, fairy energy to spin and screw you into the dimensional levels of Gaia's consciousness. So you are building fairy aspect from the ideas carried in this first devic consciousness, so that you have the vehicle to take you further into Gaia's Web.

This place is where you find yourselves first connecting to the Kundalini or serpent force that is the electricity unit of Gaia. Fairy energy will show you how to get more into your bodies and anchor yourselves to the planet. As the kundalini energy activates, the selves present in the personality, the archetypes held within the human psyche will begin to animate, project themselves into your outside world, in order for you to integrate your more human aspects. Characters. !

Illiad and Nay reunited.

“Nay was what they called a common fairy, content to fly through the trees and play, casting fairy dust as she flew. Common fairies by their very presence aid the fertility of the land, the growth of the fruit and flowers. Common fairies are not so beautiful, but very jolly of face and energy. In the realm of fairy there is a hierarchy, levels of fairy expression. The very uppermost levels contain the fairies that are royal. The fairy princess and prince, the king and queen. In each and every forest or woods there are the royal family. The royal families are responsible for the protection of the forest. They guide and advise the common fairies and are responsible for the politics, if you like, of the forest. Illiad was one of these royal fairies. Like many classes of people the royal fairies are supposed to marry only royal fairies. It is considered wrong for royal fairies to commune with those of the more common levels. Do not confuse these ways to be like the prejudice of the humans, it is just that royal fairies are of a higher level of consciousness than the common fairies. Illiad was supposed to take his place in the royal court with a bride of equal standing. However he loved Nay. Secretly they played together, making love in the setting sunshine dappling through the Forest leaves.

Illiad would sneak Nay into the court parties, dressing herself in the best dress she could create, painting her toes and fingers with the juice of roses to hide the fact she was not royal at all. Nay was shy, hiding behind Illiad's fine attire. Royal fairies naturally have the most beautiful nails that shimmer in blues and purples. Nays were naturally brown and dirty. She was always concerned that the rose water would wear off and she would be discovered for who she really was. Illiad was bold and rebellious; he took great pleasure in knowing that Nay was no royal fairy. Their secret love fuelled their desire for each other. Even the trees kept secret their love, taking pleasure in their tenderness.

When Illiad fell from grace, Nay blamed herself, banishing herself from the fairy kingdom. Ashamed and lost without Illiad she roamed the human world. She entered into many heartbreaking relationships with the human kind, trying to ease the shame and guilt that she felt. However she never found comfort, deep in her heart she wished to return to fairy and find Illiad among the beasts. To rise him from his dark world and release him from his pain. “

“ I had to return to the forest. As I entered, I left my human body sitting on a fallen tree; I in fairy body walked on. “

“Deep into the forest Nay walked, ashamed she was finally returning to fairy, to take her punishment and ask for the help of the royals to bring Illiad back to his former glory. Painted nails, now in modern day, nail polish, chipped, revealing dirty nails beneath. Afraid of her discovery of status, she walked fearful step after step. The forest knew of her presence, the trees began to whisper her name. “Nay, Nay “. She began to cry how was she to carry on existing without the love of Illiad? Looking down , the air thick with expectation. The royal family approached. “Nay “, the trees whispered. Each step took all the energy she could muster, leaving behind her human body, entering the misty light of fairy. Out of the mist came the royal family dressed in the finest costumes. As Nay raised her heavy head, she was overjoyed to see Illiad smiling with joy. His face fair, his energy no longer of animal kind freed by her love. In his arms he carried the most beautiful fairy gown. Nay’s wedding gown.

Raised above the common fairy, now a royal she laughed as Illiad embraced her. The forest began to sing their song. The love song of Iliad and Nay. If you enter the forest in the twilight of dusk, if you listen really carefully ,you can hear Illiad and Nay laughing, happy to be together as one once again.”

Characters indeed, hybrids are experiencing themselves to have human memories and archetypes, they

have not experienced these aspects before as they were predominantly ET. However now they are, as they are plugging into the matrix. The Gaia web holds many stories on so many different levels and this is the place that you as hybrids first encounter the characters within the mass consciousness. Some of you are being told you are Gods and Goddesses from other places and other realms, others are experiencing more darker aspects as you venture into the abyss of the planetary consciousness.

Except from an e-mail to her friend.

“I have been having some very amazing energy work with the dark Kali energy. It is very hard to channel without wanting to act out the dark urges, but I find that I want to write, I can express the darkness as much as I like through writing. It is very intense, my body is very strong and the energy fluctuations have been making me very sick, cannot keep food down for long. It was the same in L.A. sick everyday. I am integrating the female energy very strongly. At first it was a star goddess called El 'Mia. She exists in the higher plane of Sirius. She is part of the ascended order of the El-Ra. The feminine principle of the energy that is Ra. Solar deity. She channels the frequency of Ra from another universe. She put me in touch with the gentle, reverent part of the female. The star priestess. Nut energy. Elohim Star Goddess. Next there was Omana Magenta Rion. She is from the abyss.

She has a dark cloak of energy that traps souls who are not able to ascend. She is a dark warrior type woman from some system in Orion. She is ruthless and very cold, but trained that way. She is harsh energy. Then came KaliStar, Black Star energy. Energy of the night. She urged me to find my way without any guidance from external energies. In other words I had to integrate everything before I could ask for guidance not from their outside self but from their integrated energy within. She said she would show me a way to honor the body in a way that most mortals would not dare. She was a sorceress of high standing. She focused her

energy through the religion of Set. She focused through a black Egyptian priestess. She was adept in the black arts, she wore a cloak of denial. She carried an obsidian knife with a mother of pearl handle. She showed me how in lives past I have drawn my own blood with the intentions of honoring the goddess, the dark face of Gaia.

She said I was to re affirm my commitment to the goddess, through the activation of the snake energy. In red rock canyon, I had a memory of I Shan, female energy but androgynous body, black blue with eyes that were very deep. A very prominent head, bald. She was of a Very light high vibration. She did not stay long. In L.A the snake goddess from the sea eat me, or that is how it felt, like when you sit in the body of the dragon, I am having weird information about being inside the bodies of these serpents and dragons. She was or it was called C'Qua, snake being from the Orion Delta. I also had amazing memories of being in Lemuria. It was so beautiful and the energy of the planet was pure female no male energy at all. I was Ka- Dir female energy like a mermaid but made of light, male self was called Itzhim. We merged and it was so beautiful and I cried and cried. Then came Mezarín, He was a tall grey being humanoid body wearing a grey flight suit and helmet. I felt him walk in just before my skydive.

Ni-Ka -Ra was a serpent Queen in the serpent caves of Oeioin. She is very sexual but in a beautiful way, very sensual. She said she was a python priestess. She said the serpent is rising within your bodies to unite yourselves as one. Ka denotes both serpent of wisdom and the son of God. Ka is the sound of the serpent. I got my Annauuki self's name too it is Sa -Deen. My D'Naar self is called J'Daine Ka Rak, vortex of black hole energy. I am not sure who this next one is, but it is very alluring, hypnotizing, very, dark. It is extremely sexual, and animalistic. I am having very intense visual images of memories from past existences. I feel like a predator. Jaguar, primal.

So as you can imagine, I am integrating energy like mad and have to dance all the time. “As you can see the images are highly imaginative, the stories rich with substance and code. Each story activates codes in the D.N.A, these stories these archetypes are as real as the other aspects but more fixed in the dualistic and fantasy based fought dimensional realms. By integrating these aspects you are building for yourselves more earthy aspects that give you all the qualities you will need to be here in complete hybrid form. You are being trained to be of earth. For you have not been apart of the planetary picture that is how you remember home, that is why you felt this was not home. Now you will gather the soul aspects that you will need to venture into the lower regions of the earth. Remember your mission is to enter the earth, enter the realms of underworld. So with your aspects intact you have finally landed in completion on earth. You need to train yourselves before you enter the realms that are more fixed in the vibration of what you call negativity. The realms of darker energy .You must align all areas of your multi-dimensional realities.

Insect consciousness. Alloya “ I was in Los Angeles, running seminars about soul integration. Taking a break, I looked in the mirror. One mirror in front, one to the right side of me. As I looked in the front mirror I saw the usual image of my face, but as I looked sideways into the right mirror, I was shocked at what I saw. One after another of every insect you could think of, flickering as they entered my body. I must admit I was a little scared. Wasp, bee, fly, hornet, butterfly and scorpion. Later that day they came again, saying they were the insect consciousness of the planet and that they were aligning my meridian system of the body to that of the planets. I did not encounter them again until once more I was running seminars but his time in Munich, Germany. I had an incredible headache, pain in my neck and shoulders. No pain killer seemed to have any affect. As the day went on I was aware that the insects were returning. My friend Anja put her fingers on two points on my neck to try to relieve the pain with healing energy. As soon as she did so, she vanished from my awareness and in her place was a giant black insect. Its pinchers seemed to penetrate my head and entered my brain. I could feel her weaving a lattice of insect consciousness energy between the right and left hemispheres of my brain.

As this procedure went on the insects communicated to me that they were working directly on my nervous system. They explained that at the nape of the neck there is what is called your insect brain. They told me that my realigning my nervous system I would be able to use the whole of my nervous system as an intelligence system rather than just my brain. My whole body would become a brain. This would bring new information directly from the planet into my body. They put energy into my spinal cord; to say it was painful was an understatement. They apologised for this and said that when working on the nervous system which indicates pain it was almost impossible to do so , without pain unless they removed my soul from my body.

Since that time I have been able to hear usually inaudible sounds, which I can only say, must be the frequency made by the insects. They represent the mind of the body, the nervous system, both neural and sympathetic. By plugging yourself into the planet you also plug yourself into the nervous system of Gaia. You will be unable to do harm to your planet, as you too will feel the pain of mental body, which is the insect consciousness. Many of you are having headaches and pain in your necks; this is a direct symptom of the reactivation of the insect pain at the nape of the neck. As you access Gaia on this level you will come across her feeling body, cat consciousness. You see as human you are made up of some of the Lyrian cat consciousness, it is in your very d.n.a .

alloya “ I could feel this amazing flood of relaxation all over my body, my muscles were relaxing not like never before. I was driving to Austria and every signpost I went by had cats; every house I looked at had cats, lion’s etc as gateposts. Finally arriving at my friend’s house only to be introduced to her little boy, who was called Felix, Felix the cat. Ha , Ha. “

You are now beginning to tap into the information that is stored in the human d.n.a, that is why at this juncture of the story you are fascinated by the human history story, but that is another story entirely! As you drop through the levels, you encounter the three lower bodies. Your spiritual body is the divine hybrid blueprint that you are, the mental body is the level of the insect consciousness, the emotional body is the level of cat consciousness. Finally you anchor into the physical which is the level of the elementals, the dragons, the rock beings.

alloya “ I was running a seminar in Arizona, some friends of mine wanted to take me to Sedona. As we drove into the amazing countryside with its red rocks, I felt an amazing energy. Everywhere I looked I could see rock beings everywhere. They started to communicate with me, I was so over whelmed, and I had finally found a place on the

planet that was home. A part of me had been those rocks. I had finally found my place, where I had been the earth. It brought a safe and warm feeling to my body and I felt like finally the integration process was over, I could be here. “

Alloya “The integration is complete, it was now time for the body and mind to rest, recuperate and prepare for the next level, the ascension of the planet. “

THE END