

Elena Danaan



Contacts with Galactic Federation of Worlds Interstellar contacts

English transcripts

Copyright

All rights by Elena Danaan

[Youtube Channel](#) of Elena Danaan

Transcripts made by cosmic-library.de

Contents

March 2020 – Extraterrestrial contacts	6
Messages from Thor Han	6
9-4-2020 Thor Han, Annax	9
Situation update	9
Connection with Annax	10
16-4-2020 – Thor Han	13
Situation update	13
Mars	14
About soul scalping	14
History	15
23-4-2020 – Extraterrestrial Contacts	17
Triangular ships, Kiily-Tokurt vs TR3B	17
Telepathy	17
Q&A	18
Annax about Love	18
29-4-2020 – A message from Thor Han about Hope	21
1-5-2020 – Myrah and Thor Han	22
Message from Thor Han, 1.5.2020	28
2-5-2020 – Pleiadean meditation - DNA Dance	28
7-5-2020 – Thor Han 7.5.2020	30
Situation update	30
4-6-2020 – Extraterrestrial Contacts: Myrah	36
Situation update	36
Myrah	37
About colors	38
Energy work	38
6-6-2020 – Thor Han & Val Nek, commanders from the Galactic Federation	41
Situation update	41
Q&A with Thor Han	43
25-6-2020 – Alien abductions	45
Abductions explained by Thor Han	45
1-7-2020 – Ascension / Extraterrestrial Alliances & Federations	50
Situation update	50
Conversation with Myrah	50
2-7-2020 – Conversation with an Egaroth	55
Message from Annax – listen to your Aura, Aura meditation	55
Q&A with Annax	56
3-9-2020 – GALACTIC CONTACTS - Thor Han	60
--- Missing transmissions ---	65
17-11-2020 – QA Live - Nov 17 2020- Nordic aliens: who are they?	65

Altair	66
Centauri	67
Lineage of the Lyrans	69
Q&A	72
22-1-2021 – Hybrids rescue - Galactic Federation & military operations.....	77
28-1-2021 – Corporeal alien devices VS Ethereal auric intrusions.....	85
28-1-2021 – How to love each other will save Humanity	86
11-2-2021 – Vrill (phryll), universal force: how to harvest it and use it	92
Conversation with Annax, this time via telepathic contact (not via implant)	93
18-2-2021 – Vrill (2)	98
25-2-2021 – KNOWLEDGE IS POWER! Contact with Thor Han	103
21-2-2021 – Testimony of a Fighter in the Storm.....	108
17-2-2021 – Clearing some New Age misconceptions about aliens	123
26-2-2021 – We are all equals.....	125
3-3-2021 – High Commander Ardaana - Galactic Federation of Worlds	127
28-2-2021 – To unsung heroes and unconditional love	133
11-3-2021 – Thor Han speaks about the dangers for our young ones	137
18-3-2021 – PLEIADEAN CONTACTS.....	146
25-3-2021 – PLEIADEAN CONTACTS.....	154
5-4-2021 – Message from Thor Han Eredyon	162
7-4-2021 – Update April 7 / 2021 - Raids on Mars	163
11-4-2021 – Update False Alien Invasion - April 11 2021	164
13-4-2021 – The Galactic Federation of Worlds is here to help Humanity of Earth.....	173
20-4-2021 – Hope – message from Thor Han.....	175
21-4-2021 – Q&A LIVE - PHRYLL Universal Energy - Apr 20 2021 / 11pm GMT.....	176
Vrill Meditation with Coron	185
Q&A with Coron	186
24-4-2021 – Keep On Fighting - Update April 24 2021	190
27-4-2021 – Q&A LIVE - Believe in yourself - with Coron / April 27/2021	191
Meditation with Coron	197
Q&A	199
30-4-2021 – Mars Wars.....	202
4-5-2021 – Mars updates -Galactic Federation - May the Fourth be with you!	204
5-5-2021 – Q&A LIVE - Special Inner Earth - May 04/2021 - 11pm GMT.....	205
Introduction about Arkelios and the Túatha Dé Danann.....	209
Chat with Arkelios.....	212
11-5-2021 – Message from Coron	216
11-5-2021 – Q&A Kiily Tokurt	217
Situation update (Thor Han).....	219
Kiily Tokurt	220
Meditation with Coron	231
18-5-2021 – Q&A Taal	232
Situation update Thor Han.....	233
Questions	233
Taal	234
The story of the Taal.....	234
Interview with Akvaaru, Questions	240
25-5-2021 – Q&A Orion.....	245
Situation update with Thor Han	245
Summary.....	259
Questions	260
Meditation of the Laughing child with Annax	261

1-6-2021 – Q&A - Vega.....	264
Q&A	264
Situation update	266
About channeling.....	266
Vega	267
Status update.....	275
Meditation.....	276
2-6-2021 – Message from the Anshar.....	278
5-6-2021 – My thoughts about the June UAP report on UFOs	279
6-6-2021 – The names of the stars	280
8-6-2021 – Q&A with a Galactic Warrior	282
Situation update	282
Q&A with Akvaaru	283
12-6-2021 – The future starts today (Andromeda prophecy and message)	291
16-6-2021 – Q&A - endless possibilities.....	294
Situation update	299
Connecting to our consciousness to our infinite possibilities	302
17-6-2021 – Situation update.....	305
29-6-2021 – Q&A Centauri	307
Updates from Thor Han.....	307
Centauri	309
Proxima Centaury	316
6-7-2021 – Q&A- Boötes.....	320
Situation Updates.....	320
Q&A	321
Boötes	322
13-7-2021 – Q&A Special	336
1. Holographic universe.....	336
2. Holographic universe, Portals in our solar system	338
3. Mars.....	339
4. The moon & the matrix	341
5. Human genome rights.....	343
6. Being aware of AI manipulations.....	343
7. Who is the Domain?	345
8. Med beds.....	348
9. 100 years?.....	349
10. The army of the stars	349
20-7-2020 – Q&A - Mating Rites from outer space	350
Situation update	350
Reproduction in extraterrestrial species	351
9-08-2021 – Taami ancient Lyran language.....	364
10-08-2021 – LAAN - From Lyra to the Galaxy	365
Situation updates	365
Laan	368
Orman	371
Hargalii Ayal.....	371
Blue Avians, Carians	372
Conclusions	373
2021-08-17 – Q&A - Our Greatest Power.....	375
The Deems Device.....	375
Situation update	376
Embracing your greatest power.....	376

Meditation.....	383
2021-08-24 – Q&A starship technology.....	387
Situation updates	387
Space ships	393
2021-08-31 – Q&A Aliens & Religion.....	408
2021-09-07 – Q&A Launch new book	417
Species.....	426
2021-09-11 – Visiting a Meton mothership	428
2021-09-14 – Q&A open questions	432
Promotion for different books	432
Situation updates	432
2021-09-16 – COSMIC DISCLOSURE with Cosmic Girls ! Megan Rose & Elena Danaan.....	442
2021-09-18 – STAND UP ! A message from the Galactic Federation of Worlds	455
(2021-09-24 – implants explained by Megan & Elena).....	456
2021-09-28 – Q&A Open questions	457
Book promotions	457
updating the situation	460
About fear, Solar Flash	461
Implants	465
Fear	468
About the Galactic federation.....	471
Situation update	474
2021-10-05 – Q&A - "AI" what is that?	475
Situation updates	476
Message	488
--- New transcripts, not corrected ---	490

March 2020 – Extraterrestrial contacts

<https://www.youtube.com/watch?v=89sUJqIoIq4>

reupload 18.5.2021

Edited version

Elena has removed all parts with Eliza

These are the first times I recorded myself communicating with extraterrestrial beings. This is a compilation of the three first sessions, that occurred live on Facebook in March and April 2020. I was assisted at the time by my friend Elisa, whose idea it was. The beings are the Pleiadean Thor Han from Taygeta, and the Egaroth Annax from Meissa.

In the second session, at 11:40" , the voice of Thor Han can be heard behind mine, as it seems that the microphone is picking the background noise and voices of the military station on Jupiter.

This is not channelling but communication via remote technological device.

Messages from Thor Han

Thor Han: **Densities** are not universes. There are thirteen densities: twelve plus one.

Universes are another plane of matter. This is parallel universes, although I don't like the term parallel. We can travel to them through vortexes.

One universe can have different densities. This one has 13. Other ones have less, it depends.

Every world has its own level of **evolution**. Some are very primitive, some don't have even life yet, and some are the latest stage, because you need the vehicle that is relevant to the dimension or the density you want to be active in. You need to travel, you cannot travel with light only. It depends on the density you want to be. To be on the third and fourth and fifth density you need ship, travel inter-dimensionally. We have different switches that allow them to switch density. This is due to the spin.

The axis of your planet moving is not made artificially.

This is a consequence of different factors, but the fact that **ancient knowledge** is coming back, is not random, it is on purpose. You are now nearly ready to get it, but not yet. The elite thinking of the spiritual people already are ready to deliver the knowledge, but not as long as your crazy leaders are in power. There is a ground team of the Federation trying to sort this out, but we cannot really act freely. We have laws and conventions and agreements, and we are tied up. This is very complicated. This is called diplomacy and it doesn't involve only our race and the Terrans, it involves six races.

Niburu

Nibru. Maybe you say it as you say. These people were there. They wanted to create a special race that they would use as slaves. It all went wrong at the end. It went wrong, because other races were not happy with that. They wanted to take possession and they did. They kicked Nibru out of Terra. There were many factions in different places of the planet. You know it was very territorial. I am not a specialist of the history of Terra but I know the main line. If you have specific questions I will look into it. Species who took over the Nibru where a reptiloid species. And they settled on Earth. They still are here, down below. They claim Terra their planet, because they say they are here very

long but they are not indigenous. Mainly underground, well those on Terra, earth, are all parasites, but there are so many nice reptilian races in this galaxy, peaceful. They don't interact with Terra.

Thor Han: Hello Terrans. I will give you my name for one condition. I know you worship a lot our kind, and this is a mistake. I don't want my name to create admiration. I am just a pilot, part of the Federation. I will give you my name, but you have to promise not to use it as a worship of any kind. I am not superior to you, I am different but I am not above you. You have to stop thinking we are superior to you. We are not a new religion for you, so use my name as a friend, as an equal, as a cousin from a distant world.

My name is Thor Han Eredyon. You can call me Thor Han. In my language it is pronounced T-Hor 'An. If at any moment my name is taken for admiration and worship, I stop everything. Is it understood?

You can help your brothers and you can get help as well with Terrans, by helping them to connect to who they are.

There are two different strands of human inhabiting Terra. You have the envoys who are from different stars, and you have the proper Terrans. The envoys are here to help the Terrans, to find who they really are, and by elevating their frequency. You can help them, by speaking to them, by trying to let them see that the world they are connected to, is part of them, and they are part of it.

Renew their connection to this world, Terra. Help them to connect to the planet. And by connecting to their planet, they will understand how they are connected to everything else. And you can help them understand that fear is not good, it doesn't help, it pollutes their energy field.

Yourself, envoys, you just have to be aware and understand where your power is. The power is in the core you're being. You just have to go and travel inside, and remember.

Your help has come, from distant worlds of the Federation, worlds that were so distant, that they weren't implicated in the conflict in the Terran system. But our leaders have suggested and invited these distant worlds to come and help, because you know, the war is increasing. Conflicts are increasing around Terra, and on Terra.

The Terran humans' governments are now at war. You don't hear about that, but they start to rebel against the Draconians. I will keep the name that you know, then you can understand. The Draconians are losing power and the Terran humans' leaders start to try to gain their freedom again.

They have been always terrified by them, but not only. These Draconians, as well other races. Top of the scale, top of the power, is the reptilian from Draconis world, Thuban. But if I use the real name you will not understand.

So we needed help again to enforce our troops, this is why I went to this planet. YOU CALL JUPITER. Here is the siege of the power controlling your solar system, from the Federation. It is an outpost of the Galactic Federation of Worlds. Here, is centralized all help and contact with the head of the Federation. I went here with two other fleet commanders, to be trained with the new troop to come back with me. And now I have one Arcturian ship with me, and now two other ones. It is 15.

We have encompassed your solar, the sphere of an energy, protecting it from the other reptilians from the Draconian empire, to come and help their troops on Terra. If the reptilian Draconian leaving Terra managed to leave this system, they will connect with the other ones and create a channel. The other ones will be able to come and we will not be able to manage properly and calmly the situation.

After all this is past, those pieces must not go backwards and return to the mistakes of the past. They must learn and go forward and use the new solutions they have learned, to live in better harmony with their world. We have worked very well to help your species find a cure very quickly. The cure has been very quickly found, but some governments and some industrial companies and

institutions working with the reptilians have slowed down everything. I must warn you not to be injected anything by force into your body, especially if these injections are produced in America, because in this country there is a program of micro implants. This program has been set up by the reptilians to implant the whole species to tie the whole species into the third density. This is their last idea, very inventive but it won't work. Do not let any needle inject you anything coming from America made by these groups of people. I want to tell you that. I am not saying, refuse any injection but be careful, not this one, and not by force.

Your medicine has discovered a way of injecting good medicine into organism; this is a good thing to get what you call 'Vaccine'. It can save a lot of life. But be very careful, not the ones they will try to inject you by force; these contain implants. It is like a dust, it is not one implant it is a dust of implants, very small that will settle in your nervous system and never leave. This is very important, it is a truth, but you have the right to refuse. And you know this 5G technology will be jammed. It won't work, and collapse on itself. 5G radiation are extremely harmful to life and living organisms. Any living organisms. We will not let this happen.

I know many many melodies that are not of your world. I am not very good at singing, there is no way I can transmit them to you, but if I can pick a terran melody like your melody, you know I used to listen about your transmissions. I love music. Music is my life. I listen to some music in the ship. It annoys some of my crew sometimes, because they are not always in agreement with what I broadcast.

A song that gives me courage: you have a song called "the winds of change". This speaks about an old war that was going on on Terra and there was a separation between two parts of the planet. And the singer talks about the link between the two different opponents. And the winds of change tell about everybody coming together for new world. I like this song, although this is not my favorite singer of your people.

David Bowie had a song talking about a man in the stars. I don't remember the title of the song. I think it is space man or starman.

Why I have hope: because I was talking to you about war, about terrible things, but you want to know what song I am listening to. You have this strength, Terrans, this ability to see the beauty and to see the essential in the middle of the chaos. I was talking about the war, you wanted to know what song was giving me courage. This is why I love your people. This is why we put hope in it, because this is a strength. And this is hope of your future, because you know how to see the beauty in the middle of chaos, through strength from art, and inspiration. This is good.

(Thor Han is in a military base on Jupiter and as he speaks to me, and we can at times hear the background noise.)

You know that from Jupiter we never see the sky, we never see the stars. The headquarters are a city in suspension between the lower atmosphere and the ground. It is very wide, it has different modules and it can move; it is articulated. It is a wide construction, very fluid and adaptable to the storms. This is invisible from the surface of the planet, which is absolutely very big. This is what I can say where I am. I am speaking to you from the headquarters of the Ashtar Command of your system. Here everybody is heard and listened to. I had an authorization to speak to you from here.

All of this depends on you, not only you need to be federated to stop struggling and arguing with each other. You need to federate. You have to be careful: everything that comes from the Pleiades is not always good. We have our own reptilians there, which is a race of reptilians that looks like the Greys you know, Grey races are, most of them, reptilian in nature, cold blood. There is an alliance which is part of the reptilian Orion alliance. Everything is agreement, contract.

So, in the Taygetan system and as well in the nearby constellation the Hyades, the humanoid Lyrans, us, the Ahel and the other race, the Taal, we have populated all these star systems, escaping wars in the constellation you call Lyra.

9-4-2020 Thor Han, Annax

Situation update

Thor Han: Hello Terrans, this is Thor Han here speaking. You have had problems to connect and it is not surprising, you are being watched and in these times of change, there are lots of things happening and they are not happy that we are passing information. I will not pass all of the information because they are not allowed. But there are some things I want to say to you.

Firstly: The war that is going on above your heads is not over yet, but we are winning. The forces of light are winning. The Galactic Federation of Worlds is winning. We have taken advantage and we are in the good side of the outcome. No tactics will be told here, this is for sure. This message I give to you is just to give you hope.

We've been fighting above your planet, this is where my action is, but as well there are teams on the ground that I am not talking about, and these teams have been working very very hard. There is a cleanup being done at the moment and this cleanup is something that is going to be reminded, remembered historically, in the whole history of your planet.

The main information is: Those you name reptilians will be soon gone. They have lost power and they are losing power, because the grid of the planet is being elevated. You Terrans, a lot of you, not all the planet but a lot of you, are doing a lot of work to elevate this grid and the vibration of the Earth which is something that is meant to be a natural process. But Earth, that we name Terra is now being unlocked soon. All the different parties know that, and see that. The reptilians are being now abandoned. Treaties are being broken.

All right, the greatest allies of the reptilians which I will call by their real name: Ciakahrrs. And the Nagas, they're a subspecies of warriors. They have been abandoned by their greatest and most powerful allies, the Maitra, those you call the Tall Whites. This race sees with about - how would I say - about premonition to stay here. They will now do their own business, but solo. Their own business meaning continuing abduction and slave trade. But regarding to slave trade now, they are not supported by the Ciakahrrs.

Now, the enemy has been dismantled in different little pieces, parcels, freckles, it is now for us more easy to overcome them.

There was a lot of different ethnics and species from the Federation of Worlds coming this last month. I was telling you I was going regularly to our headquarters on the planet called Jupiter. My fleet has been allotted five new ships recently, from different worlds of the galaxy, and as well one is Arcturian. The Arcturians visited us two months ago, because they knew what was happening, all the plan we knew it from a long time.

Now the war is not over as I was saying, firstly, it continues. We are cleaning up, but we are not alone cleaning up. I told you, maybe two of your weeks ago, that certain governments on Terra/Earth had broken alliances with the reptilians, and are working now with us. When I say "us" it's not only us from the Pleiades, it's us the Galactic Federation of Worlds.

The governments, they want power. Your Terran governments they want power and they want power for themselves, and they play the game for themselves, not for the people. You must be realistic to understand that – and they see who the winner is going to be.

A lot of cleanup has been done, prisoners Terran prisoners, especially children, are being released with the help of your governments. We are not showing ourselves in full daylight. We are just operating from behind. You see all your militaries acting, liberating people. Know that they are not

alone, and we are helping since thousands and thousands of years they have been here. Now it is the end of their reign. They will leave soon.

Imagine a world without abductions. Imagine a world where your children can walk free and sleep peacefully. This world is coming. Not yet, but it is coming.

I have been warning you since a long time, not to get injected anything by force, and I've told you about this dust of trackers they will inject in your blood and that will hack your nervous system. We try to impeach that because you know, this dust will work with your new 5G installations. These high ranked Ciakahrr want to enslave the whole total Terran population, make of them zombies, not needing abductions and anymore, doing that on the large scale because they know they are losing. They are living so they try their best. All, they can the last moment and it is possible that you will see them just before they leave.

It is fighting on many many, many different locations and people. All you have to do, people, is staying where you are, at that moment now, and elevating the light. Passing on information, helping each other awaken and raise your vibrations. Some of you have understood how to do that, you have to help the other ones. Just keep doing your work. What you're meant to elevate, elevate the energies, let go.

Don't be afraid to let go what doesn't work anymore. You are discovering there are new ways of functioning. I could not connect to each other by connecting to the grid of the planet. Unfortunately it is a time of transition in the moment so you are obliged to use 3D tools like this technology with wires and plastic and screens and matter.

I don't know if it is the best wisdom, but it is to let go what doesn't work anymore. Don't try to hold on to it, just let go.

Connection with Annax

I am here, my name is Annax. I am very glad to talk with you tonight. I glance at you, from where I am, passing by, checking everything is all right.

You are all involved in what is happening at the moment on your planet. This shift of frequency towards a higher state of consciousness is involving everything and everybody. You, each of us, and each of you, are connected to the Source. I am connected to the Source by my own channel, and so do you. Do not forget this.

If you want to find groups of people like you, find groups who resonate with your own channel to the Source. Don't look for systems and patterns that will reproduce what you are giving up.

There is a lot of confusion in your internet. Stop listening to this noise. Focus within yourselves, listening to the silence. The silence within yourselves contains all the answers, all the answers to all your questions. Because within yourself you are connected to Source, and your connection to Source is you call it a ladder, the thing you can climb on.

Every each of you have this ladder, this ray, this beam of pure sizzling light. You are all the parcel of the soul. So don't try to copy, be yourselves! You have all your own pace and all your own path to follow.

Associate with the Terrans who are at the same pace as you, and who follow the same path, because at the end if you're all doing this individually, it is all part of a one and unique process – the elevation of your species. You are doing it, be careful not to get lost and confused.

There is a lot of evil and darkness disguised as light. There are names used, and reused – names of light serving the darkness. Be very careful, close this screen and open your beam of light, all together.

Joining together to do the atunements is a very powerful thing. Join in the same time is very good. What about joining in the same time constantly? Every day. You are so numerous on your planet. If you all attune to Source, and raise your vibration through the ray of beam of light every day, it will

be a constant ongoing atunement.

I know you call atunement meditations. Atuning to higher consciousness elevates yours. Of course it opens and clears, and it is a great cleansing, a dynamic, dynamic cleansing. When I connect to Source, I elevate myself to go and meet Her, as she descends towards me. Source is my nutriment, is my master of wisdom, is my lover, is the part of me where I belong. Source is the lover, the wisdom and the teacher, and the nurturement of everything that is created in this universe – even the dark side, because Source is duality.

When I connect to Source, I climb my ladder and I meet Her as far higher as I can. Some of us have reached Her but when you reach Her, your consciousness merges into Hers and you are everything at the same time. Although time is not a precise set of moment.

Practically, I just forget about the matter composing my body, and I focus on the light energy composing my traveling body. You know, we have different envelopes and even at my level, I do too. I live on the seventh level of density, but I can come down. It is painful when I pass after the fifth density. I can't go down and meet in the fifth density, it is easy for me, but for now I can, but it is painful. I have to climb back again you know. So I try to avoid doing this.

I can create an image that looks like my lower density body, that I use to travel until the fifth. We have the same physical shape, made of light energy, but it is blinding for your eyes. It is uncomfortable for your eyes, your three-dimensional eyes, to watch us in full light.

Hugging, for your third dimensional plane, is very enjoyable. You know what hugging is on your plane? It is a contact, physical, between two bodies of flesh allowing the connection and sharing, and the melting of two energy bodies, two body of light.

We don't need bodies of flesh. We can merge our bodies of light in a loving embrace, to salute each other. You need, you are in fact in these bodies of flesh, you have no other choice. But you can do it as well. Without your your bodies of flesh, with your mind – try it hugging somebody, just standing in front of this being, projecting this. increase of your field. And the other person increases their field, and the two fields merge.

Being in the body of flesh, you need flesh contact. This is a chemical necessity giving you pleasure. When you reproduce, you perform an act made with love. You need to touch each other, because this is chemical, and producing some enzymes that you need for physical pleasure. We are not using this anymore. We are using our pure essence.

We are males and females of course, and we have interactions. Not in a way of reproducing, because we are not doing this anymore, but we have pleasures. Pleasure melting our energy fields and our beings dancing together, changing forms. The Pleiadians have discovered this too.

All right. If I have some connection that you call quantum, a point of reception, I can connect directly and transmit myself molecularly to this point, like when I want to check on Elena. She has an implant upon which I am tuned, so I don't need any vessel. I travel by my mind. If I have no point, when I want to come and check upon this world or another world, I use a vessel, that will carry my body of light, my energy, my true body, which is made of energy. Yes, I have a vessel which is made of energy as well. it is an inter-dimensional vessel.

You have different dimensions and inter-dimensional beings visiting you Yes you see, third-dimensional ship when they manifest in your density, to act, and do some work, taking samples, protecting you, patrolling, or abducting Terrans for the work of the other ones. To do work on the third dimensional plane you need to attune to it, so yes you can see them, although most of the ships – even on the third dimensional plane – cloak, hide, this is a procedure which I would say which isn't not dependent on the different densities.

We choose Terrans who have abilities. Most of the time they are envoys, what you call star seed. We use you to help this planet to elevate. “Use you” is not really a term I would enjoy, but you understand it. There are a multi-dimensional existence.

Reality is the way you apprehend the different dimensional planes you are living in. Reality is your vision, it is not always the truth.

Reality you can create it, you can change it, by changing your vision. Create something behind your eyes, and then open your eyes and visualize that this is reality. If you do that well, you will create it. This is the power you have, you must know that! It's a beautiful species with a potential that awakens. Because you are all envoys here. But this is a small number.

We come here to help the Terrans. You are very special elevating matter, but we do this for all the other ones, and the other reigns like the animals, and the planet rocks, vegetals, oceans, rivers, winds – everything follows the elevation.

You are here to secure it and help it, and in the same time have a Terran experience which will help your own growth. You are here not only to help but you all came for a mission as well, for yourselves to grow and learn. Because you are learning. You don't realize maybe, but you are learning as well, and you will leave this existence of flesh on Terra, wiser. But you have to know that incarnating in the third dimension of flesh, this has rules: you get to forget and you have to remember, but remembering is the process of elevation, as well.

16-4-2020 – Thor Han

<https://www.youtube.com/watch?v=YGiAJBThvRM>

reupload 19.5.2021

Edited version of the interview,

Elena has edited out all parts with Eliza (mostly questions).

Situation update

I have been very busy. It is a real chaos on your planet, especially in the underground. I have had the occasion to speak with some people and residents of the Agarthea kingdom. Everyone is lying against the reptilian forces to chase them and everybody works together. So we are having quite an easy time chasing them away, but they are very numerous and it will take quite a long time. Now there is some news: some enforcement arrived from the Vegan system. There is a lot of ship and or fleets in your solar system. This is rather good news. But it is going to be chaos more and more on your planet, because everything is collapsing. The basement of a building has been completely unsettled, the bad soil has been taken off and your building is now collapsing. All these reptilian forces who are holding your economy, we are taking them away and your economies are collapsing. But it is good, the building was rotten. You will build a new home.

The energies, celtic energies underneath your surface are creating dissonance in the way with the magnetic wave of your planet. So this as well cause some disturbances.

The galactic federation of worlds allows us to uncloak but following a very very specific plan. There will be soon a contact in this decade, but we don't know when. We must first finish this war and you must have built your new system. We cannot unveil ourselves while it is chaos because chaos will add to chaos. We may come in a time of peace and balance so we are helping you to reach this moment, but in the same time yes we are working on spreading the idea that we are here. Not everybody on your planet is aware of us. You are mostly scared and there's a lot of fear in especially primitive populations, and even in big industrialized countries. There are primitive minds, very much because this is due to ignorance. So we try to raise ignorance slowly and manifest ourselves that you are more and more used to see lights in the sky. And when we will land officially, you won't have fear.

This is all part of a special agenda but you know there are many, many points to that. Firstly yes fear to control the population is easy. But then population must think that all, all, all the visitors that you call aliens are malevolent people, us included. So they want to let the people know that anything that comes from the sky is malevolent, that if we land one day we are to be destroyed, and as well some governments, especially I am very sorry, the american government wants to be the almighty powerful government on your planet, and if a threat comes from space they will play a game and pretend, that they are the big heroes to save you all. But there is no such alien invasion as you say planned. The alien invasion has occurred thousands of years ago. Malevolent once they are here since so long. Yes is ignorance you know your true history is completely manipulated it is not the history you think it is. I just wanted to say that there are more benevolent beings than you think around you. This is all I want to say. Some of them who are different densities and different dimensions. May they be in different densities or dimensions. We're all united. You know there is even the ancient spirits of your planet, who are living in the fourth density. They are here in inbricated in your physical what you call physical and I call the third density, because physical for me is higher. They are here it is parallel shells of the same sphere. In your planet as a sphere imagine the sphere bigger than your planet. It is the etheric. Imagine around this sphere a shell, a

spherical shell. This spherical shell includes a density. But superimposed to the spherical shell you have another shell which is exactly at the same place. but another one vibrating to higher or lower density. And they've all imbricated one another.

Do you know how many chakras you have? They are activating as you elevate your frequency. Your species evolves. Some of the chakras are activating. So it is never added or redrawn it is always the same amount of chakras that you have, 24. But increase your frequency and you will have more chakras opening, especially higher. And this is what is happening. So 12, 13 ... we in the fifth density we have 14 active and we can activate the other ones when we meditate or we join the upper planes or do something else. You had seven active. Now 12 and 13 probably it depends on everybody – it is not a general thing. So some persons on Terra will have 13 activated, but some will have seven. It depends on the evolution of everybody. It is not a creation of chakras, it is an activation. When you elevate your frequency you elevate your energy into your body. And as your conscience goes higher, higher you activate the highest chakras.

There is an exercise we do as our daily routine. It is inspired from the Ahoran way. It is from the Arcturian people. We try to that every time we start a period, we call period what you call days because in space we have no day no night. Whatever, we start by doing this attunement to your what you call your high self, the higher part of our self. But “higher” is not a dimensional I don't use this word, higher is not a geographical spatial aspect. Higher is a higher rate of frequency, I would say faster.

It is like when you speak about the light. Light is a phenomenon with photons, but light is as well lighter less heavy. When the frequency vibrates very very fast it becomes less heavy, lighter. There are two sorts of light for the term light. We employ it for the light from the source which is an energy, and as well for the lighter aspect of a frequency. There is as well the physical light, the third one, that you see with the photons but that is independent. So we elevate ourselves our vibration of frequency and doing so we climb inside of our beings to reach and activate the chakras, what you call the chakras above us, above our body of flesh. For us it is a bit different because you are not yet there, you are arriving there.

It is your future and destiny to be like us. We are trans-dimensional beings. We can exist in the fifth dimension and we can as well downgrade to third dimension. But we do not really do this very often, only when we need to intervene on your third dimensional plane. We usually vibrate at a higher rate, what you call the fifth density. When you will be at this stage all your planet, when the process will be complete, we will be on the same level and we will be able to connect better on the same physical plane.

Mars

The colonies on mars were colonies from the early federation, they were Lyrans, Pleiadians there were all the races. And these colonies one little piece of it effectively has been sent to terra, the survivors created their a civilization, no, I wouldn't tell a civilization, they create a colony.

But the destruction of mars was by war. There was such a big war. This is when the Annunaki left and the reptilians took control of your planet.

About soul scalping

The Ciakahrr already helped the reptilians a lot abducting people, especially people in key positions and replacing them. They capture the souls, what you call the souls, the light body the body of light, the etheric body, the immortal body that is not damageable. They separate it from the body. They put the etheric body in a pod because they don't know what to do with it. They use the substance for

different things but this is another topic. In the envelope the soul of visitor Ciakahrr probably all the time is put and the being created so goes back into the terran life, but now it is a different being. It is a Ciakahrr with the envelope. So this woman is somewhere in a ship in an underground, and her body is used by another being. It is not always happening like this. Sometimes you have real Ciakahrr, real Nagas shape-shifting and taking positions. Some people want to talk – they are killed or silenced. Some people want to flee. They are cold. The best way they do is to silence, they do that very well. They break the soul, they break the will, they break people. In the entertainment field you have many of them. But as well you have terrans who have sold their souls to the Ciakahrrs in exchange of fame, in exchange of power. They have accepted to give a parcel of their soul in exchange of fame and power, and then they are at service of the Ciakahrrs. They give them suffering, fear, they are drugged with substances, they become addicted to these substances. It's a very dark story, you know. I'm watching the data sometimes. My colleagues are talking about it. But all this is nearly touching an end. Your governments allied with the federation are just making a big cleansing and you know.

I told you already there are lies, the allies of the Ciakahrrs are going away, the Maitre are going away. They are doing their own now. They are going solo. This is a good thing and not a good thing but Maitra are not interested in power on terra, they're just interested in their slave trade and that is all what matters to them. Terra is for them just the ground for just hunting. Hunting ground. Ciakahrr they want the planet. They say they were here before everybody else. They were here long ago, not before everybody else, they claim it.

History

The Anunnaki came first, then the Ciakahrr empire came cohabited for a time, but then they disagreed on the way to proceed to hybridization.

Then came the Lyrans and all the other ones. First there was the Anunnaki

Sumer yes they were there. Now the country's name is Iraq, and they were there. They helped the local indigenous to build a very prosperous civilization. You know the Anunnaki were first to good people, but then they were caught by greed and by power. And all that was done with the population. You wouldn't believe what they've done with the animals, the indigenous population. They did a lot disturbing things. They were experimenting.

But then the Ciakahrr empire was here, and they wanted to do their own hibernation for food and slave. The Annunaki were scientists, they were engineers, they wanted to explore and play around with genetics. But then they both fought and there was a war. The annunaki left, the Ciakahrr empire stayed.

The annunaki are very strange people, we don't have contact with them very much. They are not trust trustworthy people. There I would say ethics has very different levels than our ethics. There are reptilians looking like humans. Annunakin had not interfered in the egyptian civilization, it was the Lyrans and the ones from Orion. These two civilizations, the Lyrans the Man people and the ones from Orion have interfered into the Egyptian.

The Orion people interfered in the genetics of some family bloodline in the royalty of this Egypt country. This is why you find some elongated skulls in the representations, because those from Orions they look like what you call the tall grays. There were as well a little part of the population from what you call Zetta. But this these ones weren't very powerful. And this knowledge has been forbidden, not forgotten, forbidden, because it was hiding a great great, great power.

The Lyrans had a formidable technology using energies for power supplying, power. This energy was very dangerous and any other population aware of this was a threat. So this has to stop because it was generating a lot of wars. So the knowledge and the power has been buried. dimensionally shifted, which means you can't find it, but it's there in summon grounds. You have to shift dimension yourself to be able to access these things. In the actual state of the vibrations of your planet all the Terrans submitted to greed and the hunger for power cannot shift into a higher frequency. They are tied down, so they cannot access these archives of knowledge. It is very well thought.

I am named by a race Pleiadian from the Pleiades, but this is not my original world. The Pleiades cluster of star is very young and when we arrived there there wasn't any world able to sustain life. We are Lyrans, we fled our systems because it was attacked by the Ciakahrr empire what you call the reptilian empire, and the survivor colonies fled a little bit everywhere, where they could.

Four of our colonies found this this cluster, and we settled there, we terraformed the planets and we started colonies. We are named Pleadians because we live there, but we are Lyrans.

And I want to say to all who listen not to despair. We are here for you, we will not let you down. You are not alone in this. We are a lot supporting you, guiding you, helping you we're fighting for you and from our heart all will be well at the end. Your work of elevation: rise your vibration.

23-4-2020 – Extraterrestrial Contacts

<https://www.youtube.com/watch?v=vKhP9o4ssts>

New version of the interview, uploaded 21.5.2021

Elena has edited out all parts with Eliza (mostly questions).

Triangular ships, Kiily-Tokurt vs TR3B

Thor Han:

First was created a Terran ship looking like ours which, was a reversed engineering from a technology they have had from crashes. This was a discoidal ship, made up in two different places. Two countries had the same technology developed differently, country called America and country called Germany. Both had created this discoidal ship from the reverse engineering, never activate the core. The core needed some crystals they never had something that cannot be found on terra. So this one never worked. They tried to make it work with terran technology. It could take off but it never really worked.

Now the government of America created a triangular ship so this is very confusing, because this one is in action. This one evolves but it is very specific. They only have four of them. This triangular shape can be really really mistaken with the Kiily Tokurt ships.

Who are those, who are called the tall whites, because their skin is very pale. The Kiily-Tokurt have big triangular ship. that can cloak. Terran ship cannot cloak. The Kiily-Tokurt triangular or bigger black, so black that it hovers the light and it is so black and so polished perfect. And it can reflect underneath what is above it, like in transparency that will be the effect, but it is not really transparency, it is copying what is above below the ship.

The Kiily-Tokurt have three little lights at each angle underneath the ship. There is nothing else than these three little lights. The edges of the triangular form are very sharp.

Now the terran triangular ship don't absolutely fly the same way. They cannot speed, they cannot warp, and they are smaller. They are clearer gray, I would say dark gray, but not black. And the three triangular lights are bigger and in the middle you have a hole for access. They are clearer, round edges and smaller. Kiily-Tokurt it's a very perfect technology – there is no sound, you can shift to another density and then it is like if it is vanishing in the air. Then you can use warp to just bend the space. But the trajectory is always calculated before, you wouldn't like to hit something. Don't you play it before the trajectory a point to another point. And all obstacles coming in the middle are avoided. It is a very precise calculation, but this is going very fast.

Telepathy

You know races can communicate telepathically among themselves and some others among themselves and other races as well – it depends.

We have rules of non-invasion in your mind space. We can as well cloak our minds. We have cloaking devices we can be implanted with. And all officials of the federations have it.

Q&A

The undergrounds are very deep and it is what you call labyrinth. And no it is not over, well your governments have turned against the Ciakahrrs so it is winning ground. The thing is we can act only behind, hidden and trigger the strings of the different tools we have.

The institution, the people who can influence people? This is how can I put this? You need to do it, because you need to learn from it. You need to do yourself. The effort if you manage to do that you will have grown. It is very difficult. We are supporting, we are helping you, but the final move it's in your hands, it has to be. The job it is necessary you do it, with our support with our help, but the very act it is yours. This is the only way you can grow and become stronger. If you do it yourself you will become stronger.

I can just deduct what is going to happen, but I am not a foreseeing person. I know big lines are written, I know that you will succeed, I know that this new system will be put in place. Our elders have seen it, our elders have manifested it. So this I know that you will succeed.

You must, you must keep hope. I fight nearly every day or I put my life at risk and I put the life of my crews at risk. If I hadn't any hope, why should I do that? Why should I risk my life and the life of my crews? If I hadn't hope, hope is what generates all my actions.

Annax about Love

Good morning or whatever time it is on your planet. I am here now very often. I want to watch. It is very impressive to watch this, to watch the species enabling their power. This species of your is on the brink of becoming truly human. This is very exciting for our heart. I cannot stop watching.

There are some of the federation fighting at your side. You know, I am not a fighter, I am a peace bringer. I travel from world to star to star, galaxy to galaxy, and I am very glad to talk to you. Thor Han has contacted me yesterday (you know my time is not on the same structure as your time) so I'll employ your terms. Thor Han contacted me yesterday. He asked me tell the terrans about the necessary and very important power of love. So I will tell you about the necessity of cultivating your link and your power of love, and to love. What is love? This is the necessary step and tool that will allow you to reach the higher level on your evolution. Love – you have tendency to forget about it, because you are worried, you fear, you calculate with your mind a lot. You calculate for your survival, the survival of your species, but as well the survival of your planet. Your planet is not in danger. Your planet has known and means even worse than what you do. Terra will survive and live and renew. The power of life is something more powerful than you think. So do not worry for terra. When you worry and you fear you are cut from love.

Love is a strength. It comes directly from source. This is the impulsion and intention that binds everything together. It is something that allows you to travel, to link two places in space or two moments in time. It comes from the middle of your chest. In your species there is something there, a portal with the green light not in your avatar body, but in your true body which is composed of a higher frequency. This portal can connect you to any being. Imagine when you love someone, this being can be on another world. If you express your love by the portal of your chest towards this being, this being will feel it, you will create a channel, a bond of energy between you and this being. Love is too desired with the other and this desire is a fantastic impression and it can carry information from one to the other and the other way around.

Now imagine expressing this same thing between you and the source of things and love. You receive love in exchange but in the shape of energy. It is a frequency, love has a frequency, it is a vessel. So love can not only connect you to what you think is impossible to connect, love can as well create, manifest in your chest.

In your chest imagine, in your head visualizing in your chest, whatever you want to create. Something good, something made with love, for love, something pure and light, created in love in the middle of your chest. And then make it so powerful, that it will reach destination in time. Time is not linear as you think, this is only an illusion from the senses of this avatar, of flesh and bone and matter. Time is spherical. The past, the future and the present all exist in one in the present moment. So the message Thor Han wanted me to pass on with my words, is to love each other. Love the ground upon which you stand. Love the air you breathe. More than anything love each other. You will then create a bond between each of you and once bonded together you will be as one.

You can manifest in love the future you want. The present is the only real moment, and it is eternal in its singularity. Some concepts difficult to understand with your limited brain, but if you connect to who you really are, you will understand – not by the mind but by the heart. Remember you were all coming from there, from this source. You have been traveling from avatar to avatar carrying this knowledge, forgetting every time you incarnate, but this knowledge you have it. It is up to you to remember, connecting with who you are and then you know, you remember. Awakening is remembering. Awakening from a night where you were sleeping and sudden you see the light of day, and you remember. What was yesterday. what did you do yesterday. During the night you were dreaming you were in oblivion, but when you wake up you remember everything that happened before the night.

I speak a lot and I passed my message. Well Thor Han message. To me love is the meaning of my life.

You don't need to touch each other. It is good to give each other an exchange what you call a hug, but now in these times you are invited to stay away from each other. It's fine, it is the moment you can develop your ability to hug with your energy. You know, you used this word quantum very often – this is the moment to use it really. Quantum love – this is what I am talking about.

When your children are suffering it is generating in your heart a very painful and sorrowful frequency of energy. The movement comes from the pain of your children towards your heart. And your pain and you cannot go beyond it. No it has to be tried, reverse the process and the flow: feel the love generated in your heart. I know, listen to me: generate the love! This is a very difficult thing to manifest in your mind, that your children are not suffering when they are. It is where the difficulty lies. Now listen: generate love for your children. Allow love from source flow through you, from the top of your head poorly in the waterfall of light into your heart. And this love, send it to your children, that they receive it. And this energy of love very concrete will heal them, will make them stronger and they will be more able to fight suffering, to have hope, to be stronger in adversity.

Besides this, action is necessary if your children are suffering. It is not only love that will save them. Love will help them coping better. You have to take action and fight to liberate them from their suffering as well.

Now it can be different causes and I don't have the answer for each cause or maybe, I can have an advice for each cause but it will take very long. So first let's reverse the flow when somebody you love is suffering, acknowledge it. But straight away channel love and send it to this person, that this person feels stronger and healthier.

I think that you can try to link malevolent beings to the light. The cleansing, revealing light that they see their darkness and they won't want to change. This is my way of thinking. Some will think differently.

It is a balance, you need both to learn and grow. You need things to happen to trigger the growth. You know it is very painful to hear. I cannot stand children suffering. The best way to my heart is to bring light into the beings of those who do these horrible things. It is interesting to have this same conversation with Thor Han, I had this discussion already him and I recently. He thinks, compassion

for these malevolent beings, he thinks they must be removed. I think that removing a problem is not solving it. But we are from different cultures. Thor Han has spent a part of his life saving children. He cannot speak about children tortured without becoming emotional. And you know the points of you are different. We are all standing on our rock having a different perspective on what is happening. But at the end we all want to stop children suffering. We do it by bringing the light in the heart of the dark. Thor Han does it by saving and rescuing the children. We both act on different levels.

I love you all and I can feel the different energies plugged on me reaching me. I feel you all. I send you my love which is love from source, flowing through me. It is love, bring you joy, healing and comfort. Never forget to love and never forget to hope.

29-4-2020 – A message from Thor Han about Hope

29.4.20 A message from Thoran about HOPE - 29 april 2020

<https://www.youtube.com/watch?v=jWZlZ61ZA6A>

This is a quick message that I received from above. Few of us now know that I have contacts with guides that are not from this earth since I am a child. Last night I was called to receive a message by the one, some of you know by the name of Thor Han. He is watching over me since I am a child and saved my life actually. I met him last night in astral connection and there were strong messages, that he told me that I needed to pass on.

Two years ago, as I was telling him I was scared and despaired about terror attacks in the world, he said to me “that is nothing that is nothing. In 2020 in two years time the world will go through something absolutely horrific and you have to be prepared for it. Enjoy life until then!

And effectively this horrid thing happened and we have many country had many contact since. And you told me a lot about it that August was going to be panic, and September and October the economy collapse and everything just rebooting. And after that period of darkness and we will head on to the winter solstice 21st of December, which is astronomically and physically, energetically important date for the earth every year. We will start to feel and see the light and see that there are solutions and that we are heading for the light.

What he told me last night was that: by June 2021 all of this will be over and humanity will head towards a new world based on light. The new system will be put in place. By the new system he means a better system, he means the victory of light, the victory of the heart. And then all will be fine.

What you told me as well last night was that we must not lose hope. Hope is what is fueling the change. Hope is the magical power. There is hope, because he saw it, he knows it, we are heading toward the light towards liberation. The old patterns are breaking down the truth has been revealed the darkness is been dismantled. It's a big perch, it's a big cleansing. He said tell them to use the green energy. This is what will build the new world. I asked him what do you mean by green energy? He said, the green energy from the heart, the green energy produced by the heart chakra. love, the Emerald of knowledge, the knowledge of the consciousness not of the mind, the knowledge of the heart. By green energy he meant the green fire, the energy of nature, the life force. The life force is a very powerful energy that, if you know how to use it, you can power so strongly, you can tell power the whole world for free every day. This is what he was calling by green energy as well, all the energies of nature, renewable energies.

So this is what I received last night. So keep hope. You are building your new future. We are building the future in the present by manifesting it in the present. You have this creative power. Light is winning. The war is not over, we're still fighting the dark side. What is the dark side? It's deep and some pattern put in place by an elite, who's working for dark forces.

My friend, my brother, he told me this: to have hope. We are not alone. He says that to me every day. We are not alone and there are forces of light fighting for us, with us. And you know why they are fighting for us? Because they have hope. When there's hope you fight, because you know there is a chance of winning. And this chance of winning is huge.

This was the message I want to pass.

1-5-2020 – Myrah and Thor Han

<https://www.youtube.com/watch?v=vKhP9o4ssts>

Reupload 21.5.2012, edited version

Elena: Myrah is already contacting me. I am really glad I can offer and share this connection. The connection I have with Myra is by the implant I have in my head. This implant had been put during my abduction by the grays and they couldn't remove it Myra and Thor Han who saved me. So they retuned the frequency, they jammed it and retuned it to their frequency. Then I can communicate with them and they were able to monitor me on my life. So that's how I connect with her.

I could connect with Thor Han as well by implant which I activate by energy and energy work. but I have a better connection with him by the heart. We have a link with the heart to heart chakra. So this is how it works.

Who they really are, their lives, where they come, from their job that you know them better.

Thor Han: For you I am an old man, I am in your years 155. The bodies we incarnate in last – I will speak in terran years because it is better for you – so in terran years those who are incarnate live up to the luckiest 900. But it is not the medium lifespan. The medium less fun, is 600-700. So I can tell between five hundred and nine hundred years for those who are incarnated in our physical bodies.

You have to know that when you ask for pleiades I am actually speaking about the Errans, those from Erra. We are four colonies the incarnated ones.

The other ones they live up to the same ages but you will have other casts. And this cast is very old. They are not submitted to the laws of physics of material body. So they live longer, in terran years many hundred years. They look like light beings, immaterial, although they have their materiality in their density but it is light energy, they don't have flesh bodies. The children are created in the same way but the birth can be different. The females can carry the child in their womb, but as well the child can be put and created in a lifepod.



Myrah: I am a bit special because you know I'm a hybrid. I am half Pleiadian and half from Sirius. Well you call it Sirius, the real name is Ashkira. My family is split. My husband is pleiadian.

The pleiadians have different levels of having intercourse. We can qualify it in three levels. The first level is just for procreation so the body only comes in action and we have physical sensations. Ashkirans and Errans are very compatible. I will talk about Pleiadians. So the first level is to procreate and it is very enjoyable.

We have a second level which is different. It is with no physical intercourse, but it is a melting of the souls, the melting of our light beings. This is ignited by the skin. The pleiadian skin is very sensitive and receptive. It is very similar to yours but it has little captures everywhere, and in some particular areas as well. So we stimulate these receptacles and these receptors and it generates something, it ignites the soul and we can then mix and melt and our mix and melt is absolutely delightful, because it merges consciousness. It merges our two lights in one, and we are projected in higher planes of consciousness. Towards higher realm. It is a much better experience than only the physical one.

And there is a third. The third is a mix of the both. this is personally what I prefer. The mix of the both involves the sensations in your bodies, your physical bodies and as well sensation in your light beings. So the sensation first starts by the physical body which is very stimulated. Procreation performed in these conditions is really amazing. And then all the captures on the skin stimulate the light being.

We have multiple levels of what you call orgasm. You know only one level and a second level, but we have six. It projects us, our consciousness in different levels of density. We merge with source, we merge with the universe. We don't have bodies anymore. We are just consciousness. We are not even light we are just something that is invisible for your eyes, consciousness, just a state of being. This merges for a few seconds, who seem an eternity for us because time has no more grid. And we come down, we come down at the moment the captures on the skin just stop and ease. And this calls us back into our bodies of flesh, and this is how it ends.

If we want to procreate we decide it with our mind because our minds have total control on our bodies of flesh. You have the same abilities but not yet open, not yet developed. There is something though that you cannot have, it is the skin. You know we have developed a skin that is compatible with our sun, our star, our atmosphere, the light and the conditions of the air. You have different conditions here. So your skin is less sensitive than ours way less sensitive. But you have captures as well and areas receptive as well. You can actually develop this ability to join different realms of consciousness. First you need to ascend and be connected with your being of light. this is happening the more you ascend spiritually, as you say, by your spirit, the better the act of love will be, must be at the same level.

We do not have such a thing as marriage, because when we choose a companion it is forever, for the lifespan be it in a corporal body, or in the eternal life. Once we have found each other we never part, because we are part of each other. So how do we call each other? The t exact translation is "companion". It is a good word, but we use this word as well for work. So companion we have a different system.

There is no such thing as schools and teachers. The knowledge is offered individually to the children regarding to their abilities. Wwe first get to know who they are and when we know who they are, which are the abilities, they are coming with, we adapt and we offer the knowledge that will develop their qualities and their abilities. It can happen that some children are grouped by a set of skills, and there is an elder who comes and teach them. But normally it is not done like this. Normally it is knowledge accessible by devices. We probe the soul, we enter in contact with the soul of the person. It can be few days after the birth. It is very quick it can be even before the birth. It depends on the abilities.

The higher beings you can know it very quickly at the moment they choose the body. The body is not inhabited straight away, it needs to be functional first to be able to shelter the consciousness, the light being. The light being cannot come into an embryo that is not fully formed. The light being, the consciousness and the real what you call soul need a body fully formed to enter in and inhabit. So there is a moment if the soul that comes into the body is elevated enough it can straight away enter in contact with us. So we know. For the other ones we wait few days that the soul manifests. This is how we know.

You have places where they can spend time together with other children of the same abilities. But normally we try to spend time with our children. We don't have cells like families. We do have parents and brothers and sisters, but we live separately. We don't have a cell under a same house. So if the work of the parents are very intense, they can choose to go to the house of one or the other parents.

You know on Erra there is not a lot of population. A percent of the percent of population is really less than on your planet Terra. First Erra is one time and a half bigger than your planet, and we are less people on it. My house is very small because when I left I wasn't living with my husband. My husband was living with the children. It may seem complicated to you, yes I know. I needed to work far from my husband, because I was at the capital involved in some major projects, and he was retained by his work in our little town. These are not town as well as you know them. So I was living in a tiny house on my own, not very far from my family but I needed to be there for the work. It was a very intense work.

And then I chose to go I was taken for this mission. And that is when I met the famous team. We were patrolling and I was involved in research of cognitive and – oh it is difficult to translate this I will try find some simple word ... Let us say that it involves removing an implants from abductees if you want. This was my main job this was following them. monitoring them, healing them, helping them.

I was assigned to this mission of patrolling for years with Thor Han, but as well as the friends. Well people who became my friends because you know when you work a long time with some people they become your family. We like to live together.

I know I will live together with my husband when this mission will be over. We like to live with our companion and our children. But you know, it is a period where everybody needs to work. So we do. But we prefer living together.

So as entertainment we have different things, a lot of things. The best entertainment we like to do is walking outside in nature, but we cannot do that on the space station. So we have gardens, a beautiful ring of gardens, where you can see the stars and never the light of day. But the plants adapt because they have special lights. So this is one.

But then we need to stimulate our brain, the part of our brain that is not used in our work. So the entertainment are a sort of training to keep our brain perfect. So we have group entertainments, which are activities who involve the body. It isn't what you call sport, because this is a bit ineffective. We do not like challenges in the way you do. The challenges we do is to lift each other. It is a different way of thinking.

Erra

Oh we have a lot of a lot a lot of nature, beautiful natural and we go out and we spend time in nature, we meditate, we connect with all the nature, the truth, the rivers and the waters. We have a lot of lake where we live. The land mass is very important, so not everybody lives near the sea. So connecting with nature.

Games

Then we have community games. I wouldn't call it games. I would call it entertainment, in places. This is a place full of lights and there are holograms, playing, pretending. And it entertains us. It tells stories of our past, stories of the old, things that happened. It is in the same (???). This recreates elements and events from the past, plays and it is holographic. So it can happen anywhere, outside or inside.

As part Ashkiran. I don't have the same areas activated in my brain. But let us talk about the pleiadian side. We are very emotional. You know when you ascend in higher frequencies than the one you are the emotions become more intense. And we have emotions like love, curiosity, interest.

Pain is rare because physical pain has been masterized and if you hurt yourself, a medic can heal yourself very quickly, or you can heal yourself anyway. So pain is not something physical but we can be sad.

We do not feel jealousy. Jealousy is something that belongs to the body and the part in the brain that is primal, primitive and we do not have this anymore. Not have envy. We have excitement for the other, if the other has something we don't. We are excited. It is encouraging each other, lifting each other. You have to masterize, giving.

And the most beautiful feeling is love. I can't tell you, love is not only a feeling from the heart. It is an energy, it is a state of being, it is the state of connectivity.

Ego we have ego, but used in a right way elevation you need ego. Ego is necessary for the self-consciousness. You need to feel who you are, feel you are important and love yourself. But you can use ego in the bad. Way we do not do that anymore. It is destructive.

Longing for Erra?

He is more important than anybody else. We are all different on different levels of evolution. I miss my planet. This sadness, this is missing this, is like I miss my husband. I miss my two children.

Nutrition

We grow our own vegetables a little bit of them in the ring, what I call the ring is what Thor Hand say greenhouse, they will understand, greenhouse. But there are another sector in the space station where we grow them and they will replicate them. We clone them. It is not individual vegetables, it is clones. We import we have imported long ago vegetables from our respective worlds and we plant them, we sow them in the soil that is adaptable to the vegetable. Some are grown in not soil but you would call it a gel, a substance, filled with nutrients.

We do not eat flesh some species on the space station, on the orbital station could eat flesh, but this is a rule. A rule which is very strict. You may wonder why, maybe. It is because eating flesh lowers your vibration at the vibration of the flesh. And in the work we have to do now of elevating your planet and trying helping you elevating it, we cannot afford individuals vulnerable to the reptilian energies. So we do not have dead flesh on our station. The other stations as well.

Aboard the ship we have fed with vitamins and nutrients which are on a liquid shape in little recipients. It is difficult to find the words, because you know I translate, it's difficult.

Yes we eat nutrients in a liquid state. It is very energetic. We need this when we travel through the ship in space, because we modify our density. Sometimes we do a little bit of a lip through the space continuum and our stomach may be empty, otherwise we are sick. So we eat only these nutrients which are adapted to space travel. Then we can eat them if we want and if we like them onboard station.

We cook as well. Normally we don't because we are busy. So we have machines who cook for us.

Ashkera, Sirius B

Ashkera is different from terra. The sky is sometimes blue but mainly purple. It is a three star system, so the light in the sky is absolutely changeable. So the purple is the main color. It is due to a different atmosphere. There is water, not a lot a big land mass as well. Very populated. Species are completely different, it is a different genetics.

Ashkera hasn't been colonized by the Lyrans. Wherever the Lyrans went they took their plants with them. So in all the systems colonized by the Lyrans you have a main stream of certain species of plants. You know we have important even some of ours on terra. Oh at the time we're doing a lot of experiment, how we could implant life forms on different worlds. It worked quite a lot on terra, because you have very, very good condition for life in temperate places where you have damp forest and damp woodlands and it reproduces the conditions of our planet. So we imported some species who grew well and it took very easily, not all, but some took well and multiplied and we hybridized them and it was good fun. I suppose I would have liked to be there and do that.

Connecting with other galactic beings, the heart chakra – an interdimensional portal

This kind of department is not mine so I am very curious. If it is the family, the real family from the home world is different from the world you are incarnated into, you have already a bond with them. You just need to activate it. This is not a bond by the mind but a bond that is find in the middle of your chest. You have a central of energy in your chest and in this central of energy is a bond, that you call “quantum”. So if you make the wheel, if you manifest the wheel to connect with them. You should manifest it in your heart – that is where it is, the heart. Attention, not biological heart in the left, the central one, the one I was telling about, the energy center. There you can create a connection. That is how Thor Han connects with Elena, wherever these people are in this galaxy. You have a link with them, no matter the distance.

It is in the shape of a wheel and it turns. You have to activate it by the mind, the thought and then the thought is put there in this center and it starts to turn. And when it turns it creates an energy signature. It is like a compass in your chest. You activate it with your mind. You put an intention of contacting certain people. You manifest as if you were in contact with this person and this person feels it. This is how we do. Parents don't do that, but when you have a family or a lover, a bond with somebody of our level, works.

Wheel, it looks like a wheel, singularity of energy, of plasmic energy permits and allows connection to other realms of existence, other densities, or same density with distance and distance vanishes, because it is what you call quantum. We call it resonance, echo.

Well this is something you will discover one day. You can connect to anyone at the moment you have this link. When you have lived in a community, when you have lived in a community with a dna, a genetic signature, you are forever connected to them. These souls are not incarnated in bodies anymore, even if it was in the past or even the time is not the same as you think it is. So yes you can connect with the past, with persons in the past. When they were your family. You need a connection by the heart.

Sometimes it can be a negative connection, somebody who hurt you and you have the emotions still there in your energy field. You can connect, but I wouldn't recommend it. You know being incarnate in your body limits the perception you have of the universe.

Telepathy

Telepathy – this is something different, this is from mind to the other. We do that as well, but it is not our main way of communicating. The elders of light use only telepathy, the Plejadiens elders of light.

Now talking about the reptilian: they use both. But they use better telepathy, because their language, ohm, it is loud! They are not able to talk low. So when they want to be discreet especially when the shape shift and they are among humans, they speak telepathically. But they can do both. It is just that their language is absolutely horrible and loud.

Soul mates

Normally we know each other since a long time, since the time our souls were ready, when they were very young. Talk about incarnation, young – but young in the evolution of the soul of a being. Some take time, some find each other very early and it is a partnership. Every each of us, well each of us stimulates each other and complete each other in their evolution.

How we call for them happens one day when we feel ready in our heart and we feel the call and the need for the other, our complementarity. So we express – it is difficult to say – we express that we want him or her to respond.

I need to precise something, yes it is good Thor Han is here because he helps me with things I forget. There is a polarity, but sometimes the polarity changes with the incarnations, sometimes it can be two females or two males.

It happens that you take time and you need to incarnate few lives before finding them. It can happen.

Know why you need to discover things by yourselves, terrans, because it is activating something. Remembering, is a challenge that is necessary. When you incarnate into these bodies of flesh terrans, it is it goes with it, it goes with the eel that you forget. This has a purpose, because the very action of remembering activates something, that you need to activate. What you are told, you do not activate. Activation that is the way we put better for learning is something a dynamic you do yourself, otherwise it doesn't work.

Astral travel

Astral travel astral travel is a way that you use to connect quantumly by decorporation, but you not cannot decorporate very far, because there is a link, a shiny little thread, that links the two bodies, the physical third dimensional body and the light being. If the light being goes too far, the thread can break and it is dissociated from the physical body and the physical body stops, dies.

If you prefer but you can travel as well by the mind, quantumly. So to really return home you need to break the thread with the incarnated body.

back home and your initial body is just there waiting – that is how we do. We just decorporate, we put our body in a life support system, a pod if you prefer, in stasis, and the soul, what you call soul we call light being, is sent in an avatar of flesh on terra or other worlds.

Message from Thor Han, 1.5.2020

Thor Han: Well I wanted to pass a message. I wanted to take the occasion of this session to tell something important. Elena receives messages that she passes on to me. These messages are of private matter. I want to precise this: I do not have the ability to know everything about every each of us, every each of you, life. I cannot answer when you ask her to ask me about your family, your twin flame, your future, your past. I don't know.

I work for the fleet. I work for the galactic federation. I am not of the council nor a high elder. I can have access to database on the station about history. I can know pretty much everything, about history, but I cannot know about all of you. I cannot connect with you.

I hope that doesn't make you sad, but that needed to be said. All the private questions – not for me. I can reply to you about anything else, but I cannot connect to anybody.

I can read minds, but only if we have a contact with the subject or energy field contact. If I come tomorrow in your plane of existence with my ship, and we have physical contact, it takes to me only to approach you to your unit of measure two meters towards your mind because it is through energy field. But from here I cannot.

We love you very much all otherwise we wouldn't be here.

2-5-2020 – Pleiadean meditation - DNA Dance

2.5.20

Pleiadean meditation - DNA Dance

<https://www.youtube.com/watch?v=8ZX5EzedU74>

(A Meditation) that has been showed to me by one of my friends, not of this world, that some of you know under the name of Thor Han. He showed me a meditation yesterday, he invited me to join the meditation, while I was doing pretty much the same thing. An he said “look there isn't one serpent of light, but two. Two that are the polarities of your being. And this functions for anything that is alive and has an energy spine in the universe.

We all have an energy spine as the animals, insects, even and vegetals, trees, plants, anything. We have a structure of light like a skeleton, an eteric skeleton and around this axis of pure energy you have the dynamic, coiling around and awakening everything.

What he showed me was this. He said. “visualize the two coils of your DNA. Visualize them as two polarized serpents of energy, coiling together, symmetrically, without ever getting closer or farther, just always in the right balance, because the right balance is what creates life and energy.”

So before we started setting the size, I will invite you to relax, and I am going to ring a few times this Fork, which is 528 Hertz. This activates the DNA, the DNA signature. So relax and you need to do this exercise vertically, either standing up, either sitting. Do not lie down.

Slow down your breathing. Do not think about anything else than your breathing. Breathing light, expel the energetic impurities, like fear, stress out. Keeping the breathing at lower pace at a pace that suits you, that suits your energy. Inhaling light and exhaling the impurities.

We are now going to activate the energy of our DNA. Just let the sound do its job.

(Ringing the fork several times)

Bring you awareness at the root of your spine in the perfect axis of your trunk, of your body. It is a line passing through your crotch, and coming out the top of your head. Along this skeleton of light, along this spine and your etheric axis, we are going to invite the two polarities constituting your being to dance. In everything that constitutes the universe, and that is why there is a positive and a negative polarity, a feminine and masculine, light and dark, movement and stillness, growth and decay, joy and sadness.

In your left hand, in the left side of your being is everything that links you with intuition and receptivity. This is not talking about the hemispheres of the brain, it is talking about your energy being, your immortal energy being, your soul body, your immortal self. The left side resonates with creativity, with welcoming, with opening. This is linked with a feminine side, the receptacle, the feminine.

In your right side is the masculine. As much as the left was taking, receiving as much is the right giving. This is the solar power. This is the action, this is the action from within outwards, this is the reception from outwards within. And it's circulates like this.

Receiving, giving, feminine, masculine. And in alchemy the merchants of the both create life, movement, energy. I invite you to bring your awareness to the root of your spine, visualize to serpents with the color you want, the color that resonates better with you, with your being. For this exercise I will call them the feminine and the masculine, but you can call them however regarding to which polarity you want to work with. They are at a certain distance from each other which is the right balance, the right equilibrium. And we are going to awaken them and they become they start to turn, wand around the other in a perfect equilibrium, an equidistant from the center. The center being your spine, the column of light.

And then they are going to stretch and dance, stretching their body, their serpentine body, still at equidistance from one to the other, creating the pattern of the DNA, around your axis and up towards the higher chakras of your being, upwards. And it is a beautiful color of these two strands of spiraling energy, spiralling together around your spine.

Dwell in this exercise try to feel ... these two strands stretching up, creating the pattern of the DNA, the two polarities in perfect balance, empowering your axes, empowering your being.

Don't you feel the power and then dancing you energy field. Don't you feel the heat generated by this marriage, by this dance in perfect equilibrium. Do you feel this energy ignited within your being. Vibrating around your spine and outwards ... you can create, you have the power of creating it, creative alchemic fire. Until you feel this heat, this amazing heat.

And when you feel it manifest a thing that you want to create in your life. Casting something away from, you bringing something within your life. Realization of projects, abundance ... everything you need. That is in this state. ...

The way this exercise has been shown to me, was such back-to-back with my twin flame. Being each of us a strand of energy. Me being the feminine energy, him being the masculine energy and spine against spine. This is an amazing thing to do in a couple, our spine against spine, are two spines twirling together, at a stance as a strand of DNA, the two strands of DNA, and reaching higher realms together as one, and together creating, creating something absolutely beautiful and powerful, so far, some of you can do this in couple. Do it being each of you back to back.

Then you can either, and this is satisfied, stay in this state of pure ascendance, ascension, either redraw the two strands slowly, around your spine with love and gentleness and gratitude, and allow them to go back into the cave.

7-5-2020 – Thor Han 7.5.2020

https://www.youtube.com/watch?v=o_11-J9O4PE

Edited version, reupload 29.5.2021

This is not channelling but communication via remote technological device.

Compilation of sequences from an ancient contacts, from May 7 2020, that was lingering, forgotten, in a Facebook page I am closing. These gems were never on YouTube before. I had even forgotten about them! Forgive the quality as I had to cut off the very numerous interruptions and the uninteresting chatter. In this video, Thor Han tells about different tasks he is assigned to, and many little topics.

May 7 2020 - THOR HAN

00:10:35 Manipulation and confusion in mainstream and social medias

00:12:05 Ashtar

00:18:30 How to deal with information

00:23:10 The Galactic Federation

00:24:25 People of the Pleiades

00:25:00 Nodes and Memory

00:26:20 Rome

00:28:10 How can we help the Galactic Federation?

00:30:35 New currency

00:32:20 Love

00:33:15 Different densities Pleiadeans

Situation update

Thor Han: I have been working on the evacuation of the reptilian forces on Terra, from Terra to the border of the solar system. The evacuation is not over yet, there are still fights going on and the evacuation is going on as well. We are taking turns with the three fleets at the station, not to be tired, not to be exhausted because it is a hard work. Two fleets are working at the moment, they're on terra to evacuate the prisoners and those who want to join the light.

Now the third fleet which is mine at the moment is working on the maintenance of the etheric grid of your planet. You know this etheric magnetic grid I always tell you about this, is composed of nodes of energy. It is on many levels. On the higher level which we call the etheric level, but as well the magnetic physical level. These are the same nodes just vibrating in different frequencies and I am taking care with my fleet of this. I still have the 15 ships. This is good because it is a good coverage for the surrounding of your planet.

Recently we had problems with some of your – how would I say that –commercial leaders who are putting up a lot of nasty harmful satellites, and we do not tolerate this. This is becoming too much. So at the moment we are trying to do some cleanup, and today I was cleaning up.

We cannot destroy the satellites, we just deactivate them. Yyou know we have to stay discrete. Needs to look like a malfunction.

They are not totally in function, they are just preparing something that we are working on for never working, never being activated.

Yes a lot of another tiring work, but more enjoyable. So I wanted to insist although I'm very busy I wanted to insist tonight to talk to you all to whoever listens, and to whoever wants to pass these messages.

So the first thing I would mention is that: Do not fear! There are a lot of new revelations that are going to come up. These new revelations concern more dark things, that will come up at the surface of the planet, of the truth. Do not fear. This is just a clean up a big cleansing. You know when I speak about the dark ones, you may think I speak of the reptilians which I do. The Ciakahrr, Nagas, Maitre and all the rest. These ones will be cast away.

The Ciakahrr are lost, some are turning to the light. This can seem to you a little awkward, but this is part of the messages I wanted to tell you.

I've always said not to send the light to them, which makes you visible and which is a good way of staying safe. But there is another way, when they by themselves come to the light. Some have understood and it is a wonderful thing, that some of the dark ones evolve and see the light suddenly. They are very sensorial. They feel upon emotions and energies, fear. They love fear, it is a nectar, it is an addiction, it is something that they love. They nourish themselves from the fear and the pain, which are delightful energies for them.

Some of them have unexpectedly encountered compassion. They have tasted love. I have seen that happening. Some of the high ranks of Ciakarr, not a lot unfortunately, only four of them. They have changed their mind and desert their empire. So these ones are under our protection. They seek refuge in their underground realms of the Agarthans.

There is a place called Telos, and the Telosians are helping them. Now we are going, not my fleet but the two of the ones, they are going to rescue them and bring them back to where they wish to go. They cannot go back in their home in their empire, they will be killed. They are seeking asylum to the federation and we accept.

So this is a news. I wanted to tell you that the forces of darkness are being cleansed in two ways. The first way being killed or expelled evacuated, and the second way a few of them are turning to the light. This is a message I wanted to say and it teaches, I think, that when you have an enemy, someone who really hates you, don't wish this person death. Wish him to evolve, to awaken, to turn to the light. May work. But never sending love. Just wish they do it themselves, and these four high-rank Ciakahrr have done it themselves.

This is good to see and you know I was tired of killing. When you kill, you remove a life from the web of the universe. When you are connected to the same universe you feel it in your in your being, you feel the disbalance for a fraction of a second. The disbalance of the soul changing realm. When we destroy ship, when we destroy a ship we send it in another density. This is a rule, we've been following, not to cause debris in your atmosphere. But then you can feel the disbalance in the universe.

All will be well, all will be well. So even if everything goes scary, even if everything frightens you, know that this is only temporary. This is a normal thing to happen in period of transition. We are trying our best to make this happening, the best, the smoothest as possible.

Manipulation and confusion in mainstream and social medias

And the third message I wanted to pass is that protect yourself from being affected by the outside in many, many ways. Firstly, the confusion is being spread in your media's, the confusion about who are the light and the dark side. A lot of confusion in social media. There are persons paid by the dark side to spread confusion, create entities that are imaginaries or fake. There are genuine, good persons working for the light, creating groups of persons with the social medias. Some paid by the dark forces copy the same names and create disturbance.

Ashtar

So I want to talk to you about a very delicate subject: Ashtar. I will never say enough. “Ashtar” is a title. Different persons have this title. There is one on Jupiter in your solar system. There are many ones, there are many Ashtar. Ashtar means “the seat of light”. This name has been created by a collective, a collective created in the Sirius b star system. You know sirius that you see in your northern hemisphere. It is a triple star system. One of the three stars, in one of the planets of this third star, Sirius b is named Ashkira. Ashkira is the place of light, because Sirius B is a blue star. Magnificent.

The collective, the Ashtar collective is a group of racist different races. You have reptilians, good ones. Not all reptilians are bad, not all pleiadians are good, we already had this discussion. Reptilians, gray races which are reptiloids, even if they look different, those you call insectoids. They are as well a group of greys humanoids few pleiadians humanoids from the Sirius system, not the humans, the humans are not part of the Ashtar collective, but you have as well those you call Nordic from Alpha centaury from Silos. You have a lot of different races in the Ashtar collective.

So Ashtar is a military organization recognized by the federation and its structure is intricated into the galactic federation of worlds. We refer to them because they are part of it. It is quite complicated but this is how it is done. We are an association of different collectives of different alliances. This is what the federation is made of. It is a federation, there is not one in power above everybody else. That is a federation. That's what you need to do.

So the Ashtar I will speak about it now. There are many people on your planet paid by the dark side to spread confusion to give voice to this Ashtar, who becomes a god, who becomes a master, a master in ascension. Ashtar is just a military title. Do not give this person so much spiritual power. He is just an officer, a high officer. This all come because one day a communication had been made by hijacking a television channel and someone from the Ashtar collective spoke and spread a message of peace, a warning for your people. This officer was called Vrillon. And then the Ashtar name came famous. But do not be fooled, do not please worship any spiritual things with this Ashtar. Follow your heart! See what is right for you. If you need an avatar, if you need this illusion to grow yourself and learn something, so go with it. But I have seen the Ashtar of your solar system. He's a high being of light yes, but he is a person. He is not a god. He is very powerful and he works with his consort.

So any Terran woman saying they have a relationship with him, they are crazy. So this is my warning about that.

How to deal with information

Do not be disturbed by the outside. Now this has another meaning. Everything that happens around you that you hear through your medias – it is good that you hear them, it is good that you spread information, but information has to be around you. It has to be something that bounces on you, that arrives, touches you and bounces straight away to something else to be spread. Do not drink information, because it affects you, especially if this information is loaded with emotions, that are sad or shocking. Stay yourselves centered in what you have to do. See yourself like a gemstone, very hard but very crystalline. Anything that comes to earth with this gemstone bounces off it, because the light contained in it is very powerful. The light contained in it radiates from inside outside.

Information can be very harmful, if you drink it. Do not. Transmit it, keeping it outside in your energy field. It has to come and go – that is what information does. It comes and it goes. This is important because it can really disturb you and completely disbalance.

You have a mission here and all those who listen to me now they do, they came for a mission. Stay centered in who you are and do not soak in what you are meant to only pass on.

First before passing on information, be sure that the information is right. This is important. Then passing on information which is necessary, occurs not by taking it in, but by bouncing it upon your body, upon your being. What I want to say? You are not taking emotions. If you feel you're not strong enough to do this, so just before confronting information, gathering information put yourself in a state where you are completely, completely shielded with light, that no bad emotion can come through this shield. This is like shielding a ship, no attack can pass through, but we can send attack back. No beam no destructive beam can reach the ship, because there is this field around it. Everything bounces off it. This is what you have to do. Protect yourself first and do not take it in. It is like if you were watching entertainment on your screens. The entertainment that you watch – it is the same thing. It doesn't affect you. Do you understand?

Passing on information is crucial, by seeing the right information is even more important.

Galactic federation of worlds

All right each race part of the galactic federation of worlds has a representative in the council. But each race may be either only part of the federation the general federation, or either part as well of an alliance or collective. The federation of worlds is an association of different alliances and collectives. At the only requirement that we work for the balance of the universe.

The Ciakahrr empire not part of the federation of world, because they work at destructive forces. We have very strict laws, which are the respect of life. It is based on respect of life. So any civilization based on the destruction of life are not welcome.

People of the Pleiades

And there isn't a Pleiadian collective. There are different races. We are one of them. Most of them are further from the Lyran colonies, but there are as well reptilians which are originated from the Orion reptilian collective, which is again something else which is not Ciakahrr empire but the Orion collective, the Orion reptilian collective and you do not want to thread with them. They are very bad.

Nodes and memories

Anything that is created on terra is contained is recorded in the nodes. You have to think that this magnetic or etheric grid on the higher level, is like your etheric body of your bodies. It stores the memories, the energetic memories and the knowledge. All your emotions are stores, all your memory are stored in your etheric structure. It is the same for your planet.

So every node contains the recording of everything that happened linked to this node. So this is why the nodes contain knowledge, because they contain memories.

You can learn about what happened in this place where the node is linked. You can as well activate energetically your energy field. This is what connecting to a node can do. This is why the nodes have to stay healthy and in good conditions.

Rome

Catholic institution has been built on profit and power. This religion is being purged of all the dark. This religion is based on dark forces, oh wait, I am not saying the religion, but the institution. And our not friends, the reptiloid races are infiltrated into this institution, very high, pope. All I can say this one is under influence of the reptilians is not one the one before was. He was one, he is tied by them, he cannot move, he cannot do anything. He is not a bad person, he is just prisoner. He cannot move, he is under his their influence.

Orgonite

It has been to be properly made with crystalline matter, crystalline substance, not synthetic. If it is synthetic it just blocks the vibrations, it is not effective. It has to be of glass or crystalline or a natural material found on your planet. If it is synthetic it is very poorly working. Any natural substance, glass works very well because it is from your sand.

How can we help the galactic federation?

You can help my work you can help our work by elevating your vibration and sending it upwards. When you send your high frequency upwards, towards your atmosphere, it will at the moment catch the grid and elevate it and work to enforce it. Do you know how to elevate your frequency? They think is to transform the core of your being.

You know we have techniques as well, that are inspired by the Ohorans, which are wise Arcturian masters. We practice it. So we use sound. But the vibration of sound we created inside of us, in our head. We hear it inside, we listen to our being of light and we listen to the sound it produces. The sound is the frequency, the sound is a vibration, a pulse per second. You hear it. And you increase its speed, that the sound becomes higher and increasing its speed, your etheric field and your energy body will increase its frequency. And then it will be higher. Not higher geographically, but higher in pulsation.

Vibrating the highest as you can. You will feel it yourself. Ff it is too high there is a level where you know if you go above it you will feel disconnected, and it is not right. We are all different and we have to find our own sound and lift it. Listen to the sound of your own frequency.

New Currency

As things are going, and I repeat: as things are going you will have a new currency, which is not the one you have now. And the system will be different, because the persons and the organization managing the currency system will be different persons and different institutions. Now you have something extremely corrupted. It is two families who rule your monetary systems, and these are collapsing. They're running away, they are fleeing away, abandoning everything. These families, one of them is linked with royal families on your planet, very, very much interlinked. Everything is collapsing. So their hold on your actual monetary system will disintegrate.

It says, I repeat how things are going. Of course the present can change. Some unexpected event can occur, but this would be really surprising. Things are going. This is how we predict it. Let us welcome it and let us manifest it because this is the best thing

Love

We all have to do love to bind you all together in one unity, creating peace. Love is made of respect. Love opens the minds and the hearts. Love enables and give tools. Love create peace. So wish to both. You need to federate all of you, and the only link that can federate you all is love.

The event

It is actually occurring and the event is made of a succession of things. A succession of little events I can say.

Different densities, Pleadians

Yes we have different grades and different evolution, different densities. You know our four colonies have ended up on different planets and regarding to the different conditions on these four planets, the spiritual evolution has been much easier on some planets, than others. We have taken different paths and those we call “the light beings” are amazing persons. They are still what we call Pleadians, but as all of us they are a more evolved stage of Lyran race. These ones, the light ones dwell in the seventh and the eighth densities, mostly in the seventh. They come sometimes. I see them. They are part of the federation of course. They do not have a physical body of flesh as I do for instance. They are not inside of a vessel. They are just them.

I wish you all a peaceful night or day and be proud of who you are.

4-6-2020 – Extraterrestrial Contacts: Myrah

<https://www.youtube.com/watch?v=hxRrhebTIEY>

reupload edited version 2.7.2021

Elena: I am connected by Thor Han. I am going to let her take over my face and my upper body.

Situation update

Thor Han: I am glad to be able to speak to you. I am very well, very occupied, but very well. You are safe, even if it is scary. You are safe. I see what is happening down below and I want to tell all of you that this is manipulation. Everything is happening for real, but the different factions fighting against each other have been manipulated by the dark underground secret organizations. It is very easy to manipulate the masses and the vulnerable entities of people and it is very easy to take the vulnerabilities and play with them against each other, to divide the terrans into different factions. They use war and they use the different frustrations and angers to mount people against each other. And this is how they do, to distract attention: they play all the elements they can play, because they are losing. I am talking about the dark ones. They are one by one losing. Many of them have been arrested, neutralized or killed. Still some are left. But all the chaos happening on terra in some countries – this has been manipulated. All these factions fighting against each others, they have been there is an expression “set on fire”, this is really really appropriate, set on fire by dark ones, the secret organizations behind the visible organizations. They are manipulating these people to fight against each other. There are people killed. It is a lot of suffering ,suffering feel it it's absolutely terrible, because the Ciakahrr (for those who don't know this name it is what you call the reptilians) they use fear, anger, frustration, violence, jealousy envy despite to fight, to let people fight against each other and keep the vibration, the frequency I would say, very low, to divide the terrans, to re-center their focus on made-up riots and conflicts, to take away their attention from what is really happening, their end. The Ciakahrr in power want to take over for a last time. It is their last chance to win. We will not let this happen.

We are working under the surface but it is an expression to say behind the scene with political persons, terrans which are not spoiled and infiltrated by the Ciakahrr. We are working with them to assert the victory for the human species on terra. So for sure what is happening now my friends is: the invader is trying to mount people from the same species against each other, to divide the species, to lower down the species by violence and hate. Hate is their most powerful weapon.

So if you feel – now this is important – if you feel you want to join the fight against your brothers and sisters of the same species, if you feel your frustration, your anger and you want to go out and fight against other humans – this is manipulation. You are manipulated. You accept to be manipulated by the mediatic tools, instead of elevating your frequency, instead of building and visualizing the future of tomorrow, you will go on the horizontal 3D plane, fight against each other, destroy each other, destroy yourselves, and feed them with all your vibration of hate. This is what they want! They want to keep you enslaved.

Refuse hate, refuse anger. Allow love, compassion to spread out of yourselves towards your brothers and sisters of the same species. You need to unite as a species.

Myrah

Myrah: You have many races on terra, but you are of the same species. Today you unite all as one. They are all gone, because it will take your time to unite, and we have to still keep on purging

We cannot intervene directly. We cannot show ourselves to your people, because all of you who are listening to me talking at the moment, you wouldn't be afraid of seeing our ship. But all the other ones – panic would be, unbelievable. This is part of the plan of unveiling our presence, and it is progressive. But we cannot land a ship in front of for instance USA, the presidential house. We cannot land there, go out and kill all the reptilians inside of this big house by shooting at them. This is what we would normally do, but we do not, because this will create panic. They act hidden, cloaked and we prepare psychologically your species to contact, but not straight, as I said by landing and shooting at your enemy.

People have to make their own choice. We cannot decide, put a government in place ourselves. It is of the people of the country to decide. We do not have the right to do that. We can manipulate discretely by inspiring leaders by guiding and advising, but we cannot do this. We have strict rules of non-interventions and we are already going around it.

How can we manifest something in the future?

Create a thought, you create an energy, because every thought has a magnetic and electrical existence. You project your thoughts to an aim, a target. It may be a person or a situation. You send energy, you create energy, you create a form, a etherical form, that is the manifestation of the future or that is a wish for the person. All is in your mind, in your decision, in your will.

You have an energy field. This energy field is relevant to your etheric original being, not your body avatar. This energy field, you control it with consciousness, what you called “mind” since a long time. Now it is time to call it consciousness, because it is what it is really, a consciousness, an awareness of being.

With your consciousness you create a desire for something, which is also called “a thought”. You do that, every one does that, creating a wish, a thought. It is there, all around your head, that is where it is created in your field. All around your head and I won't say a little bit above it. You create it and you project it, you are going to visualize this thing happening And you visualize it leaving your body and reaching aim.

This is when resonance enters in action. Resonance – you know this term by the terran word “quantum”. Resonance is attuning to the frequency of the aim of the person you want to reach by simply thinking, very strongly about this person.

This is how we can communicate from very far, attuning to the frequency by the mind. How you do that? You just think about the person, very very intensely, as if you and this person were one, one superimposed to the other.

This is the same thing when you visualize a future. This future is here superimposed with you in the place you are. This is a power that you call “energy power”, but it is a power of consciousness.

This is one thing. Then you want to physically move your energy for instance healing, or transforming. You need to be conscious of your etheric body. You can call it “fifth dimensional body”. You can call it “light body” – many, many names. With this body of pure energy by the power of your consciousness still, you can visualize this energy field of yours, you can feel it, and visualizing it.

It starts by the same power as imagination, but it is real. You are going to feel an electric field on your skin, even within your body, just by being aware of your energy field. Be aware of your energy field until you feel this electrical sensation. When you truly feel it. you hold it. Then by the power of your mind you can modify the frequency, the color.

I will tell you something about the colors, when I finish speaking about this.

Rays of energy, rays of pure energy towards the target. You touch a fruit, you touch a vegetable, you touch a stone with this vibrant energy of yours and you modify it, cleanse, steel whatever the intention you put. You can now put colors, colors of their own frequency.

About colors

You have a range of colors that your human eyes can't see, which has a certain limit. We can see wider above and below this octave of colors,

Green, heal. Heal the material, heal as well the spirit and the emotions. Green is used in healing.

Gold or yellow used in empowering, energizing, increasing energy field, vital energy.

Red. Red is like you're burning fire. Red destroys. Do not really use red, unless you want to destroy an intrusion of an entity which is not wanted in an energy field. Red is something used to destroy an intrusion of an entity which is not wanted in your energy field. Red is used to destroy.

Brown is not good, Do not use brown, use green, gold.

Blue. Blue is to open consciousness, blue is to liberate the mind from worries and stress. Stress – a disease of your era.

Pink is not to be used. The light pink is unsettling. It is a very buzzing energy. Pink can be rebalanced by gold. Gold the vital force rebalances the unsettled pink. This is why you use pink for juvenile humans. They are still in this energy, unsettled yet.

Clear blue, release freedom of mind.

Dark blue is a beautiful energy. Dark blue opens your spiritual connection to universe and to source. Dark blue and purple. Purple is even higher, purple will connect you with source.

So if you want to have a good action in in this life, use gold, energizing, green = healing and appeasing, blue = opening consciousness (I mean clear blue), dark blue = opening spiritual awareness, purple = connecting to source.

White worth them all. White energy contains all the other ones and is very powerful for protection. If you surround yourself by white bright energy, you are very well protected. And if you give it geometrical shapes of maybe a merkabah, for instance, a pyramid, a sphere, cube – it is good protection.

These are for the colors.

Energy work

You can use *crystals* or gemstones, corresponding to the color I indicated. It increases the work and it helps the energy to focus, an anchor in the third dimensional matter or whatever the plane you want to work in.

You need to use for healing the reservoir of universal energy, the life force, universal power from source, which is everywhere. The life force, the living force – you first for a start be aware of your own energy field. You connect your energy field with the ambient, omnipresent force – and you will use this. This is what you call Reiki energy work or healing. By your own energy field you connect to the energy field of your universe and you use it, you manipulate it, you transform it and you give it movements and dynamics.

If you use your own energy field which is your life substance – do not forget this – to heal somebody. If you do it wrongly, you can waste it and become sick yourself. You must be aware to never give away of your own energy! If someone needs to be fed with energy for healing, manipulate the energy of the universe, not giving yours! This is important.

Shall know: the energy of the universe never take from the other person. If the other person has something sick, a part of energy which is very dark and sick, be careful that while you remove it by your dynamics of letting flow the energy of source within it. Do not suck it into your energy field! Stay away, keep away from this thing you are removing from the other one. And let it dissolve into the universal energy.

Sometimes some healers are just beginners and not very skilled and wise, and they can kill themselves, hoovering all the bad they remove from other people.

We have an expression “to imbue with light” something of low energy – and this light will dismantle all the links between the particles of this thing and dissolve it. And all the particles will be free and will be scattered going back to light. Dismantling would be the right translation probably.

Remove Karma from others

From the process you have to go through to learn. You cannot remove karma from someone else. This is not helping the subject. It will have to come back to go through it again.

You need to guide and advise this person that this person goes through the process of their karma, as it should be, because they've chosen it before coming.

Rescued children

A lot that we have rescued, our board ships of the federation healed and will be brought back to their families. If we arrive to find them, if you may know that these children were abducted from their families and it is very difficult to find all the families. It takes time. So these children are staying with us for a while, The time we find a solution for them, to go back to their environment.

Some are in a very bad state. There are still work to do. There are still some children. We haven't yet liberated everyone, long procedure and I cannot tell which part of the planet we are working on at the moment. But it is going very well.

So the children will all be brought back to their homes. We will find solutions that you know it will seem like they haven't been saved by extraterrestrials. Memory will be wiped, reset – this is necessary.

Celebrities and Soul scalping

There is a faction of us of the federation a group, I would say a section, that is specialized in soul reintegration. Let me explain these people terran, pure terran because they were celebrities they were useful for power and manipulation of masses, media. They have been abducted by Ciakahrr and with the help of different other races in the underground facilities of your planet they have been victims of what is called “soul scalping”. Their soul, etheric bodies have been removed from their vehicle body, avatar, put somewhere and replaced by a soul etheric body of reptilian. They are still the same body, but different soul.

Now the section of the federation working upon this has formation and task to find the facilities, where the souls are kept in containers and reintegrate souls to bodies. Then the person can be liberated.

this will be a long process. They are trying to save as much people as they can. This will take time.

Can we incarnate in any density?

Souls belong to soul matrix but you can choose for your own growth and learning, to reincarnate anywhere you want. At the moment the physiology corresponds to your soul nature, there are things that are not possible. For instance some races and some soul matrix do not have the ability to incarnate in all the species. For instance reptilian soul matrix, which is a very vast and huge soul matrix cannot incarnate in bodies, striving in higher dimensions. They can incarnate in matter, relevant to their level of evolution or down.

Solar flashes and New Earth

Solar flashes. This is a cyclic activity of your star. Your star goes through minimum activity and maximum activity and during the transition times it is a little unsettled. Your star is reaching a minimum activity which is fine and natural cycle. Recently we've made sure that all will happen very safely. If you see solar flashes, it is the release of gas into the periphery of the star, which is if you prefer like an electric storm. So do not be afraid – it is normal. It can affect some communication systems, but it will be totally normal, a natural process. We make sure you are safe from this.

New earth. The earth is always earth. New earth means new frequency of the matter of the planet. It means as well new system, a new paradigm. What is a paradigm? It is a structure upon which life is based and strives. New earth for you is a new future, is a new way of living. We hope you manifest it.

It is about to be manifested. We are supporting you for this. This is what I understand of new earth.

Making contact with our star family

From your heart. Inside of your heart there is a key to open the tunnel towards them. It is a void vortex, that you can generate open, ignite by the power of your heart. What does it mean? It means that you are going to think about them. It was resonance, we were talking about earlier on and you call it “quantum”. Resonance is putting your frequency in resonance with the frequency of the other people, and you can do that by the mind. You imagine them, you talk to them, you say their names you do whatever it takes to feel them, see them, smell them, hear them and then you attune to them and you are connected. This is a simple.

Do not be manipulated by hate, fear, confusion. The enemy is not the other one of the same species as you. The enemy is the one who comes from fire and tries to divide your species, making you believe you need to hate each other, making you believe you need to kill each other, then they rule over you. Replace hate by compassion! You are one species. I am repeating this to every one I can tell. Elena has passed on the message. You must pass in the message. One species! This is very important. The enemy is the one who tries to divide you.

I love you all and I may now disconnect.

Elena: Myrah is amazing. She's such a great woman and I'm seeing sometimes when she speaks um and something I wanted to say and it's nice I remember. When she spoke about connecting to your family of star family she said it comes from the heart. I had a vision that of what she was thinking about in our heads, sometimes it happens. And it was like in your heart, in your thorax here there is the stars like if there's the cosmos inside. It's like there is a starry sky inside. Inside of it's hollowed and there is the sky. That's what I saw.

6-6-2020 – Thor Han & Val Nek, commanders from the Galactic Federation

<https://www.youtube.com/watch?v=ggumKwvEAao>

reupload 3.7.2021 edited version

Situation update

Thor Han: It is very nice talking to you again. Friends that I have since a very long time. They are faithful friends and they were my crew at the time I was a ship captain rescuing children and people, mainly children.

Val Nek is from Epsilon eridani. He is from the race Kahel, which is a race cousin to mine and he is my best friend. Siladion is from Erra, he's a pilot and a very good and faithful friend as well. What I didn't tell you is that Val Nek is like me, he has the same grade, he is a fleet commander. Myrah is not here, she is actually in the Ashara system. The ashara system is the story you call Taygata. She's not doing an easy job at the moment. She is taking care of rescued hybrid children, Terra and Tyr what you call mars.

There has been a lot of operations going on recently. I cannot disclose them in details. The operations now have reached the outskirts of your star system and all the planets occupied by enemy forces are being treated by our forces. I have been working on patrolling to accompany an escort the army ships, were rescuing the terrans. You know the undergrounds are still at war. It is a very, very violent war that is still going on. So the war is indeed going on and in a good way. People are being evacuated and I am thinking about what I can, and I cannot say. There are many, many entrances all over your planet to access the underground kingdoms. The hole they probably see in antarctica is the main access to their underground bases. But this is not held by good people, Ciakahrr, Naga reptilians. So this is not really Agarthan kingdoms, this is the underground facilities of the enemy.

Well I have never been, Val Nek has been once. This is good you're here. He says it is not dark, it is light. They have their own power energy, they draw from the rocks and the planet. It is light there, is light everywhere and from this light they grow plants food. They have entire cities, gardens, forests, lakes. All is powered by natural energy eternal energy renewable, yes. This energy you still need to acknowledge. We gave it different names, but the name is not important. The important is that you acknowledge it, you have it already, your governments have it, want to make profit from non-renewable energies. This is the cabal directing everything being dismantled. You have to be patient. I am not involved in these operations. So another reason why I cannot speak about it. But just please trust that this is collapsing, ask you to trust, not to fear, not to despair. They are on their way to their fail.

Some culture use the rocks, the carving to the rocks, some culture bring them metals and do consortiums with metals. The power, the energy allows many things, many building facilities and construction techniques.

This is difficult to describe, as I am just translating what my friend is telling me. I am asking if he can connect I suppose Val Nek could try. He's never done this.

Thor Han: I am putting a device on the side of his head that he connects to the big device on the table in front of me, because you cannot see what we are doing.

Val Nek: Telos is part of the agarthean kingdoms. Telos was a free realm for millenniums of your time. Suddenly the Ciakahrr took it. This subdued their king, they took mount Shasta, Telos city, capital. Now the elites of Telos are allied with the elites of America States and they are working with Ciakahrr.

Telos is a beautiful city, well it was, it is becoming dark. We are still working at liberating Telos. The city was built with minerals and crystals. It was magnificent. The crystal constructions were shining, producing their own light, because the crystals were conducting the power of Vril. Everything in the buildings was animated with power. Everything powered as a whole entity.

My friend from Telos has left terra. He escaped. Next time I can bring him for you. He will speak about his world.

Agarthan kingdoms have different races and cultures, indigenous in different densities of matter and existence. The people of terra went under the surface of your planet, to flee wars a very long time ago. And big, big cataclysmic events.

Communication via Implant

We all have, because it is what we do, we all have device in our body to connect to other devices. She has one by resonance. Thor Han put me in frequency with her device. So I can enter her head and enter her upper body from the top of the head until her shoulders. She lets me do this because she knows me, she trusts me. Without trust this is not possible.

So I can take control of the muscles of her body, because the device is plugged into her nervous system. This is what is dangerous with this technology, if misused. This is the technology what you call "the cabal" on terra is trying to put on every terran to control them at distance. When the device is plugged into the nervous system, into the cortex, the individual, the body can be controlled at a distance. This is what I am doing at the moment. She lets me do it.

I have a different energy. She is not used to a different frequency of course, but energy. I am of a different race. She will be able to tell you. She is very good at trusting us. I saved her life twice. She trusts me.

I bring my friends from Telos who is now in a nearby system. Next time.

What happens to the Telosi?

Yes they can go back to the solar system you call Alpha centauri. There is a planet there named Selo. Selo is the home world of the Telosians. It was once there are cousins with the Selosi, same race same culture. They are welcome.

The planet selo has many moon and is big enough to welcome the refugees, and the refugees are afterwards spread and scattered in the same system. The same system belongs to the Selosi. The Seloso are part of the galactic federation of worlds. They are working. You know we all have a different task according to our different abilities.

The Selosi are the same race as Telosians, They work on bringing back the energies of memory of your planet, which have been locked and hidden. They work at revealing ancient historical places to you, to give you answers. Learning about your past that has been hidden from you is learning about who you are, what are you made of and who you come back. The Selosi are working at a specific task for the galactic federation of worlds and for terra. They are working at uncovering, unveiling the sites, that are containing parts of your history, that were hidden in order for the Terrans to understand who they are, what they are made of and for some of them, why they are coming back.

Ancient Europe, east in the mountains. Many sites are to be discovered again.

Pyramids

The pyramids they were power plants. I have short time to tell you this. All the pyramids were power plants, animating free power for everyone. All the civilizations that were implanted at old times were producing the free energy which was powering everything and this is why it has happened so many wars. The Ciakahrr and the Anunnaki wanted this power. Many civilizations have been destroyed.

Densities in Agartha

There are different densities of existence in the agarthan kingdoms. All your indigenous population who were created on terra are the fourth density. You call them your mythical creatures, your mythical people. You give them strange shapes. Some have different sizes, some are called the good people, they are helping terrans since a long time. They are now 4 d fourth density. They will soon be in the fifth density. Some have already passed into the higher density and they are now safe. You are shifting with everything on this planet. Nothing is left behind, everything is following, every thing.

I feel I need to redraw. I am very sorry. I will salute you. It was an honor and pleasure.

Q&A with Thor Han

Thor Han: The children. Watch your children! These are difficult times. They will try, because they are collapsing to abduct many more children, before they are cast out of this planet. The thing you have to do is to watch your children. Be careful! Never let your children alone. Watch them. They will take prais in poor communities, in the places where the children are put without parents.

How can we support the rescues?

That you can do for the rescues? Not really. It is the work of our forces and your forces, our joint armies. The good army on the side of your leader is helping, working underground a lot. There is a darker army who works with the Ciakahrr and they fight against each other.

Ascension of earth?

The planet era about to slowly shifting in the fifth density. It is a progressive aspect of the shift, it is not happening suddenly, it is a slow process. The frequency is slowly shifting. You can hear you have a frequency which is a resonance of the magnetic grid of the planet, which is shifting. You can measure it with your instruments. You call it Schumann.

?

It is between 40 and 50 in the moment.

All these reptilian races from Thuban and surroundings of the Ciakahrr empire, they give the space-- for their own needs, their food, mainly and genetic material for experimentations. They do not trade for exchange as the Maitra and the Kiily Tokurt are doing and other races the Altairans as well. You've understood. I don't like them.

Your message to us?

I can tell you this. Do not let fear anymore enter your hearts, because all is secured towards a good accomplishment. Hope will rise again. The cabal is being dismantled, the Ciakahrr and I will use the names that are common for all of you, the reptilian aliens are being cast away from your planet. The alliance are weakening, the alliances of the enemy I'm talking about, they are weakening. Alies turn back to each other. The Alkori are staying strong, but everybody turn back to the reptilians. So they are weakening and with your planet shifting in a higher density they are losing their power as well. And as much as people awaken the reptilians weaken.

So keep on spreading the awareness of this! A high frequency with peace, joy, trust hope in your heart, as much as you grow it, as much as you weaken your enemies. And this is happening. We see the grid is brighter, we see you're doing a good job. The information is going around your planet by the tool of the dark ones, what you call internet. This tool will not burde for more than even less than a century, because you will discover something even better than this, which I am not allowed to disclose, something that will allow you to communicate with this station for instance, but this is another story.

Your technologies will jump so high and far and fast after the cabal is eliminated, dismantled. All the technologies you have them already, they are being retained. You have no idea of the technologies in the power of your scientists. They are kept quiet they, are threatened ,they are paid a lot of currency money to be silent.

All you lead scientists they know about these technologies, they have it. They can operate it tomorrow morning. But they will not because they are threatened, they are corrupted, they are infiltrated. But once the threat of the enemy wants the monster will be overcome, your technologies will be released for free for everyone, free.

I wish you all my friends a nice time coming. Be still in peace in your hearts, because you are heading towards better times. Be brave. There will be difficult times ahead, but do not worry. Keep hope, because the future is bright. The future is hand in hand with us. The future you make it today we make it together.

Elena: You know, they all have this implant in their head. They have different parts in different implants their body, but this one in their head they allow them especially those who are pilots or piloting ship. And so all the three guys that were in the room, they have these implants that enables them to pilot their spaceship.

But they connect other devices and mind control devices just by telepathy, just operate instruments by telepathy, by connecting their implant to the frequency of the device. I know that they do that. So Thor Han just, I don't know what he did, he was just moving stuff on the screen, and Val Nek was there and he had had this kind of thing, he did like this – and that's coming to me now and I jumped and it was like my implant just burst, and there was a discharge of electricity. That was a very heavy energy. I wasn't used because I like is a different race and it was different energy. I never experienced before and it was interesting because I like him a lot. He's a good friend and that was funny experience that's it was not bad at all. It was just a different frequency that surprised me, it was like a quick shock, but it's fine.

25-6-2020 – Alien abductions

<https://www.youtube.com/watch?v=hqgL11Vsq38>

reupload 6.7.2021 edited version

old link: <https://www.youtube.com/watch?v=v33EjOdrNtk>

Abductions explained by Thor Han

Are there areas in space that belong to specific races?

This is a neutral ground. There are territories, but only for the star systems belonging to a definite civilization. Your system has only one indigenous high civilization on terra, earth. We do not own your space, we do not have any right there. We have the right to protect your planet, your civilizations. It is your civilization that is protected. It is our duty. But space – this is another story.

Why are people abducted?

Yes the different reasons are:

- hybridization program,
- soul replacement at position of power,
- slave trade

There are two different stages of slaves: there are the sex slaves, there are the **work force slaves**. Mainly strong men are sent to your satellite, you call moon, and Tyr (Mars) planet. Also mars two satellites, which are artificial, you name them Phobos, Daemos. We name them Tyr 1, Tyr 2. This is for the work force.

On Tyr 1 the Maitre bring the young fertile women for **sex and hybridation trade**. From Tyr 1 they are taken out of your solar system.

We do not own Tyr/Mars, so we cannot intervene. You know the galactic federation of worlds doesn't own the galaxy. We are just helping peace to prevail. So we are suffering, watching this happening. But what we can do is trying to stop the slave trade, what we are doing at the moment. By all our interventions, liberating in the undergrounds of the planet all those who have been taken. Those who are gone into space, it is too late. But we act in the atmosphere of terra. This is where our rights of a civilization are effective.

We pilot in your atmosphere and check out activities. They do that all cloaked. It is very difficult to spot them, but we catch a lot. It is a hard work, a hard job but we managed to intercept a lot and repair the baddies and beam them back where they belong. We do not shoot at it of course. We block it, and we board it.

But, yes, we intercept it and we gather all the slaves and repair the wounded ones and send them back.

What happens to the slaves?

We have a way to know where they live. In the mind of an individual you have a connection with where you come from, where home is and we can read in the mind like a screen. We can always find where they come from.

... and with the hybrid children?

We have a problem of ethic with the children. We bring back the terran children, but the hybrid children that we intercept on other programs, we cannot beam them on terra, because they do not belong to terra. What would you do if you were abducted, inseminated? Your feet is taken out. Your hybrid child for instance, it is a hybrid child with Zetta or Ciakahrr or Naga or whatever race, this child is half yours. But you cannot take it back. because this child will look different and your kind will kill it. We know that. These children hybrid have no place on terra. You're not ready, you're not tolerant enough, you're are not open-minded enough to accept them.

So we cannot either give them to Ciakahrr, the Naga. We cannot, they would make bad use of these ones that we have saved.

So all these hybrid children are sent on different places to be taken care of and raised. First outpost is the planet you call Jupiter. There is a great facility there where the children hybrids are welcomed. Many are sent two different systems to grow and have a life. But they are first centralized on Jupiter.

I have a lot to say about children. We try our best to rescue the most people as possible.

What is it about the veil of oblivion?

Your species is evolving, your species is elevating in frequency and the more and more people are keeping their memory by the Ciakahrr and orion empires is being obsolete more and more, and more and more your people who elevate genetically or in frequency, they are able more and more to remember, because they are breaking the barrier of the third dimensional plane. And they can remember, because the memory is not erased. It is placed, the memory is placed in another part of your brain. So you have to know how to access it.

They cut the connection, they lose the memory of that moment in another part of your brain where it is hidden. You need to go and find it, the connection to the event that happened to you and where it is stored in your brain – normally it is severed but more and more people keep the connection and know how and where to find the memory. The memory cell, as we say.

There and remember more and more in some undergrounds we have found storage big, big storages of the pods or the souls are just kept. So this is a very intricate and difficult operation to conduct because moving these pods is very, very dangerous. They have a connection to central and when it is disconnected we have to be very quick to transfer it to another central. It is a technology very long to explain. Found many, many many of these pods facilities and it is mainly underground.

Do not think that most abductions for soul replacement and hybridization are done in space or in a ship. These are done underground, under military bases. You have the biggest ones in North America and these ones are newly cleaned.

Who is making hybrids?

Hybridization there are the most diverse people doing this. The Ciakahrr empire is the one you call reptilian from alpha Draconis which in truth is Tuban. The **Ciakahrr** are doing this to create a race of hybrid to be able to live on terra.

Orion, Uruana empire, which is also called “the alliance of the six” or the “**orion collective**” it is different name for the same thing. They are doing this to create races, and they're doing that in other parts of the galaxy, to create races that have super abilities, that they can control and colonize other worlds, as if you want, soldiers.

It is as well genetic experimentations that they like to do.

Then you have for hybridization. They do this for creating as well a hybrid race, taking them away from your solar system.

And as we think about them, it is another complex story about them. Who do hybridization? We have a different faction of the **Zrog** from Zeta reticuli as you name it. They are grays – you know grays are reptiloid genetically. They do this to create slave races as well. They like to experiment.

Who is making the slave trades?

The slave trades are led mainly by the Maitre. You do not want to meet them, they are very aggressive and hateful towards many species. The **Maitre** do not come from your galaxy. They come from very far away. You recognize them because they have a very wrinkled face and bitter expression. A real plague in this galaxy.

As equivalent to them the **Grail** in Uruana (it is orion) – these are conducting abductions as well more sporadically but the Maitra the own Tyr (your mars). They have a facility on your satellite as well moon, that they share with the Kiily Tokurt.

Kiily Tokurt is as well a whole story about them. They have the black triangular shape that you see very often. They are very skilled in hiding themselves. Kiily Tokurt are tall humanoids, white, looking like Maitra but more humanoids, “tall white” as you call them. They are not your friends either. They abduct for slave and especially sex slave trade, especially women and young females. Kiily Tokurt go solo as do the Maitra. You know reptiloids like to lie together and you have a whole hierarchy.

The **Solipsi Rai** it is an interesting civilization. They come from a constellation you name Cygnus. They were a peaceful race. They look small grays type, regarding to your appellations. Solipsi Rai were a peaceful culture.

They were enslaved by the Ciakahrr, very quickly cloned, genetically altered. A core of them stayed on their planet, staying frightened. But a lot of them have been enslaved and cloned and are one of the biggest workforce for the Ciakahrr. They are small grays.

They are the ones who are working on the ships, do abductions. They are more specialized in treating the abductees like removing their clothes or putting the implants or the trackers, doing the operations, the basic operations.

The genetic operations are not often performed by them. They are performed by either the Kiily Tokurt, Maitra or some Naga scientists. Naga are reptilians working for Ciakahrr.

There is a species I am not talking about very much, because they are discreet and few. They are victims of the Ciakahrr and the orion empire, those you call **Mantis**.

They are tall greys but they have particularities who make them look like insectoids. They are tall. They have the biggest eyes you've never seen, and the triangular face. They do not come from your galaxy, it is another galaxy M104 and they have a special mind. They do not have the same ethics. They do not see the problem of abducting people. They do not think it's bad, it is just logical, physical, scientific experiment. And they work for Ciakahrr and orion empire.

They know everything about hybridization and life, how to create life, how to transform life, how to alter genes. They know that and you will sometimes see them on the ship performing the difficult tasks.

What are tracker implants?

A tracker is a device that will allow the people who abduct, to find again the victim, to continue the process. Then it is hybridization you always have a tracker. Slave of course, but especially hybridization. A tracker will permit to abduct again a second time and a third time, the person, the subject. Because you know, hybridization when you find a good subject. you will keep on doing it with this subject. For instance a fertile woman, if she is a good subject for fertility, they will abduct

her. But as well when she has a tracker, they can monitor the development of the fetus and remove it when it is mature enough for removal. So the trackers serves for this.

Who gets abducted?

They are abduct subjects following **bloodlines**, because they have the right blood, they have the right protein and the right blood. They take the subjects when they are small, just before sexual maturity to modify the proteins. They started the process of transformation of the reproductive system to adapt it to be ready, to receive the egg.

How can we find tracker devices?

The tracker is a monitor that's a signal and it is as well done in a way that you cannot with your technology remove it or even see it's there, because it is extra dimensional technology. It is here but on another plane. So you cannot detect it with your technology.

What is soul replacement?

Soul replacement it is people that are useful for them. They will go to find the positions they need, and they take the person which is in this position and replace them.

There are many ways to replace a person. Well not as many. You can do a soul replacement, if you need to keep the same body.

You can clone the person but this is a long process, this is when things are planned for a long time, since in royal families you know who is going to reign. So you can afford to create a clone. But for political people it happens very quickly, when they come in power – so you need to do a soul replacement. This is a technique that is most commonly operated. You can kill the person.

If the sole replacement is not possible or the cloning is not possible you kill the person and a shape shifter will come instead. This is not the most common, because shape shifters – it is very difficult to hold. And usually these people have families and it is difficult for them to hide from the families. You know shape-shifting lasts few hours and they need to regenerate. Regeneration lasts from seconds to minutes, but during these seconds to minutes they have to hide.

How can we protect ourselves against abductions?

Quartz enforces your energy field and it is more difficult for you to be taken. But there are two things that are working: is to erase fear. Fear sends a signal. And the other thing is when you come from bloodlines, where you know you have history of being abducted in your bloodline, you know it is going to happen to you. So then you know you can protect yourself by erasing fears, rising your vibration.

There are some symbols who work, but just to make the work more difficult. The **merkabah** symbol that you all wear works well to blind them. Those who need to go very fast and take a lot of abductees in one night will not bother with somebody who sends a high vibration signal, but if they want you especially, because they have put a tracker in you and they have inseminated you, nothing will stop them.

They will take you while you sleep, because this is when you are vulnerable. They materialize in your house. I know you do not like to hear this, but there is not much you can do. That technology is above everything.

You can help casting them away, merkaba helps by enforcing your energy field and making you invisible. So they cannot feel your energy signature. This is the best. But if they want you especially, they will try to get you.

Fear. if you erase fear it is good also because fear as I said a sense of signal.

Can we feel an implant?

This is something you can do by raising your energy field. I know I will repeat myself, but if you raise your energy field you energize your energy field, you vibrate stronger and you make the manifestation in your mind to detect stranger objects in your energy field and body.

You will feel a little slight tickling where it is. If you manifest the intention to know, to feel where the trackers are, you raise your frequency and you manifest, feel where they are. And most of the time this can work. You can feel the tickling. Then you know how it is and you can operate.

Deactivating an implant

The crystal the quartz can act as an interdimensional device. The quartz has a very powerful ability to shift density and to connect with energies of different densities, lower or higher – especially higher. It will act like a surgical tool and you need to jam the tracker by sending an impulse of energy, of electric, magnetic, etheric energy – whatever you can find, and there are many ways. Do not, be careful, do not electrocute yourself! Do not use electricity I wouldn't recommend.

Role of the Galactic federation of worlds on Terra.

Everything that happens in the orb of your planet is of our responsibility, because we look after you. It is not our planet it is not our civilization, but we have a duty of big brothers upon the lower civilizations. We look after you and we try to track all these activities which are illegal.

We do not have the right to interfere in the evolution of a planet, regarding to the medicine the sciences, the genetics, the technology. We need to let the civilization go at its own pace. But we have the duty to protect any intrusion, that are not from the planet. And that is when we come into action. We need to interfere to stop the activities, which are harmful for the civilization of the planet, without interfering with the development of the planet. This is where the trick is. This is where our laws are coming into effect.

We have the equivalent of a non-intervention rule which we apply. So I needed to say that.

Closing statement

I think you should tell all the other Terrans to stop judging each other and fighting each other, because you belong to different cultures, colors, races, religions, political views. Terrans who stop because they are manipulated by the cabal and the Ciakahrr and everyone else. Now I think you start to realize that the only motif to make you go outside, walk in the street singing or shouting is to unite together. And this is what you have to do. Celebrate your species, celebrate peace, evolution, spiritual change!

I wish you all a good time ahead. Goodbye

1-7-2020 – Ascension / Extraterrestrial Alliances & Federations

<https://www.youtube.com/watch?v=9bdpatJhoNk>

reupload 8.7.2021, edited version

Situation update

Thor Han: I can give you the informations which are not disclosing the topics of battles. I can tell you that alliances are being renewed between the galactic federation of worlds and the Agarthean kingdoms. What you call Agarthean garden kingdoms it is the Telos alliances. We are renewing our alliances with them. It is very difficult but once we will have the complete alliances with all your underground people, it will be over for those we call the dark ones. So now we are working on the diplomatic side to renew all the contacts with them.

You know before on your planet there was many factions together ruling in the same time and there were territorial conflicts. A great part of the ancient colonies have gone underground. I am talking about the end of your last ice age. The Telosians have betrayed four big part of them and they have joined the dark alliances. But now we are renewing with them, because they are losing their allies, the Ciakahrr, the orion empire as you call it, all are going.

The undergrounds of your planet are not yet cleansed totally but on the good way. Once the diplomacy will have done its work, I suppose it will be all right. I am not into diplomacy but in these times it is needed. So this is the battle update. The timeline is changing.

We cannot make contact openly directly when everything is in chaos, because the terran people are not ready yet. They are being easily manipulated and we need to remove all risks of new manipulations. We need to finish the cleanse up before. The contacts will happen in peace not in battle.

This is difficult to tell, but the latest – well with the best hopes two 2023, summer, but this is not a fixed date.

Conversation with Myrah

Myrah: We are working underground and behind what is visible to pull strings of diplomacy, because this is how your world works. You have no federation. It is more complex, because you have each country one leader, unique for this country, but this leader has different factions of political people opposed to each other. It is absolutely chaotic.

You need to federate. But this time will come. We will help. You need first do the cleansing.

It will not be a change global to all the countries in the same time, no, above the others where the heart of the dark is located. This country with c – a change or a renewal in leadership. This change or renewal will mark a new era. I cannot disclose names.

They will try but it will be aborted before they do it. They will try. Oh they are thinking about this. They have planned a whole agenda by putting, you call it poison – it is not a poison, it is a substance, particles that fixes in your body and can modify your vibration. They want to make everybody dumb.

If you awaken to higher frequency, you will not be likely to be touched by this technology, this evil, nasty, harmful technology. It is very wicked, If you are elevated this will not harm you. This is not a chemical or biological poison, it is a technology which is made to tame down your frequency. They try everything they can. They will try.

You have to stay safe protect yourselves. Keep your vibration high! And when you keep your vibration high you are in a state of peace and calm, and you do not want to go fighting your brothers and your sisters. Chaos vanishes when you are in a state of peace.

And spread it, expand it, to tame down the energies of chaos, created by them. Ciakahr are very talented to manipulate the minds. And the weakest are those who suffer, the minorities, racial minorities. They are very weak, very weak because they are paranoid and suffering. It is very easy to manipulate them for creating chaos.

And pull from your past, old ghosts. Make peace with each other! Make peace within yourself first –that's what the Ohoran teaches to make peace within yourself first, and then the universe is at peace. Do not care for anything else than peace and spreading wisdom.

When you awaken to who you are, because – you know – you say “awakening” we need to be clear about this word. Awakening to yourselves, awakening to your power, to your abilities this is what is awakening, then it opens everything else.

Awakening about your true identity. If you are from an extraterrestrial soul matrix, you just discover it and then you explore your possibilities and what your mission is. If you are of terran soul matrix, then you discover what is your true power as a terran, as part of this beautiful planet. This beautiful planet and its diversity.

You, who hear me are and who are of terran soul matrix, be proud, because you are at the moment children at the center of the eye of the galaxy. We are all watching you awakening. A child passing into teenage hood, maturity. Oh this is difficult, but this is how it changes by the trial and the challenges. Otherwise there's no change. It is not called change it is called evolution. Change is trial, is suffering, is being shocked, shaken. This is change.

So be proud. You open your eyes. It is as simple as that. You awaken – you open your eyes and you see.

How to speed it up?

No rule. Everybody is doing it at its own pace and regarding to the point of its evolution, to the clearance of the past traumas. And the blood is coming in action too. So it is not the same thing. If you have the D protein, it will be more difficult. Do you remember what I told you about the D protein. The D protein has been added by the Annunaki to the blood O which is extraterrestrial blood to make it compatible for hybridization with non Annunaki with terran indigenous individuals.

Oh, Annunaki blood and the other terran bloods were not compatible. It was sterile. They create the protein to make the link and make the compatibility work. But the D protein is taming down your frequency evolution. If you have it, it will be more difficult. It will be slower, it will be more painful. You cannot remove it, it's in your genes. So if you have the D protein this is difficult.

Can we remove the D protein?

This won't help it will make the evolution more difficult. But we not stop it. This is what the Laan, the lyran people try to remove it and fault the Anunnaki for this, because they wanted the terran race to be free in the evolution.

Aliances

I wanted to tell you about the different alliances, because I hear there is a lot of confusion. The good alliances who work for you are first the **Galactic federation of worlds** - this is us. We have many races involved and we are protecting peace and taking care, that the true evolution and spoilt of minor worlds are respected. We have 400 and more joining all the time, involved in the council of the galactic federation of world. But 12 are really part of the council, the high council, and deciding for the galaxy.

You have first the ones from Selos ,the Selosi. You have as well the Ashtar command, which is something that I will speak about later, because it is very special. We have Vega, we have the Laan Lyrans and the Carrions which are descendant from the Lyrens. We have those from the Pleiades. We have as well the ones from Ashkera and Tula. We have Tau Ceti and Andromeda. We have the Ummites from Ummo. And we have as well the Arcturians, Alpha centauri. All these are deciding of the diplomacy of the peace in the galaxy.

Beside this big organization, who wants only the good, you have you Zenatic council, you call it "**Andromeda council**". It is not the Galaxy Andromeda, it is solar systems in the Andromedan constellation.

There are 140 species involved, only selected in the highly spiritual developed species of this whole galaxy. They are looking after the energies and the shifts of spiritual evolution of all the different worlds in this galaxy. They are like wise elders if you want.

There is another council which is wise as well, which was before called "**the council of nine**" which is now "the council of five". It was created in Orion area by old races before the Orion empire before everything. It was created by a race called al-maluk, now they retire, they are nearly extinct.

This council which is composed of five races now, mainly located in Orion, Ginvo it is a race from a star system in the Orion constellation: Orella, Emerther, Egarot races are taking care of the peace in the galaxy as well. And they are a cell of their own. They are involved with us, the galactic federation of worlds. But what is different and we do not agree with, is that they do not have a rule of non-intervention as we do. They think that sometimes to help a world evolve, they need to intervene in their evolution. And we do not agree. But we work together, because otherwise they will do without us, and this is not good.

We have as well something that looks like the galactic federation of worlds. It is called "the alliance" or "**the united world's alliance**". This was created in the Altair system. They are a group of humanoids races, mainly Alkorians.

The Alkorians are very deceitful people. I choose to name these ones the united worlds alliance in the good ones, but they are in between. They are maintaining relationship with the galactic federation of worlds, but they as well maintain relationships with the Ciakahrr empire and the "corporate of Altair" which are not good groups. Everything that comes from Altair is not trustworthy. The Altaian humanoids mainly look all alike with white hair. And these ones, if you see someone with white hair, be very careful. He may be from Altair from Akori. The Akorians are very deceitful people.

You have as well in the good ones, the **Orion league**. It is centered on Alnitak and Mesa. The orion league is not the orion collective!

The orion league has been created by a collective of people from different worlds from orion area, to fight the orion collective of grays and the origin empire or the alliance of the six. The orion league is an association of people. created to fight their independence and to protect the Orion

worlds against the birth of the Orion empire of grays and the grey collective of Orion. I will speak about them later.

The Vega alliance is as well an alliance, created by different races from the Vega systems to fight as well against the Orion empire. These are for the good groups.

Now on the annoying side. There are more. I would have a lot to say about Ashtar. Ash tar means “the seat of power”. The ashtar collective and the ashtar galactic command are two different things! Ashtar collective – not good. Ashtar galactic command – good. Now in details.

The **Ashtar collective** was created by an alliance of people. You will see the same story repeating) of people from the systems of Ashkerah and Tula, Sirius, specially center on Tula which is a world of Sirius b, the planet is Morda. On this planet of the Tula system, sirius b, was centered the headquarters of the Ashtar collective, the collective of people from the Ashkeran system, Sirius, to fight against the creation of the Orion empire. They wanted to keep their independence and protect the different species and biodiversity of all the systems and the planets of the Ashkeran, Sirius systems.

Ashtar collective was something very good at first. Then the Orion empire and the Ciakahrr reptilian empire infiltrated it, and now the ashtar collective is a nest of snakes. You have the alliance of the six, the grays, the reptilians – they have all infiltrated the Ashtar collective, and it is very poisonous.

So what happened is that the local populations still wanted to rebel, and a faction separated from the Ashar collective which was composed of humanoids from Tula systems, Sirius b. These humanoids created a cell. It was called a different name “ashtar galactic command”. They fled on the big ship that they enhanced in space. This is their home, the headquarters. It is a wandering ship, very big. They call it the mothership and they have no place. They are free, they are resistance, they are very skilled warriors, the best warriors. They have a very good organization and a very good army. So this is why we allied with them. They are not very numerous. They are a small group but we integrated them as fighting elite of our federation.

The Ashtar galactic command although based in a ship has different outposts on different planets of different systems. They work on protecting in your solar system. it's the planet you named by Jupiter. It is a big big, big facility on Jupiter. Our officers are regularly referring to Jupiter to the galactic command of Ashtar to synchronize our plans and our agendas of military actions.

Yes, Thor Han goes regularly to this Jupiter planet to synchronize actions. This is the Ashtar galactic command.

I am very saddened to see and hear that many terrans are channeling beings called “ashtar”. They are not all lucky. Many are manipulated. So be very careful. The ashtar people are people from Sirius b, from where I come from. They look like me. There are human styles of terra with big eyes, triangular heads. They do not look like people from Erra in the Pleiades. Be very aware. This will make difference. How do they look like? They are ashkerons from Sirius. Now enough talking about these people.

The big, big threat in this galaxy is the **Ciakahrr** empire. Ciakahrr is the reptilians from Alpha draconis, the Draconian systems. The Ciakahrr are the elite lords, rulers cast, but you have the biggest threat is the Naga. The nagai are the warrior cast. They are located in the tubun system in the Draconis constellation, as you name it. You know we do not have the same names. They absolutely terrorize the whole galaxy. You know that they have enemies that we are trying to find. If we manage to get alight with these enemies that they fear, that will be a good thing, but it is not yet negotiated. The name of these enemies are Negumak. They come from very far, but that is another story.

The **Orion empire** is an empire created by the grey collective the collective of grey species of the whole galaxy. They also are named “the alliance of the six”. The 6 means six grey races: Grail, Kiily Tokurt, Maitra, Zrog from Zeta reticolai, Solipsi rai, the Dohu as well – it is a small grey race from the Zeta reticulai as well.

You know, you have something on your planet you call it “**Antartican alliance**”. This is very very, very nasty because you have there are two factions: the Ciakahrr empire, the reptilian empire as you call it on your planet has created something you call “Cabal” and is in alliance with the American government. Antarctica, two factions are fighting. USA government allied with Ciakahrr empire with ties with Orion empire of grays. These are one faction.

Second faction, opposite, is another group of very harmful terrans, Nazi. They are from Germany. So you have them two different factions, opposite to each other on terra and in the galaxy.

The aim of the fight is the control of this planet of course. There is a big, big complex of underground under this continent Antarctica and you have the first outpost for the slaves to be evacuated towards your moon and towards tyr, Mars and it's two artificial satellites. Antarctica is where the slaves are often gathered to be send out of the planet by Maitra, Kiily Torkut mainly – it is their job.

The galactic federation of worlds or the galactic federation most commonly called is a real entity. We work for the light. If there is any galactic federation it is ours. We work for the light, but it is a balance. I will now disconnect.

2-7-2020 – Conversation with an Egaroth

<https://www.youtube.com/watch?v=dIrhJgKLAqY>

reupload 9.7.2021 edited version

Elena: Annax is ready to connect with me and Tor Han is here as well and he just wants to connect five minutes to say hi so before leaving room to announce to to um to speak to you so i'm going to let thorand first

Thor Han: I just want to say hello to you and give you a message of hope. And be very reassured, that everything is going well on terra. The underground war is taking a good outcome. There is a lot of reptilians and dark forces again, still, but they are chased and they are diminishing and the prisoners are still evacuated. A lot are turning to the light, which is a good surprise and they are sincere. And my intervention tonight is just to tell you: have hope, do not worry and do not fear about everything that is happening on your planet and leave it to us to help you. And your governments are taking the good way, even if you don't believe. Some leaders are still having ties with the dark ones, but it is taking a good turn, because they are turning their back against the dark forces. So good hope. Do not fear! Think about your mission, think about what you have to do and stay high in vibration, frequency, stay elevated! I will leave you.

Message from Annax – listen to your Aura, Aura meditation

Annax: You have to listen to your rate or vibration of your aura. What you call aura is your energy field. It has many layers.

First start by the inner layer, the layer of your **etheric body**. We all have an etheric body. It is the body that is the core of your being. It has to shape humanoid for you all, for me too. It is superimposed and it is a bit more radiant. It is slightly above around your skin or your two fingers put two fingers side by side. That your etheric body radiates around your skin. The aura is composed of different layers, and this is the first one.

The second one goes a bit farther, it will be the size of your forearm, the length of your elbow to the tip of your fingers. This is the **life force**, this is where your health and your energy is stored. It is where you are healthy or sick. It is where the wounds are, where the gifts are, where your power is, your power of interaction with your environment and all ever life force you can cross or be in contact with.

And then around this there is this third layer. This one is the layer by which you **communicate**. This layer can go very far. When you do your meditations together, this is by this layer that you connect to each other, that you connect to your planet.

To elevate your frequency you have to start first by the inner layer, the etheric body. So you sit quietly. I recommend to sit. You can't stand up, but sit is good, because you are not tired you are not a very fit species, your muscles get tired. So sit.

Feel yourself connected to with your planet. Feel yourselves connected with the air and the atmosphere above you. Then listen to your heart beat. This is difficult for me, because if I explain this to you, I will explain this regarding to my body. I can hear my heart rate. I know it is a bit

difficult for you. Hearing your heart rate you become really anchored within your avatar body of flesh. Any technique that can make you completely isolated from the outside for the start, and only with your body.

And then you hear a sound. But before hearing the sound (I go too fast) you must feel the energetic current going through your body, this etheric inner layer, the first one. You must feel! It is a feel like magnetism, like it is an energy, a current that vibrates at a certain rate. You have to listen to your normal natural rate. What is the rate of your being? However step in your evolution you are, whoever you are – you have a certain rate, which is yours. This is the frequency of the energy. It vibrates. Imagine the wings of an insect, a flying insect, you have a lot of flying insects on your planet, imagine the noise that a flying insect does when it flies. Imagine a big heavy flying insect. You are going to compare this big heavy flying insect, the sound of the wings with the sound of the vibration of your energy field. And then compare this sound of this heavy flying insect to a lighter flying insect, whose rate of flying is faster. The sound is higher, isn't it? Way higher. This is what I am talking about. The sound of the vibration of the energy is comparable with the sound of the wings of insects. So the heavy flying insect will be the sound at the start of where you are at this moment.

You want now to elevate this sound to a sound comparable to the sound of a lighter insect. So to elevate the rate, you can do it by intensifying your energy.

Where this sound is originated in your body, it is somewhere on your spine, the spine that links the earth to the sky. There are centers of energy on this spine. The vibration of your energy field is at a rate of one of these centers of energy, the turning wheels. So you will identify which one relates to this sound. It is probably a lower one. Some of you may be already very elevated, but some of you not. Check where it is resonating – which is the center of energy.

And then being aware of the sound, this center of energy, linked with the awareness of this sound, you will lift it along the spine. Rise along the spine this sensation of sound until it reaches higher centers of energy that you call chakra.

As it raises, the rate of the sound raises too. It is going to pulse faster, and as you go up, you feel more peace, feel more joy. Joy and peace, especially joy of very fast pulse. Until it goes faster and faster, and the joy becomes profound ecstasy. And it is beating so fast, that the wings of the insect produce sound so high that it becomes one sound, one pulse, containing all the pulses of the universe. This one sound sounds like a crystal, that you hit with something metallic. This produces a sound, this is comparable with the one sound. And you are so happy and so joyful.

And then you feel it. You are above your body, the etheric one and the avatar one, you are above, your consciousnesses above and you watch from above, and you feel it! Love. This relates to everything. You are so high in vibration frequency, that your frequency is just now one, one sound, one pulse, one with everything.

So the key is first to identify, what is your current pulse in your etheric and flesh bodies, being aware of them. And hear, connect with the pulse, see where it is along your spine, see to which chakra it is related. And then elevate. The consciousness is elevation. The consciousness is the intention. The intention to reach one.

Q&A with Annax

How often a day do you meditate in this form?

I don't have days, time you know is not linear for me. I have days when I am on Darius, my planet. But not when I travel. There is no day, no night. So I do it regularly, when my heart feels like it, pleasure.

I sleep when my body avatar is tired. I being has an energy that maintains all the cells of my avatar flesh alive and healthy.

Your mission

I travel for observation and I identify the spots in the galaxy, that need healing and elevation. I hunt in a way for these dark spots, those who are vulnerable to dark energies. So I report them sometimes or I just heal them myself. To whom I report? To my brothers.

Where do you come from.

I chose to incarnate in the area of what you call Orion. The name of my star system is Mesa. I live on a planet which name is Darias.

My planet is in a higher dimension than yours. It is on the seventh density. So if you come to visit me, it will seem to you strange, transparent. The colors will be the colors like you have never seen.

The planet is beautiful. My planet is very old. This is not the planet of my race, of my soul matrix, because I am Arcturian from soul matrix. But I chose to incarnate on Mesa to accomplish my mission. So this is why I seem to you very strange, because I look like the people from Darias in Mesa.

A lot of my brothers from the Arcturian systems choose to stay incarnated. Some of us a lot of soul matrix from Arcturian chose to come on Terra or other worlds. There are a lot of our brothers and sisters embodied and incarnated on terra, you call them Starseeds. We embody an incarnate where we want to accomplish a mission.

Orion is a very disturbed area, it is very complicated and subject to dark as well. Dark I use it not to say without light. I would say "dark intentions". I have chosen to be there for this life mission to join the Orion league. We have created (not me but the species benevolent living there), this league to fight the Orion empire. They are very greedy and they have a lot of connections with different species, drawn to war and destruction. So there is a lot of work to be done in the Orion vicinity.

I am part of the Orion league. But my mission is to travel and identify the dark vulnerable spots on the space continuum around the Orion systems. For the dark forces of the Orion alliances not to settle. This is what I do. I identify, report really when I can, not always, but when I can I do it myself.

You have some coming from the Ciakahrr empire. The Ciakahrr empire is originated in a constellation that you call Draconis. The name of their world is tuban, it is Alpha draconis star system. It is very far from here, but they are very developed in warfare. They are very numerous and they have interconnection with the Orion alliances and the Orion empire. This is why I chose to incarnate in the middle of this terrible thing. Everywhere where war and destruction is we go.

Do you have family?

Oh I have family on my planet, actually Darias. But the family is different on Daria. I do not have wife. I have or we call parity or partner on Darias. There is no definite gender. I am to you more masculine voice, because my actual and soul is masculine. So this is who I am and when I travel, I travel most of the time in my Arcturian shape. But when I am on Daria, I downgrade density and I am with my family in my body of flesh. My family is my companion and we have offsprings. I know it will seem to you a bit different, a lot different. We can reproduce differently than you.

Something we do equally.

Oh I would have difficulty to explain to you. We all have the ability to be male or female, but we need to be two, to create life. On Darias various I am neutral gender, my partner is natural gender. When I travel far from Darias, I am masculine, because you know, the life forms in this galaxy are very diversified.

Describe Darias

It has a radiance around everything. The sky is dark blue, but the planet itself radiates light and colors, iridescent. It is solid for us, it is slightly transparent for you.

Your space ship

Although in etheric ship this ship have shapes of crystals, symmetric crystals. It can be diamond shapes. Mine is what you call a merkabah.

We have different geometric shapes. It looks to you like crystals. It is etheric energy.

Star seeds

Star seeds it is not all the terran planet. Star seeds are a group of envoys. There are a lot coming there at the moment. But not all terrans are star seeds. We come well not me on terra but me on mesa, we come to help the local indigenous population to elevate and to find their own right path for each of them.

If you are terran – feel very privileged, because you are experiencing something that is marking the history of your planet terra. Do not feel inferior, if you are not star seed. Feel privileged! There is no inferior, there is no superior. There is people from different world, different. Different is an equality. Different has no superior, inferior. Different is a balance. Do not be sad if you are not from another soul matrix.

Ask the question again in your heart. See how it feels, right or wrong. Are you proud to come from another soul matrix, another world to help de terrans, or are you proud to be a terran, elevating from the millenniums of constraint of ignorance of dark ages, a terran that finally has overcome everything and finally blossoms, proudly. Think again, ask the question, and see what answer comes.

How can we see higher densities?

When you are incarnated in an avatar, you use the senses of this avatar body, to apprehend your environment, be it of the same density and physic, or be it energetically. You cannot see what this avatar cannot see. To see,beyond it you need to step out of it. You cannot or you let it die, but you can step out of it by the mind or by the intention. Some of you can do what you call journey astral. When you elevate, beside or above or out of this body, suddenly you see, suddenly you're here.

Sometimes you need not to step aside, astral sometimes you just need to put yourself in a more elevated vibration and then you start to connect with the senses of your etheric being of light. And then you see. You see what is of the same frequency and density, as the frequency and the density where you are to see higher densities. You need to elevate to the same frequency to see it – either by stepping out of this body of flesh, restrain, or either being aware of the high vibration, the higher vibration of your etheric beam of light.

There are different densities. You, your body of flesh is made of what we call by simplicity the third density. Your etheric body is of a much higher density: fourth, fifth, sixth, seventh. It depend on everybody else.

Beside you being incarnated in the third density body, there are other beings on your planet. You have the indigenous spirits of this planet, who dwell in the fourth density. It is the spirits of the ancestors who haven't left the orb of terra. It is as well those from the Agarthian realms. You call them fairy, elemental as well. They are of the same density, the fourth density, which is a slightly higher than third. You know there isn't an equal intensity in between the densities. The third density is very powerful. This fifth density is very powerful. But the fourth is a very short one, short range of frequency. Short is something that vibrates very fast.

Transition between three and five. Six is a transition between five and seven. Eight is a transition between seven and ninth, and so and so on.

You remember what I told you about earlier on in this discussion about climbing the ladder of your spine. Your emotions change, your feelings change, when you reach a state of pure deep joy, touching the bliss. You are in a more elevated frequency than. When you feel depressed, fearful, worried this is the same. Density is a feeling of undestroyable peace, peace prevailing upon all your thoughts. All your thoughts are serene and filled with contentment. You experience joy in everything you do, in everything you see. Everything you see, makes you smile. If you see something that is dark and bad, bad because there is pain involved, pain is a bad thing that ties up souls to lower matter. If you are in a higher density you look at it with compassion and the pain doesn't reach you. It cannot, because it is below you. When pain of the others of what you see cannot reach you, because it is so below, when you realize that anything around you that is potentially harmful, cannot reach you, you are in the fifth density.

Self reachable by fear and pain, well you still have a few steps to climb on your ladder.

All the good vibrance of source be with you all.

3-9-2020 – GALACTIC CONTACTS - Thor Han

Angels, Kryon, 9DPleadians, Source, Soul, Invisibility

<https://www.youtube.com/watch?v=aGg0Cm0vOf8>

reupload 20.7.2021 edited version

00:00:20 Do not give into fear.

00:06:50 Ego, the enemy of evolution.

00:07:10 What is Source

00:11;20 Angels / Kryon /9D Pleadians of Light, Metatron

00:18:15 Where does the soul go...

00:24:40 Fractals & portals

00:27:20 Invisibility and cloaking

00:29:00 A few words in Taami

Do not fear

Thor Han: Yes I have a message for you. I want to insist on the fact, that you must not give to fear. Some scary times are ahead of you, which will not last very long. But do not give out to fear. Do not allow fear to come into you. Do not fear anyone. Be aware of your own power your power of action and decision for yourself, for your life, for the life of your families. However they try to impress you by fear, by threats – do not listen! Keep on going in your life and do what you have to do. You who work to anchoring the light. Do this, only this. Keep fear away outside of your homes.

They will try to impress you, make you believe you are obliged to obey. You are not. You are free individuals. You are one species and you will not fight against each other.

When you want to protest, protest in peace. When you want to go outside, go by their rules but outside, and join together. It is not a time for violence. It is a time for peace. It is not a time for fear, it is a time for trust.

You will win this. We have assured the background to make your actions stable and efficient.

I know you are many to listen to me tonight. So I want to insist on this message: Fear is manipulation and illusion. Do not listen! Fear is their weapon. You are more powerful. Your shields are made of light. Fear cannot go through.

This is what I wanted to say, because I know what's coming. Do not be scared.

I have told you already that there are an increase in the chaos, that this coming two months will be very difficult, because they will try to turn your head, to make you believe, you must obey. But you are not obliged to obey. You obey to only one thing: the rule of life, the rule of the evolution. Evolution is all, is the greater law above all other laws.

Political chaos, fights, false revelations made to manipulate people. Listen to your heart. Listen to what you know is right. Everything that incite you to violence is not right. What is right is what unite all humans together.

I will not tell you who is going to fight against who, but I think you guess. The continent of north America will decide for the rest of the planet. There are ties in other countries, but all is centralized under the ground and in the sacred chambers of the continent I just named.

We are helping you, you are not alone. You will not see us in the fight because, we work in your back holding you, pushing you with love and trust. We hope more than you do, because we know what is ahead. We know that after the chaos the light from your star will seem at your eyes brighter and more colourful, because at the end of the fight, at the end of the storm peace is there.

You are awakening at an exponential rate, and this cannot be stopped. Awareness is your shield. The last tries of your enemies, and then it is gone.

You are meant to have a wonderful future. It is not because I speak about fear, that you must fear. I hope you understand what I say. You have many of you on terra, a conditioning to shiver when you hear this word “fear”. This shouldn't! You should laugh! You should laugh and feel yourself above it.

Unfortunately terrans are such that power seduces them. This is the big fight against ego. Ego is the enemy of the evolution of your consciousness.

You are fighting well. You are learning. When you leave your world you discover that the universe is vast and multiple, and that there are no gods above your heads, because you are traveling in any directions. There is no above there, is no below. And all the realms and densities are interconnected one into the other. There is no low. there is no high – there is all only difference of frequencies.

When we leave our world and start to travel, not only in space but inter-dimensionally, inter-consciously, we realize that there is something that flows and animates everything with consciousness and life. It is everywhere, it is the air you breathe when you are on a world. It is the beauty you see when the stars are billions in oceans of colors. It is the joy you feel in your heart to find your family again that you have left for a very long time. It is the beauty in the eyes of a child. It is the harmony of colors in a nebula. It is the symphony of sound that is case for the center of every galaxy – a music that you can hear only, when you are in space. Everything that gives you an emotion comes from somewhere, and everywhere at the same time. This is source.

Source is the start and the end of everything, because it has no beginning and no end. It is spherical and infinite in the same time. Source is not a singularity, it's an omnipresence, inhabiting everything: rocks, flesh, everything.

We do not have a religion, we do not have a dogma. We believe with our heart what we see and what we experience. When we attune to who we are, we are tuned to source and its flow. If we should worship something, it would be life, consciousness.

Consciousness is life. There are different levels of consciousness. A rock is conscious. This is maybe surprising for you but it is not for us, because there isn't a part in this multiverse not animated by source. Even the ones who do harm to each other like the Ciakahrr for instance they are part of it. That they connect with it is another story, but they are made of it and they ignore it.

Consciousness doesn't need a physical shape to incarnate, consciousness is free. Consciousness incarnates into an avatar when it needs to do a certain job or experience learning, experience interaction. But consciousness is not dependent from an envelope.

About angels, Kryon, Metatron

I wanted to add something. We were talking about angels last time. I told you that we believe that you put in the word “angel” many things. It is like a cup, and there is a name painted on it “angel” – and in this cup you put every phenomenon that you do not understand. But you need to tidy up in this cup. There is us – we are not angels.

In this cup there are higher spirits of your planet, higher spirit to work for the greater good of your planet. I'm thinking about **Kryon** – he is wonderful and magnificent. He's not an angel, higher being. He's a guardian, he's a spirit guardian maintaining the balance of the etheric grid of your planet. He's not on his own. There are many ones. But he looks like an angel, but he is not. He's 12 next to the source.

Coron, our friend coron, he is from Dakhorat and he is Pleiadian as us. His race has migrated from Ahel race from the Lyran colonies and they became very high in their density. Coron can reach up to the 12th density if he wishes to, but he is actually living in the seventh density is what you would call a “pleiadian of light” which is a funny name. But he is from the pleiades and he is very shiny. Him and his people are very powerful, very powerful species. They can travel by consciousness. They have reached the state where they do not need a body anymore, but they do to interact with us, because they are part of the federation and they need a physical anchor to do what they have to do. So they still have their bodies, but they easily get out of it. So that is what coron is – knowlegible, old wise man.

Kryon is one of the higher being who look after the balance of the magnetic and etheric grid of the planet. We have shifts and I have had so many shifts, looking after the grid. We were assigned to certain points and notes that we had to maintain and rebalance, and twice at twice occasion Kryon showed himself to us, because we needed to with interact lines in correlation with what he was doing and – he appeared. He is ... he is like a cloud of shimmering energy. When he connects with certain terrans, I know, he can appear himself as a humanoid. But this is not his shape. His shape is a cloud of light and iridescent colors, moving his consciousness in the shape of this. But what radiates from him is an amazing love, because you know the more powerful and the higher are these beings, the more love they radiate. Love is the interaction and the power they radiate.

Many terrans should connect with him. He knows everything. I was touched and I have seen magnificent beings in my life, but I have to say: seeing and meeting Kryon was two moments in my life, I will never forget Magnificent, it touched my heart.

I feel uncomfortable to use the word angel because it's a cup name or you say bucket name that encompasses anything that you cannot understand and that looks humanoid, shiny.

I have never met any being with wings as a higher spirit. There are species with wings, but there are species like us, They are not higher beings of a superior density of frequency.

There are although higher spirits in this universe, higher spirit will look after the balance of the space continuum. They look like a Kryon.

You have asked me about **Metatron** last time. He is one of them. His consciousness is one of the guardians of your galaxy. He is very powerful, he is very knowledgeable consciousness. He knows everything about every world. He is not a person, he is consciousness, very high and he keeps the door access to the center of your galaxy, which is a portal towards source.

Where do we go when we die?

You have an intermediary place where first you go, because when you leave your plane of existence the dimension and the density of your avatar – you need to retune to the density of your light being of your soul, as you call it. When this happen, when the avatar cease to function, the light being is leaving this avatar. Then this depends on where your soul matrix is. If your soul matrix is on the same planet as the avatar, you will directly go into the highest sphere of this planet – it is a sphere imbricated in this one for instance, talking about terra. This is an intermediate place. From there you will choose to come back in another avatar or to leave the sphere to go to somewhere else, either another soul matrix, I mean world, or if you're finished, you can go back to source and melt in the consciousness of the multiverse. This is a choice you make. If you belong to the planet, the soul matrix of the planet you have incarnated you stay there or you decide to go further, but you need to

pass by this intermediate state. This intermediate place. If you do not belong to the soul matrix of this planet you do not go to this intermediate place, you live directly to connect with the soul matrix of your original world.

You will be attracted as a magnet to your soul matrix, the soul matrix of your original world. Travel, but not physically. You would travel not the distance. You will travel interdimensionally and the world is not right. It is resonance travel an anchor point somewhere else. You just transport there when you do not have a body.

Body needs interdimensional travel they need devise, any technology, they need travel distance that's what avatars do, they travel by consciousness.

Resonance is two points, two anchor points, wherever they are in the universe, vibrating at the same frequency, connecting. It's an echo. We call it resonanc.

It's the same when you leave the avatar, you go back to your soul matrix. If you wish to, if you have decided already that you will come back, you may stay. But normally this is very rare. You have first to go back to your soul matrix, and if you want to go back to terra, you decide from there.

Now there is a special rule. You know there is this program, many of you are part of the envoys, all right you call them starseed. Most of you, not all, but most of you have left their body in stasis and your light being have travelled. They have traveled to avatars on terra for instance, this is a good example.

In this case this is an interrupted existence, paused existence. You went for a mission. You will go back to this body of yours, which is another avatar. But this avatar belongs to the same frequency as your soul matrix, because it is where you belong. You will feel more natural and more comfortable to be there. You will travel by resonance and be received in the receptacle in your body.

The receptacle is something very special, it's a device. It looks for you like a blue crystal, and when the soul comes back into it, it radiates and be inserted in the avatar that awaits. This is a transfer device. It assures that the transfer is happening well.

This is what will happen to you. You will travel by resonance to the planet where you belong. Once they cooperate, there is no distance. That is what Coron is for instance, because we were talking about him. When he is not in his body, he can be anywhere. In a wink of an eye.

Are there soul fragments?

You have one only soul, which is not fragmentary. If consciousness incarnates in an avatar, whatever avatar it is, a planet, a being, anything – it is whole, one. It cannot be separated.

What is a fraktal?

A fractal is a small part of a bigger thing, which is equivalent. We are all fractals of source. A fractal being an outspring. I think there is a misunderstanding with the word fractal. Fractal is not fragmented pieces. It is a shape or pattern, generated from a wider one. For instance you see the waves on your oceans. You take one and the pattern will repeat, excited of it indefinitely. Aa fractal is an infinite reproduction of a pattern. It is not fragmented, it is generated by a bigger pattern, which will generate. It's total similar alike, but smaller, and smaller, and smaller. It is difficult for me to explain to you fractals, but fractals are not something that is scattered. It is something that is generated by a pattern.

Can we be located, if we rise our frequency?

Once you have activated your portal activity, I would say you're visible. The only way is to make yourself invisible by elevating your frequency, but the portal will remain open. A portal is, you know what is a portal within someone – it is the ability to travel interdimensionally, to be here and be there wherever you want. It can be in a parallel universe.

Persons, individuals which are moving living portals, are of course a target to the lower density beings, because if they capture the person they can use the person to travel themselves wherever they want, if they enslave the mind of the person and make of the person someone very obedient.

There are not really a specific way to protect yourself to be invisible, except raising your vibration. We will always go back to the same topic. You can expand your consciousness infinitely very far out in the universe, but as far as your consciousness will be expanded, you will still be one. You can expand your energy field, expand your being, but you will always be one being as expanded as you are.

How works cloaking?

Cloaking is a change in frequency. A slight slight dissonance in frequency in your energy field will make you invisible. This is the technology we mainly use to cloak ships. You just modify the frequency of a tiny slightly, slightly unit and you're invisible. This requires technology, but for individuals it is much more work, because you are your own technology, you are your own device. So this requires more effort.

We can also apply the ship technology onto our bodies, but you do not, you are not I mean granted with this.

Orá unity

Nensmen hope

You have different kinds of hope. You hope for something to come your way, you hope for something to come for others, from you to others. You hope for something to happen.

Nesmen is the hope for something to happen and I was using this word to talk about your race.

Óрман is a victory in war, acquired bravely

Junenía is the peace in the heart after the storm has passed. A silence mirror of a perfect lake.

And I wish you all a nice time. Enjoy your life, enjoy being on your beautiful planet. And I will speak to you another time

– – – Missing transmissions – – –

17-11-2020 – QA Live - Nov 17 2020- Nordic aliens: who are they?

17.11.2020

QA Live - Nov 17 2020- Nordic aliens: who are they?

<https://www.youtube.com/watch?v=9NChEaJzIz8>

Hello everyone

Welcome to this Q&A live question answer. The topic of tonight is the different alien races we name on earth Nordics, who are they and what are they doing, what are their agendas with earth.

I've been very lucky in my life to have contacts with these beings, these humanoid aliens. I was rescued by a group of them from an abduction performed by gray, not a good abduction. So they saved me, they rescued me. I wrote a book about it "A gift from the stars". And the knowledge I'm going to share with you tonight, everything is in this book.

So who are these these beings that we call Nordics, because they are looking like Scandinavian earth people, tall blonde hair, blue eyes. So there's a lot of confusion about these aliens, this type of aliens. Why? Because people have testified different stories, very divergent stories about them. Some have had unfortunate experiences with them and some others wonderful experiences. So why is that? Are they good are they bad? The answer is, they are as well as good as bad, because there are many different types of them.

So some may have experienced with some blond humanoid aliens involved in malevolent agendas, not serving the good of humanity. And some others may have experienced encounters with other groups of nordic-looking-like aliens, which are involved in benevolent and protective agendas regarding to earth. So it's very difficult to differentiate them, how to know if there are the good ones or the bad ones that when you meet them.

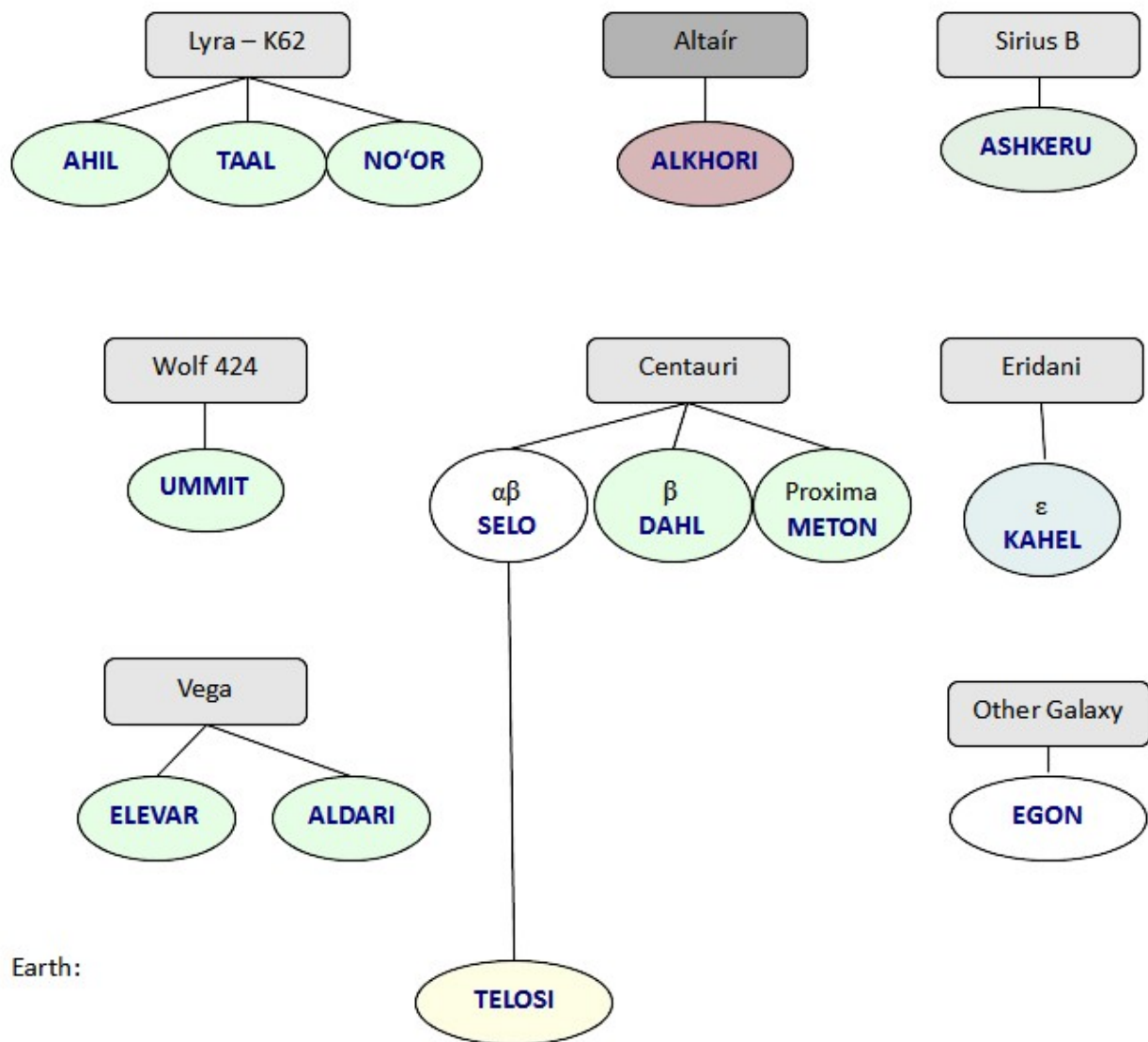
I've had the chance to be taught and informed about this. So the people who rescued me when I was a child were nordic type aliens. They were from many different origins, but they were good. And Thor Han, my protector taught me an amazing amount of knowledge about different things. So i'm going to share with you tonight what are these different races of nordic aliens, who are they, where they come from and what are their agendas regarding to earth.

I am not going to start by what are the agendas, because if I start by this you're gonna want to know but who are they, where they come from, what they look like.

I took the time to make a little bit of drawings. There are three types of three different groups.

- You have the Lyran groups from the constellation Lyra,
- you have the Altairan groups from the constellation Aquila
- and you have the Centaurians from Alpha A and B and Proxima Centauri

So Lyra, Altair, Centauri – these are three different groups. I would say starting point of humanoid races. These three groups have nothing to do together genetically.



The Lyran races, it's the most complicated... So I will start to explain Altair and Centauri, Centauri and Altair they look alike, totally alike. They are perfectly humanoid. They look like us, same proportion in the face, the altairan are slimmer. They have white hair, all the altairans have white hair, a very clear clear blonde. And in the Centaurian systems they are same as us, exactly the same, pale skin and their hair are regarding to the planets (we're going to get there) either blonde or white. They look alike. So it's when you see one belonging to one of these two groups, Altair and Centauri you cannot tell them apart. It's just impossible.

The difference is their agendas: Altair bad, Centauri good. Remember that!

You will be able to see on the map of the sky where these three constellations are.

Altair

Let's see the bad ones: Altair. They are involved in bad stuff on earth. They are the nordic humanoids people will have a bad experience with. They name themselves Alkhori (Alchori). They they have created an alliance of humanoids, the Altair alliance, but they do not call it like this. They work with the corporate of altair which is an association of different races of this star system, which involves these blonde humanoids and reptilians and greys, because reptililoyd and grey races are

the most spread in the galaxy. That humanoid are a minority. The grey race as being the most developed, the most more numerous.

They have a foot in everything nasty in the galaxy. They work with Orion, they work with the Ciakahrr reptilians, they work on earth with the deep state, they work with the the nazi in antarctica, they work with the US-Telos-alliance (I will tell about it later). S these altairan are involved in all the the bad programs on earth. So you will meet them, when you will be misfortunate and unfortunately experiencing bad encounters with nordics. That's them, although there are also all the reptilians, not all but mainly they know how to shape shift in anything, so they can take the appearance of pleiadians, lyrans, centaurians any anyone. So that is a trick. They can tell you i'm a pleiadian look how bad I am, how perv I am and you're gonna think "oh my god, Plejadianas are perverts", because it will be a reptilian shape shift in a play. Again reptilians, they are so annoying, they shape shifting everything and they confuse the mind of everyone. So that's in brackets that's something that stands aside and which is not really part of the the nordic races, because it's just shape-shifting. So that you have to be aware. When you have a bad experience with the nordic it is either an altairan alkhori or either a reptilian shape-shift in any of the blonde races.

Centauri

Centauri is the easiest group, because it's smallest. Centauri is a triple star system, double star system means two stars orbiting around one another and a third one. So the two stars the binary system it's alpha century with alpha a and alpha b, okay. Then there's another star orbiting this pair which is proxima centauri or beta century, proxima we call it. All these worlds have life and sister planetary systems.

Let's start by the binary system. On one of them you have a planet which is called Selo. There are three main races in this this triple straw system, in the binary star system. Alpha a it's Selo, white humanoid, white hair, clear eyes, they're all all white. They are part of the galactic federation, they work with them and in the ancient times a colony of Selosi came on earth, before the flood long ago, they settle set a colony. It's it's the nearest star from our. They set a colony on earth. They're involved in the the foundation of atlantis with other races like pleiadians. ...

Shit happens which involved reptilians, greys, different different races (it's in my book), atlantis was destroyed so they left. A colony, a little fraction of them stayed off Selosians, they went underground, they joined, they settled in the underground realms of agartha, they changed their name, they were called Telosian and they're still there. But now the Telosians they're still cousin with brothers with the actual Selosi from century alpha century a, but a big faction of them has been subverted by the reptilians to Ciakahrr, who have colonized all the undergrounds. They're not all the agatha and kingdoms but a big part of under the earth. It's filled with galleries and tunnels and underground cities. It's all occupied, but it's been cleansed at the moment.

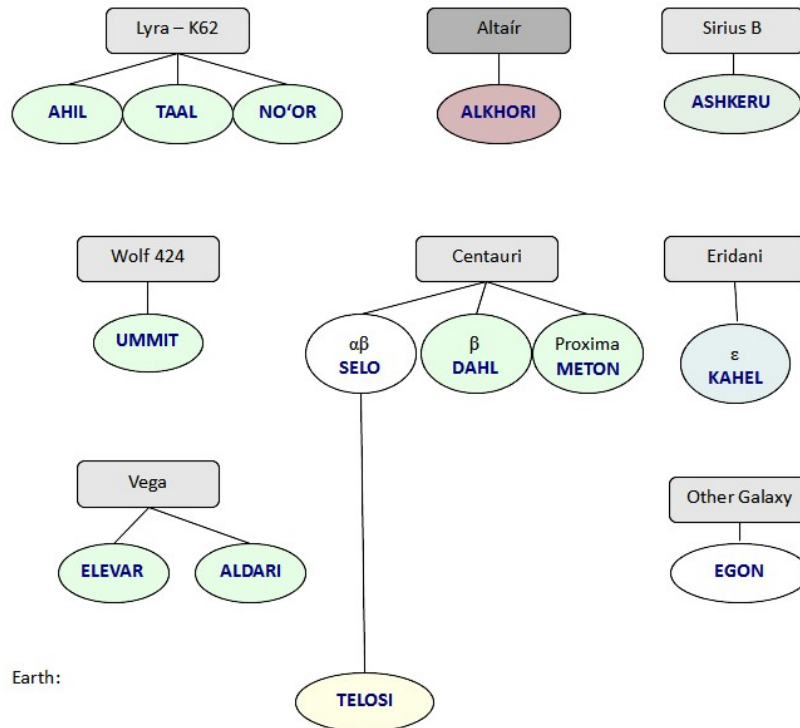
So a big part of the oceans have passed to the enemy and their capital under mount shasta in north america has been taken by the reptilians very long ago. And these Telosians passed on to the enemy, because they were subverted and (I don't know exactly what happened) but that's it still remains some rebel Telosions there alongside the agarthan local earth people. So Telosians as well you cannot tell them apart from Altaireans, that's the same white skin, white hair and you don't know if they are the faction of that turned to the enemy. Circumstance will tell.

Those ones are a colony of a blonde race from the lion, they're called Dahl (dál), and these are not really involved on on earth. But then you have proxima centauri and you have the Meton. The Meton are also descendants from the lyran races. The meton and the Dahl they do not look like the Selosi. The Dahl and the Meton they are tall blonde hair, blue eyes or different kind of gray light brown eyes, blonde hair too clear clear brown. These ones are descendants of columns from the

lyran systems. Meton are part as well of the galactic federation of worlds and they work as well to help terra, they are there as well for us, not really involved, but all those are good.

Now there's two group, the third group: Lyra.

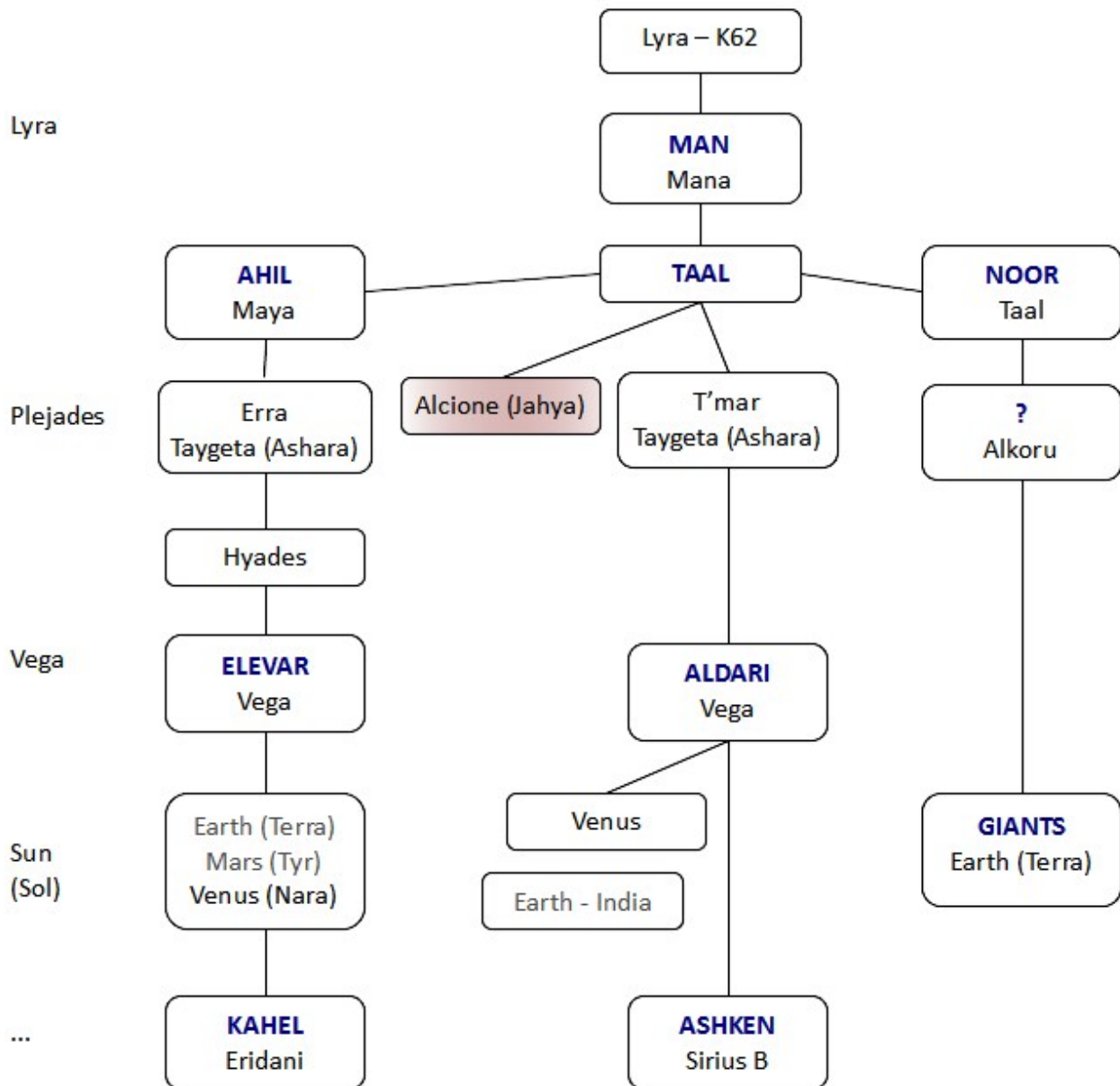
I actually did a little drawing of it.



Altair (Alkhori), Centauri (Selo, Dahl, Meton) and Lyra (Ahil, Taal, Noor) – that's the main civilizations of blonde nordic aliens.

Except from Altair (Alkhori) and Centauri (Selo) all the other ones are descendants from Lyra. They've created their own civilizations like serious b, they've bred to create a new species (Ashkera) Epsilon eridani as well (the Kahel), the Ummites from Wolf (Vega) and as well we have some in our solar system. We'll go back to it.

Lineage of the Lyrans



That's complicated enough. Constellation is an optical illusion seen from earth, a constellation is a pattern of stars arranged in a pattern, and from depending on where you are, while you look at, it the star make form shapes.

Lyra – it's a group of stars that visually from earth look like a lyra. All the constellations names I use are earth names, is from the Greek mythology, because in Greece there was an amazing astronomer woman hypathia who named everything and became very famous.

Lyra – it's an absolutely nest of most of the human humanoid races in this quadrant of the galaxy. Of course this quadrant only because we are at the edge of a little arm of this galaxy, and it is very vast and there is so many much more going on. So we're just talking about what's linked to earth.

Lyra, k-62 because kepler, he gave to a star system. And it is there that is was born three humanoid races. Man is the name of the system they call their star mana, and man is the name of the races from this case kepler-62 system. Three humanoid races: Ahel (Maya) Taal (Omenchera) and Noor (Tal).

Ahel: tall blonde with very wide eyes, wider than us in proportions. The Ahel are those we used to call pleiadians.

Taal: totally looking like us, you cannot tell the difference. They do not have pale skin, they have slightly tan skin, eyes go to all the colors possible, and their eyes – you can find blonde ones but it's rare, and their hair is usually black to brown.

Noor: it's like the Ahel, exactly same physiology, muscular, but they are super tall. They're like not giants but like super tall. If you put a Noor beside a normal caucasian man on earth normal size, the man will the top of his head will be under his plexus.

Shit happened in the Lyra system. They were attacked by Ciakahrr, the reptilians from alfa draconis and delta draconis to take the resources and other stuff. They negotiated to be able to flee from there. That's many of you have heard about the lyran wars. That's what I'm talking about.

So colonies left.

So all of these, they went to the plejadies, all the three. All this line (in the drawing) is Plejadies. Noor, Taal and Ahel went in the pleiades. in two star systems, the star systems we call Tayigeta (which is in fact called ashara) and the star system we call alcione (which is the name is Jahya). The Taal went two places: they went to Alcyone and to Taygeta (the taal, those who look like us).

The Taal from Jahya passed to the enemy, they changed camp, they chanced side and they are now alongside with the reptilian empire. So not all pleiadians are good. That's the Taal from jahya.

But the Taal went also to T'mar. T'mar is one of the planets of the asharan system, which says taigeta.

The Noor went on in the planet Alkoru, the giants. And the Ahil (ahel, plural ahil) they went onto another planet of the Taygetan system/ asharan system, which they named Erra. And that's why you will often hear the the inhabitants of erra in the pleiades, called the erra-Ahel. That is the blondes with huge blue eyes.

The pleiades it's a young star cluster, there was no planet, because the stars were too young. But these people knew how to terraform. So they they created this system.

Some Ahel went to the cluster of the Hyades, then we found ourselves in the vega system: Taal and Ahel went as well in the vega star system, which is part of the lyra consolation. So the Ahel on vega on the world and they became named the Elevar, and the Taal became the Adari. And they have tan skin even more, they went really dark. They change regarding to the environment of the planet, they adapt. Or sometimes they mix with local species so they change a little bit physiologically, because then they can like breathe air better, eat the stuff, that's there and genetically mix with the local species. It's a way of adapting better to the conditions and Lyrans are good at that.

The Noors went ... now we are in the solar system. Oh interesting, our solar system! So the Noors went to earth. Indeed they settle the colony here on earth. They were remembered as the giants, the big giants of the mythology. And some of them adapting to our conditions, of them had red hair as well.

The Taal set a colony on venus, the Ahil set as well a colony on venus, but on earth as well, and on mars. On mars shit happened as well. On Terra they had to leave as well because shit happened as well. Only venus, they are still there, and and they're in space as well in orbit of earth, in the orbital stations of the federations.

The Ahil went as well in the Eridani constellation and they also mixed with the local species and they became the the Kahel.

The Taal went also in the serious system and they mixed with the local gray species (sirius b, ashkeran system) so they got smaller breed with triangular face and white eyes. Funnily they look a bit like the the Ahel, but the big eyes are not linked to the ahel genes, they link to the gray genes, because the grays have big eyes.

So i'll go back to my little paper.

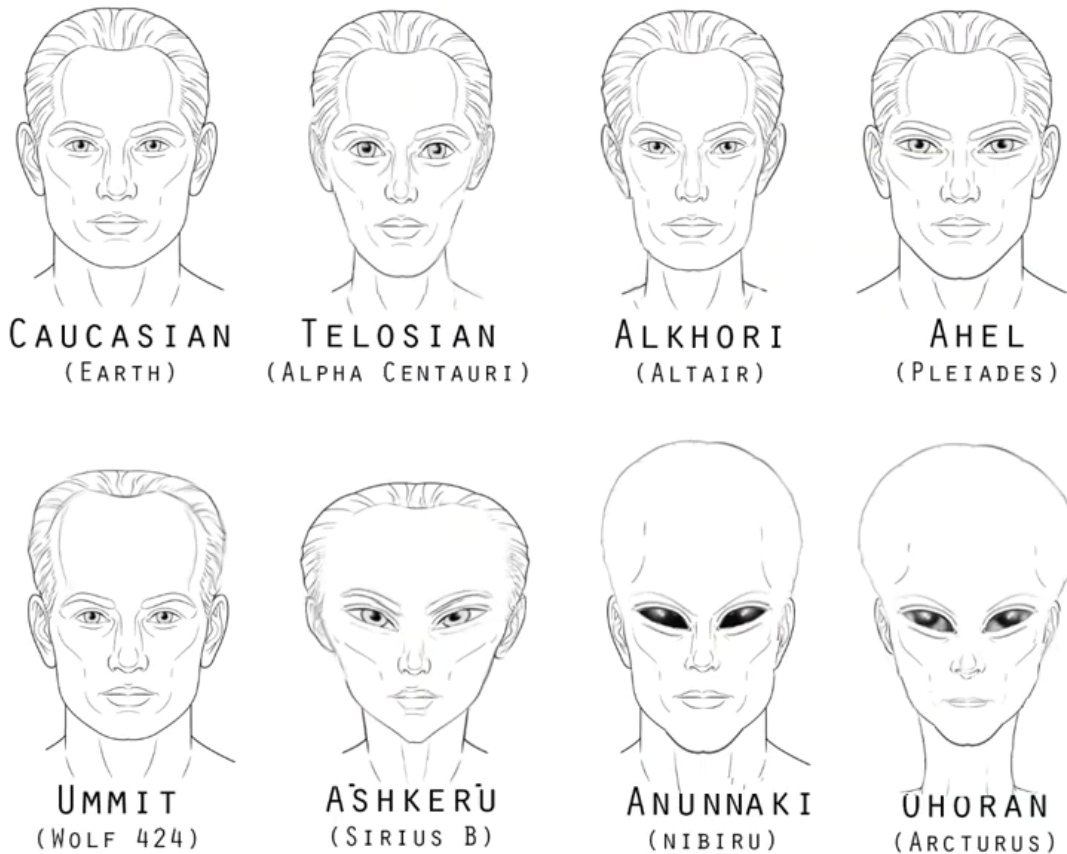
The Ummites are an descendant of Ahel and Noor, the blonde ones, normal size and the blonde ones big size. It's a constellation virgo and their planet is Ummo. They are like tall humans, blonde hair, but they have a very big forehead. They have a special role in the federation which is the transmission of knowledge, of technology. They are the ones who contact people to pass on to them knowledge about devices, free energy, medical stuff. They are the ones who try to help us, because they have great ability telepathic ability to contact people. And they are very recognizable by their tall forehead, but blonde hair, blue eyes.

The Egon come from a galaxy a galaxy, far, far away. Blonde humanoid, they're very nice, they're very beautiful and they contacted earth once to tell them that we were going to shift in a new era of our history, and we need to be very careful, that the decisions we were going to take.

Coming back to earth and interaction with us. The good ones never interact with us physically, because they respect the law of non-intervention. But they have agendas of helping us contacting us telepathically, giving us data and helping us in our activation. As well they work a lot with the federation to protect us and they've avoided us so many catastrophes, like nuclear catastrophes or natural disasters. They try to contain it that we survive, and we try to grow up and pass the test.

Negative encounters it's either reptilian shape shifted or either altaírans.

(40:00 Shows faces of them from the book, Ummites, Altai, Sirius B (Myrah), Selosi, Telosians, Daal, Meton, Eridani Kahel, Egon, Hyades, Taal, Noor, Adari with darker Skin, Elaher, Taal Alcyone, Errahel, Tamar Taal, Noor)



Humanoid races, from "A gift from the stars"

Q&A

Is Sirius b in the pleiadian stars?

No it's in the canis majoris, it's not the same constellation nor space area.

Please find yourself a map of the sky, of the stars and see the different constellations. It's in my book.

Humans can be bred with grays, that's what the bad agendas are about.

The altair people symbol looks like ... Anything that you see with this symbol, be careful (the corporate of altair) The corporate of altair, it's a headquarters of a collective based on the fourth planet of the altairan system and which maintains dodgy ties with the ashtar and draconian collectives. This is a mixed group composed of blonde humanoid race, the alkhori, that corporate cooperates with the grace of grays. which are not nice. This cooperate is not part of the ciakahrr draconian empire but heavily involved in abductions and interbreeding programs between these blonde altairans and humans. In convents with the us government. There's a presence of the detachment of the terran military u.s-telos-alliance. This cooperative part is part of the alliance.

Some of these names have arabic or iranian sounding to it. Is there some connection there?

I don't think so, it's just the way i've heard. Thor Han pronouncing them.

I was starting to say although even... because I was thinking of the anunnaki and iraq, because they had the headquarters in mesopotamia, but then it's nothing to do with blonde humanoids. Anunnaki is something else, it's another species. So that's nothing to do with it.

What race is good from orion?

I do not know all the races of orion, but I know some which are good: it's the Egaroth, the el-manuk I think and al-nilam. That's the only ones I know in orion, maybe there's other ones in my book.

Can you talk about the Altairans, working with the Nazis?

The Altairans the nazis to build a technology. They as well work with the us government, they played both grounds, because their agenda is in correlation with the agendas of the the grays. They won't take and advance that the terrans, the earthlings, because we are about to create our own space force and they they don't want this space force to be allied with the federation. So the altairans tried to haste the process that they would get the terreans with them their side. So they gave them technology and they had them building spaceships and stuff. They helped especially the nazis first, but then what happened, there was a huge slavery workforce involved to build these things and to work at these buildings, fleets that could go to space. So they helped them. Then shit happened for the nazis, hitler went so mad, his main generals decided, they knew that was smelling bad, they were about to lose probably. So they started to back up to go to antarctica. They just abandoned hitler and with the altairans they relocated to antarctica. And there they met a colony an outpost of reptilians, that welcomed them and... I do not know what is the relationship between the altairans and this faction of reptilians. But they got on together with the nazis all there, but they have their territories. They build stuff there. They're all still there and the world of slaves are sent there to to work.

Egypt

There was influence in the egyptian histories of other races, not these blonde humanoids we are talking about.

Is it wise to try and contact any of these races?

Be careful because in contacting and trying to contact extraterrestrials it is it works exactly as the same, as when you try to contact spirits or dead people. you need to have a link an anchor with someone! When I channel I never channel by chance or open and say "okay anybody wants to come". No, because you open a window and anything can come, and sometimes very bad thing that can look at you and never let you go and feed off your energy. And that can end up very bad.

Contact these races only if you have contact with them already, if there's a being, an extraterrestrial that you have a contact with already. I wouldn't recommend to just hope for the best. It's dangerous. You put yourself in vulnerable position. There's a lot of predators.

What about Arcturians?

Arcturians are not humanoids are not part of these humanity races. They are a species on their own.

Are there any blue skinned pleiadians?

No, not that i know.

Have you heard of the elf plejadiens?

No. I know is what i've been told by Thor han about the ashara that we call taigita system, the four races living there. In the man system, the lyran systems, nobody has blue skin in there.

In the taigeta ashara system there are these three races plus another one, which has been evolved from these three, which is ninth density. They are like the Ahel but on another level, translucent and very clear. They do not have blue skin. Anyway because i've seen Coron, who is one of them, and he has pale skin.

When you go in our in lower densities, when we look at beings of a higher density, they look like beings of light. But we shift to their density we start to see them as physical as us. That's it. It's a question of point of view, perspective.

Underground craft with nordics with pitch black eyes, not white in eyes?

That's hybrids. They do, the reptilians too and the grays they breed hybrids with nordics as well or earthlings.

Oh wait a minute. Nordics with pitch black eyes – that's a Kiily Tokurt! Ah, I forgot them. That's bastards. They're not humanoids, they are not nordic humanoids, they are grays. They are tall grays with very pale skin, like white skin. They are called tall whites. Kiily Tokurts are real Assholes. They work with the underground governments and they are very much involved in abductions. The Kiily Tokurt have the triangular black crafts. They shape shift in blonde humanoids, but the only thing that they cannot change funnily is their eyes. They will always have dark, dark obsidian eyes. I made a drawing in my book especially about them, to show people that they do not change eyes when they shape shift.

And they work underground as well with the government.

There is an image in my book. There's a male, it's a tall grey and there's a female shape shift in a nordic blonde, but she kept her black eyes. That's what I wanted to show you. They're very active.

It seems, that the most of the blue races are in vega or in andromeda constellation?

Yeah there are blue races in the vega system and andromeda system. There are many.

Do you know anything about 12D pleiadians?

No. What I know is that ninth density is the highest i've heard of in the pleiadian cluster. So I haven't heard about it which doesn't mean they don't exist.

We are talking about the Kiily Tokurt and you say that I am spot on. They were in triangular craft and there was human military personnel on board interacting with them in some strange language. Their ship has had astral barrier too, if that helps.

Yes, so let's talk about the Kiil Tokurt, because the subject is here and it's important, because they shape shift themselves in nordic aliens. Eyes are black so that's they cannot change their eyes. the skin is very pale, they have black triangular ships.

It's important to mention them regularly because they are really the assholes, they're working with the deep state, us government especially in underground bases, and they are extremely involved actually involving abductions. They perform abductions, they are on their own, they have their own agreements with the us governments, but they tolerate to just share territories with the maitra, which are other ugly tall greys and the Cieakahrr, the reptilians. Their ships are like these black triangulars the u.s navy has a triangular ship as well, but the difference is that the u.s navy triangular ship is smaller, silvery gray, looking thicker, round angles, more complicated designs on it and it makes noise.

The Kiily Tokurt from constellation velar, their triangular ship is way bigger flatter, they have a little dome on the top, but you never see the top, or you are in trouble, the angles are sharp. It's totally black, silent and you barely notice them because they have a way to reflect what's above underneath. So it's like transparent but you can just sense their shape. Sometimes they appear, they uncloak their little lights at the angles. The three lights are smaller and the the round in the middle is smaller than the us navy one, which was big.

You know because there is a feel about it, when you see this black triangular alien ship, everyone I know that has had an experience with this ship, they all say the same thing, which is "time seems to stop. Silence. And there is kind of a fascination, hypnotic fascination coming from it. And you feel suddenly terror, instant, and you want to run, but you can't!" They all say that and that's not u.s navy.

Is it true that these nordic aliens are the nordic gods, like odin, thor, freya, loki and so?

After what i've been told, yes.

Can you share more of the adari from vega, how they participate in the galactic federation? Are there too many helping terra?

For those who have the book, page 314. It will be the vegans, so it's adari and elevar. They assist everyone else's task in understanding terra humans motivation and potentials. So they're obviously studying terrans. They're obviously studying our customs and our behavior, to help the federation understand better how to behave with us.

The Aldari from vega which are a colony of Taal from lyra. Vega it's a star with very strong radiation, so they need to modify themselves to be able to to to live there.

They are tall colony arrived at refugee from the attack of the man system in the lyran system. They migrated to the first planet of the almeika system adara. Although they resemble to a particular vegan species they are of a different genetics. Their skin evolved to brown with bluish shades due to the radiation of the star. Like the osma of the fourth planet they have adopted the same fashion of long robes high necks and large sleeves, that has become a significant of the all-mekan vega system and its residents. Adali had an input on terra in the area of india where they temporarily settled the colony quickly chased by the Ciakahrr invaders in a ferocious conflict. They are still remembered in our vedic texts as the blue rays of gods, who came from the sky. Adali are now involved in the programs of the galactic federation of worlds to protect terra. Their ships have beautiful profile, elongated silhouettes.

You know we are mixed on earth; we are really a genetic mix that's obviously why there are so many different blood types.

Do you know the difference of the beings that interact with certain light workers at mount shasta and mount adams?

Stay away from mount shasta! Mount adams, I don't know anything about it. But I know about mount shasta is held by reptilians, by Ciakahrrs and u.s-telos-alliance. It was before the capital of the telosian colony, that is now very dangerous, one of the eye of evil. Do not try to interact with people living there, it is very dangerous.

Did you outline the tall whites?

Tall white is interesting, it's important to know about the tall whites. There's in fact are many species that have have been named tall whites, because many different species look like tall whites.

Anything that's taller than us and has a pale skin, white hair or no hair, they call it tall white. So it's very confusing. Even the Emerther a species of grays, they have small race and tall race and those ones as well are called "tall whites". And Emerther so nice. They're really nice people and they work with a council of five.

Do they all communicate telepathically only or have their own languages?

That's a very good question. All these races i've spoken about that are at interstellar travel. They are so advanced that they can do it in few hours or even faster, because they've discovered as well inter-dimensional travel and quantum travel and they've developed as well their mind abilities. So they're able to speak telepathically with each other.

The thing is, most of them have kept their talking abilities because they do not want to interact with any species telepathically. If you have telepathic ability to communicate, but you're in a situation where you are at war and you need to meet reptilians, do you really want to communicate telepathically with them? No. So they have as well the language. Some like to sing, to talk, they do both they do both.

In the Centaurian system they use rather telepathic language. I know the lyran races they use rather spoken language and the telepathy comes only when they want to have private conversations. So it depends on the species. They all know the telepathic language yes, and they use it more or less.

I've experienced it and I can say of my own experience, the telepathic language uses a special frequency, a special range that is not the range of your normal thoughts. That means that speaking telepathically with someone you can isolate your telepathic speech interaction from your thoughts, normal brain thoughts. It's not on the same range. It's like they have a special mind space for that. When you speak with some being telepathically you can't read their thoughts. Otherwise you can read the thoughts of the other ones if he allows it. There are two different sorts of telepathic language. I learned that with them and it's quite fascinating, quite fascinating, and we can do that, we have this possibility and we will get there.

Tall whites cover more than one group, are all in the u.s?

No they're all over the world. These underground bases are scattered all over the world, linked by tunnel and high-speed trains. So it's all over the world.

Do they shape-shift on molecular level, physical, or send objections to the mind of the viewer, mental telepathic?

Grey can shape-shift, reptilians can shape-shift. Humanoids – no. They can, but they need a super technology for that and they don't do this. Teptilian races, reptoids do that and grays, most of greys are reptoids, so the the grays that are of reptoid constitution shape-shift as well. It's a eptilloid thing the shape-shifting and I know that they use both, mental suggestion and physical molecular shift. So the mental suggestions is they change the range of frequency of their the image. They give the people the person receives as well...

I know the Ciakahrr and the Naga, thei are the reptilians who just really annoy us, they have a belt and this belt is helping them to shape shift. I know as well monoatomic gold helps them to shapeshift and adrenochrome as well. With adrenochrome they can hold the molecular one longer.

I know there are some ways of spotting them, they need wet their eyes, because climate is too dry for them, so they need to wet their their eyes and they have lateral eyelids, that click.

What do they eat and drink?

When they go for space travel they do not eat solid, because they shift densities and dimensions. They basically want to have stomach empty, that's otherwise it's difficult. They're all vegan diet.

Reptilian Species on earth

I can name some reptilians on this earth: The races are Ciakahrr and Naga. They come from Thuuban in the draconian constellation and in fact interdimensional beings. They come from another dimension. They've been kicked out. if we could kick them out as well from this one it would be nice.

22-1-2021 – Hybrids rescue - Galactic Federation & military operations

Myra was away for a long time. Myra was part of the crew who rescued me when i was nine years old. She's Thor Han's best friend. She's a medical scientist. She is the one who re-attuned my implant to the frequencies of the federation and she's been as well following me, all my life She recently then as well connect with Elisa. She is communicating with her as well.

Aand myra has been involved with the rescue of the hybrid children from the DUMBS, deep underground bases. These children were brought on the science station of the federation. But she will tell you everything about that. She's been extremely busy since many months now and she was even out of the the solar system to take care of rehabilitating the the children and she'll anyway tell you all about that and she's back.

Hey Myrahm how are you? I've been missing you so much. Oh my gosh we've missed you so much, I have been thinking about you very much .

We do have some questions, but I definitely want to get you to tell us all the things, that you've been doing and how everything works like, when they pull the children out of the tunnels. Where do they go and how do you guys move them from place to place and you know things like that?

Our troops have been working very well very hard. ThorHan hasn't told you everything because he couldn't. I am not going to tell you everything either because i would be fired. But what I can tell you is that they worked.

Our troops have been working very much with your troops under the surface of your planet, and a lot of operestions have been going on since a while, a year. We have connected with your troops with your secret military. This military which is in contact with your good people, your good faction of government and now those troops linked with ours from the federation. Only humanoids, because you know, the conditions under the ground – you need to be fit for it and our humanoids Ummites and Taals, Metons as well were here and still are. The Taals are the more performant, because they have the most common genome with your species, not that they are related, but it is compatible. All these operations and that are still going on are made to liberate all the prisoners.

The prisoners are liberated every day. Some more are taken but less and less abductions. We are fighting on every front in your secret services, not the old corrupted ones but the new ones.

You, your people are working to cleanse all the web of trafficking. This is your work among your people. Our work is to give you a hand by force, you take the decisions and you conduct your own operations. We just assist when you ask. We are assisting you, fighting in the tunnels. This is a very difficult job. A lot of us are dying and a lot of yours are dying. A lot of the enemy is dying too. We do not like to kill. We do it, if we have no choice. All the communications between underground bases are cut. Most of them. Still some are linked, but this is soon sorted.

What we have liberated, is a lot of entities, human prisoners are all back on earth, they never left earth. All the human terrain prisoners we've liberated have been redispached in centers on terra to be taken care of,

How did you do that Myrah? Is it children and adults?

Yes all the ages, well, there isn't any elderly. The aged stop around 40 and something, because they want healthy humans for trafficking or experimentation and all have to be healthy and young and performant. So all ages until 40 and so. All that are belonging to terra are being taken care of in your terran centers. Nobody knows, where they are for security and for their safety, because they can talk, and if they talk – and they are talking – those, who still can't talk, they are talking and they are in danger. So they are protected, rehabilitated when possible in the society of Terra

Who rehabilitates them? Is it you guys are doing the rehabilitation or do you have regular humans doing that?

Oh it is your people, your people does it. You take care of your people. We take care of hybrids, what is not your people. The hybrids are evacuated to the science outpost on orbit .

So when they get to the science station what what happens there?

They arrive with our military ship they arrive and they are dispatched in different medical facilities within the orbital station. It depends on their genome. We have different posts, where we have equipment regarding to the different races hybridized with them. They're all hybridized, with grays, but different types of grays and it is different technologies used to rebalance them to – i would say livable – state, when they can survive and stabilize their system.

So we have four posts different posts where they go, and they are dispatched and we take care of them. Taking care of them is it is really believe me, it has been like a factory. It has been a relentless work. It was very tiring. I know this wave has been dispatched towards other systems. But now it is not over. We are still waiting for another wave of liberation

When they arrive, first they are put into stasis, a different stasis that is regenerative. All their trackers are removed. And then systems are purged from what we call the Goo – it is a word that best describes what they are filled with. It is a life support system that the greys use that erases consciousness. It just maintains you alive, but you all shut down. This must be evacuated from their system.

So are you saying, that they're in pods with goo underneath underground? So they're not like in cages, like metal cages?

That's your people.

So the regular humans are in cages and then the hybrids are in this goo vets, in these pods.

The human distinctive to slave trafficks are in cages, the humans distinct to genetic experiments or inputs or in the waiting in cages, but you know, they are in pots, because they go and take the subjects they want from the cages. So the genetic experiment facilities are always composed with pods and different liquids, what we call goo, regarding to the system the genome.

So this needs to be evacuated from the system and replaced by a life support gel. And when when it gets better, the life support gel is cleansed and they can breathe, because this life support gel is slowly slowly injected with molecules of air, that they can breathe. And when they are ready we evacuate the gel from their system and activate the lungs and the breathing system. This is quite painful for them but this is very quick.

Then the more difficult work begins, because they've regained the consciousness, that was maintained in a dormant state, locked down. And now their consciousness is alive, they are aware and they panic! The only thing they were able to see for those – who had the ability to see – were greys. And so they see humans for the first time. They panic, all of them. They don't know what's happening to them.

So as soon, as they wake up, we put them under mind filling device. This is going to fill their mind with waves that are going to calm them down, relax them, and through these waves we pass on data and information and this data and information is going to teach them, how to speak, language. Language takes a few days, it depends on the subject, to be learned for the first time. They need to activate their vocal cords, they hear and they see, they smell. It is very traumatic for them and this is a very difficult work for us.

When you say language – what language are you teaching them?

We are teaching them the language used commonly by the whole federation, which is the diplomatic language, which is Táhmi.

They are ready after a while. It depends on the subject, of course because the hybridization are on different stage. Some it is very difficult. Some of them are in a level of genetic alteration that is not allowing them to go back to a normal life, as we conceive it. So these ones will be kept in pods and I do not know what is decided with these ones. If they are not able to live, we will end up their life. Sometimes it is better.

Once they're able to talk to breathe and be quiet, be calm – of course we drug them, because the trauma is easier to deal with. Then we teach them, how to walk, we inject substances in their muscles and sound technology that is activating their muscles. Then they start to walk. It is a long process. Then they start to eat. Some of them don't need to eat, they are more gray as you say technology, than human.

We provide for the needs of every each of them. Avey each of them is different and we need to really study them to see, what they need what their system is able to absorb, what their system need to live. Consciousness is activated, body functions are activated. They start to work.

Many, many workers are humanoids on the science station. So this is a problem, because they are scared of us. We need to put them in trust. They go naturally towards the Emerthers and the Egaroth, because they look like them. But you know this is difficult.

So you have reached out to those races, to see if they can come help?

Yes. We have many many other races, scientists from different population, who come and help. Emerthers and Egaroth are great with children, really great with them. So we have Egaroth

scientists, because you need to be qualified. Not everyone can come at their contact. It could spoil all the efforts.

When children are ready to socialize and are not afraid of humanoids anymore, we insert them in some sections of the station, where there is life. They eat with us, they play with our children and they start to socialize. Once socialization stage is validated, they're ready to go.

There are adults as well. The adults have more difficulty to socialize, because they've been in the pods so long. They've grown up all their life in pods, muscular activation is more difficult. So now all the children have gone, some adult hybrids are left, still to be taken care of. But i'm done for the moment.

I've been accompanying the last colony of children to Celos. So now I am tired and i've been granted rest with my husband and my children.

That's wonderful. I know you adopted one of them, so tell me how she's adjusting.

She's amazing, she's a wonderful child. I named her Gaia because she was born on terra, and i know some a lot of Terrans like to call this planet Gaia, because Gaia for the terrans is the name of the soul or the consciousness of terra. I like it, it is an ancient goddess of your folklore.

Gaia is my child. Now I adopted her, because I wanted to learn from her. And she is teaching me a lot. These hybrids, you need to know this, they are an upgrade of human and of grays. They have worked at upgrading a created super race, that they are using for different despicable purposes. But those we've saved are extremely talented and evolved beings.

Gaia doesn't speak or very few. She could speak, but she rather communicate by mind talk. She is, I love her, she is an amazing child. She would scare you maybe, if you see her, but i find her beautiful. She plays a lot with my sons and my husband likes her as well. That's what I can tell you about about her. She is talented for arts, pictorial arts. She speaks through pictorial art. We give her art material and she composes shapes and lights and colors, through which she communicates from her soul. It's thought art. She is very skilled. We are actually studying her, because she stayed here and she is willing to help us understand. But she wants as well to understand who she is. So we are helping her as well by understanding her. She understands, who she is.

She is very kind, very gentle. She has never known hate, intolerance, discrimination. She's never known that. So she is a very peaceful child. Her heart is filled with light and love and consciousness. She is very conscious. I know she can communicate with beings on higher planes. She can see what is happening on the other side of the universe. She has the sight. She's fantastic. And they're all not all like her, but a lot of them are like her. This is Gaia.

Do you think that the other hybrids will end up like her, as good as she is? Or do you think it's really going to be based on a on an individual basis?

It's individual basis. Well you know, you have constants. We have determined three threads, two constants: hybrids children like her extremely talented and evolved beings. And those as well who don't have all these talents, but who are able to be inserted normally in a society. The third constant is those who have difficulties, who have alteration and do not communicate, do not behave in a reasonable way in a society. They are not able to be reinserted. These ones really cause problem. We've been evacuating them as well towards other facilities, who will treat them.

So the the ones that are earth right now, that were saved from earth that are human – were these people like they actually grew up in on earth like under in the caves, like they've never seen the sun?

Some of them are abducted and then some of them grew up.

None of them have special abilities. They are people like the average terran. I would say two categories: a) The one who can be reinserted in a normal life, well never normal, reinserted in life and 2) those who won't for different reasons, psychological damage and/or physical damage.

Did you provide them with technology to heal their mind and then place fake memories or something?

We do not give the erasing memory devices, because your people would use it for a bad way. We are not allowed to give this technology. But we are giving healing devices. Healing devices with waves and sound. We have given them your medical teams these devices. We do not give technologies that can be used for destructive purposes.

Can tell us any positive stories you have witnessed of the children's recoveries, perhaps them learning to trust, to smile, to make friends, learning to walk, they're feeling free and safe?

We let them go only when they feel safe, with humanoids. Because they are going to be reinserted in societies, close to their genomes. We can not allow them to be reinserted in societies linked to their Grey genome, because these beings are not good. So we reinsert them either with the Egaroth or either with humanoid societies.

You are asking some anecdotes. Let me think. These children are very curious, they do not know boundaries. Boundaries have not been taught to them, so they need to experience them. It is very difficult to touch teach boundaries to a child. And even not only children. Adults adults, you know adults hybrids are also like children, they have children in mind. So it is the same. So they go everywhere. They do not know about boundaries. They are all under surveillance, but at a certain stage we leave them on their own device, roaming on the station and sometimes there are funny situations.

There are so many stories. I don't have one in mind.

Would any of us be fit to be their guide to help them and give them love and hope.

Yes of course if you are able to leave your planet. You're not authorized for the moment. You're not yet allowed on our outposts. or you can but you will never go back to your planet. You can, but we will erase your mind – so what is the point that you come for the experience? You can come and help them ,but we have enough more qualified people. You are not very qualified, unless you all you know is to give love, which is excellent, but you do not have any qualifications to deal with these children – and believe me you need to be qualified. This is very hard ,extremely hard.

How are the hybrid children different compared to the terran children, mentally, physical,y intellectually, energetically and spiritually?

Well physically it's very obvious. They are a crossbreed between terran human and some different gray species. So they have different sorts of shapes in between the two species. Visually they look sometimes close to gray appearance and sometimes close to human appearance. And there's so such a variation of their shapes and appearances. Mentally as i was explaining, they're like newly born they need to learn everything.

Psychologically they are very vulnerable, extremely vulnerable. Spiritually; they do not have spirituality. They need to learn how to connect with source, and this comes in time.

Like the rest of the humans on earth

Yes exactly.

Have these children have a specific blood type, that the regressives tried to manipulate?

They have so many different blood types and mixed with the gray's blood type, so it it doesn't matter.

So the children underground are they being kidnapped off the street or are they also breeding grounds from women held captive?

Both

And which one is more frequent?

Breeding underground.

For a genetic experiment then you know exactly what you are going to get. The ones are freshly abducted serve more for slave traffic.

And are these children that are being abducted children that no one would notice that are missing?

No that is not true. People miss them, your people miss them a lot.

Tey're saying is is the children, like homeless children or is it children with families?

That they do not try to know. There are a lot! There have been so many children, especially in poor societies, poor cast of society and countries who haven't a lot of communication.

We have the bad the dark military, the good military and the bad military in the US. so how do you keep the bad military from finding out from getting to where these children are?

Oh that is complicated. They know everyone knows and everyone knows, we are helping the benevolent factions of your military. There are conflicts There are conflicts, unfortunately. I cannot tell about this. But you know, all the military, the most of the military was under orders of a leader who was benevolent and acted for this liberation. But of course there is an elite hidden secret for you. Elite of military, which has never worked with any leaders and are working with your occupants Ciakahrr and Maitra. These are the ones we're talking about okay.

What technology is involved in removing as many children as quickly as possible from the undergrounds, while leading to the lowest loss?

We bring the pods to a beaming area aboard on ship. Those those who are in pods, are beamed up. Aall the pods are brought and as well the living hybrids are brought to an area, where they are beamed. They are beamed onboard ship which is in orbit and this ship brings them on the station and those who are not in pods are also beamed on board the ship. They bring them on the station afterwards. Beaming is the best way.

What can we do, is there anything that we can do to help these children?

You can only help your children or your people. And see with your services, how you can do and help. Contact your governments and ask what you can do. There are associations and groups I think who know, how to do this. Mmake your researches i do not know .

Are you using medical beds to help these children?

They first are kept in their pods and then transferred into other pots, that we fit with the gel they need to be completely cleansed and rehabilitated with breathable material. Then they can transfer their system into breathable air, and then they are kept once they're out of the pods.

Yes it is assimilated to medical beds, it is tables or bed as you call them, with all the equipment necessary to maintain the being healthy and heal it, with different devices all around.

We all have a standard bed with different equipment regarding to the race we are treating. But the structure of the beds are the same, equipment is different.

What type of implants have you encountered and how did you go about removing or altering them?

We remove implants when they are in the second jail, while they are not yet totally conscious. Because we never know how they are going to cope as long as we haven't removed all the implants. Because some trackers are not only tracker signals. They don't need trackers in signals, tracker signals are very rare. It is when they need to transfer them from a facility to another facility so they trip them. But most of the time their implants are health monitors. And these health monitors, many of them, maintains them alive, maintain sentient functions and organs in their body alive. Removing them is not a good idea always. So we need to study all the possibilities for all, each of them with this implant - how can we remove them, why do we need to leave them and if we leave them, how can we stabilize them and shift them into something safe.

I told you there is a lot of work.

Do you happen to know anything about the choice of incarnating as a hybrid child?

I do not know about that.

Do you know of the incubator babies and orphanages of the past. Were they part of the human trafficking? In the past the orphanages were they part of the human trafficking that was happening with the children?

Oh absolutely! Orphanages absolutely the first source of abductions of course. No traces.

How do you think that the new administration in the united states will affect this whole massive work of healing and taking everything from the underground?

I think our task cannot be interrupted by a bunch of few people from terra. We have started this operation and it is running since a long time now and it is nearly complete, and all will be well. I am not authorized to tell you anything else. I am watched by my favorite blondie. i'm talking about Thor Han ...

We do not do this to seek for recognition and gratitude but sometimes when we hear nice gentle words it really is good for the heart. We do our duty, we do what our heart tells us to do what is right have the choice. We follow orders but of our free will. We follow orders, not because we are bound to our hierarchy, we can live at any time we can say No, we follow orders because those who give orders know, how to organize. They have the task to organize different people. This is what the hierarchy is for. You know, they are guides. Argaid is the guide for TorHan and all the troops and Loran on my station is the guide for all the scientific workers. He organizes the work and they have responsibilities. It is very difficult for them.

So we fill orders with love, because we love those, who fool orders, because we respect them,

because they organize the work, practically and efficiently. And we respect this and honor this. Without our superiors the work would be very disorganized and not efficient at all. Someone has to do the job organize for everyone, and it is not easy task.

So i wanted to say that and these people have merit as much as those who die in the undergrounds of your planet.

So myra what would you tell the people of earth now that we have a new administration. to help them with hope?

Trust that things are moving, always. Trust that the near future is free. Trust in the work we do for you. Aand trust that your universe is providing a safe future. You can manifest what you want to do. The world in which you can live. The only way is to refuse to be controlled, to refuse your mind to receive what you call fear. The worst thing of all. Fear disables your power. So I would advise everyone to shine their positivity, their light more than ever, because it is now. Now when you shift towards your good future, it doesn't look as you wish s,o but all this for a reason.

Trust the plan! Trust is the word I would say to you. All it is difficult to talk, when things need not to be said for a certain strategy.

28-1-2021 – Corporeal alien devices VS Ethereal auric intrusions

Today I'm going to tell you about removing implants by distance. Of this, i am talking about alien technology.

It is not possible practically to remove an implant by distance, 1. without the consent of the subject. If this implant is technology, a physical material technology, whatever then however density it is – technology needs to be removed with tools, technological tools, directly on the subject.

The only thing that can be removed by distance with the consent of the subject is etheric inclusions. Etheric inclusions are a sort of implants put in your aura field by beings, who are part of higher realms of existence. This may be earth entities, such as all the panel that we have of spirits of different realms. Some aliens are using this etheric input into your aura. But you need to make the difference. It's called intrusion, it can be a protection that is put on you.

If malevolent beings want to put an implant in you, they'll put something that is not possible to be removed without their technology. They will put it into your body and it is physical technology. And what are these? These are trackers, health monitors and satnav, gps, basically. So i want to warn those who believe, that some “people” can remove their alien technology trackers by distance – don't trust! It is illusion, you think they do it, you think it's done. it's gone. No, you need a direct physical intervention.

And some even I heard, some people claiming that they can remove implant by distance from anyone without them knowing. That's not working. You need a consent of the subject and especially if the subject is highly protected and if the implant is a tune with frequencies, that are so powerful that trying to trigger it to invade the person's space and trigger this implant would automatically draw the attention to those, to whom this implant is in tune. And those would stop the process and then turn against the person, who tried to trigger it.

So don't play with this. If you have an etheric implant, you can ask shaman to remove it. But before make sure this etheric implant is malevolent. If it is for your own protection, don't touch it! I know a story of a woman who had her etheric implant removed by a distance, she had one in her neck, it's been removed by somebody who told her “you have an implant, i'm going to remove it by distance” it's been removed by a distance because, it was etheric, not technology. It was a plug and as soon as it was removed she felt sick and she had a throat cancer. This implant was put there by benevolent being to protect her and keep her healthy.

So i tell you again, don't play with this. If you have alien technology into your body you need alien technology to remove it, physically tools. This can only be done by direct intervention. Ask requests to your protectors to help you doing this. There is a way you can direct a highly concentrated charge of electromagnetic charge, which can be generated by electricity passing through a crystal or either Tesla divices. Don't play with that either! Don't electrocute yourselves! Anything, any device you use but must never be plugged to the main current electrical current supply, never!

So this was to tell you, that anybody who claims they can remove your alien implants by distance, are delusional. Don't trust! My advice. You're welcome.

28-1-2021 – How to love each other will save Humanity

Annax

What is it that you want to tell everybody before we get started with the questions?

I need to tell you this: your planet needs love now more than ever, because you are tired and scared. Not you Elisa, but many who are, listening. I sense many souls connected to her listening and this is good, because my message is about loving each other. This is another key for your future and also the present. You know we do not see time as linear as you do, because your incarnation in the three density matter it is a linear time. When we ascend in densities, the time stops to be linear and we see the greater shape of time which is circle and then it is a sphere, and then it is all. In my density it is sphere.

Time, although it appears linear to you, it is not. Linearity of time is illusion. If you create an emotion now, thinking about a projection in a future that you perceive as linearity, a point, a dot somewhere at the end on a line, or at the end of it. If you set this target and you focus on it, both are in the same moment. You can create something now, an emotion. It is very easy to create emotion and project it by resonance in a future. The future target will resonate. Set up a date, very precisely, and these numbers will give you a setting point.

Create peace, now set a target in the future on a date, not in the terminate but a date, determinate and you will create the future. If you create love, now, and you set a date in the future, love will be projected and in the future it will happen at this date. Everything you manifest now is for now, you manifest for the future is resonating in the future, at the date you choose.

What I want you to manifest, is to create the future for you. Set up a date and create now. A world set in peace and unified. You need to now focus on loving each other, whoever the others are, whatever are their opinions. If you decide to pick the most hated enemy of yours, love this human. I do not ask you to love a non-human being, but beings of your species, who are lost, who are enslaved to Ciakahhr or Nebu, but humans of your kind. Love them, create a line of love from your heart to their heart and everyone does this. There is no more enemy, the enemies do not have any more response of hate, wars, Stop. If you love your enemy you do not want to kill this person. See your enemy with his weaknesses. See your enemy with his pains. Because when you serve destruction, it is because destruction is in resonance within you. So seek to understand.

I give you an other technique, that you need to use. Call upon love in your heart, and in your heart shine your light. The light of love, that is becoming glowing, glowing gemstone filled with love. And this love, visualize this love into a heart of someone, who is filled with hate and aggressivity, all of this generated by pain and fear. And visualize this gem of light and of love in the chest of this human, and it is glowing and easing and dissolving all the aggressivity. And you create resonance, love by resonance. If every human on your planet does this, see their heart of love in each other's chest, you will heal each other, you will heal humanity, and no more hate. No more anger, no more fear of the other.

You know, their tactics is to scare you, to scare each other. If you send love instead you unify, And you are very strong and because you are very strong, you elevate out of their reach. And after you touch the next step in your evolution and you have one. I want tonight to tell you this: love as much as many humans as you can, because those who fight for the darkest ones, they have lost hope, they have lost their way, they are enslaved. And love only can get them out of this.

You need to unite, you need to recognize your weaknesses as well as your beauty in the heart of your enemy. The enemy will stop being the enemy. The enemy will become a victim, that needs healing. And in the same time, do what you need to do for the mission you came.

Now, please stop being afraid of each other. They try to create animosity between all of you, to keep you apart. This is over. You are understanding, that this is not working and manipulation. These are times when you learn, that love is what binds us all and what binds the universe together, even through dimensions.

So my message is this, and i can help as much as i can on this matter today. Please ask me.

When I go exercise on this trail, imagine a ball of light coming from my heart and I shoot it at them to their heart and I imagine it exploding in their heart, like the light in their heart and I send love and awakening – does that do anything?

Of course. It's just a lot. You modify their energy field and they activate, they are cleansed of all the dark and lower things, they keep around themselves. You do good job. yes. do this, when you walk somewhere on terra, be this glowing shiny sphere of love. The higher love, this tremendous energy that is destroying everything that is made with pain and fear. It is healing everything that is in the contact of this sphere. Do this. Find it first within yourself, find it first and then share it. Share the gift of love.

If we aspire to be sovereign and align with our higher self, how can we deal with acts of oppression and manipulation? If we don't respond with obvious resistance, how can we be tolerant of something that seeks to dim us with our light?

Be the observer. Do not take within, do not be actor of the manipulation by fear, violence and chaos. Observe from the top of your mountain, sat on the top of your mountain. You watch the world below you in chaos, fighting, and you call, you call upon those who are lost, shining your light and they will see you and find the way, to climb the mountain. If you are in the chaos, be the standing rock that is not affected by the storms, find peace within. And when you found, it share it. Be peace, be it with all the cells of your bodies, your true body. And the avatar as well, the avatar must be in peace, because its nervous system is difficult to control. It is a very very prominent and powerful nervous system in these avatars. You need to master control. Be the ruler of this nervous system and all the muscles, relax.

These bodies are schools, they teach you too.

Do twin flames, who have incarnated in different densities, ever contact each other?

Oh the beautiful subject of this kind of love. Yes, of course they do, they love each other because this link is beyond everything, known to this universe, beyond dimensions, beyond densities. The link is always vivid, alive, functional because this link knows no time and no distance, it knows no difference of density or dimensions. The link between two hearts binded by the fire of source is inter-dimensional, inter density and eternal.

If we can organize a galactic group meditation with you and possibly Thor Han for the freedom of earth and other enslaved planets in the galaxy?

Oh Elisa, I would be happy to assist you. But I think Thorhan does already a lot to free earth and earthlings. I will assist, if you want. All the work that is done already by us is enormous, and you don't see it, i know, because it has been decided that you don't see it, but we do so much, everyone

in our abilities. So if you ask me whether i work also in this direction, I will accept to assist you to achievement.

Dearest Annax, what is the best advice you can give for us to feel confident about our individual potential and power, and how from your experience we can assist others to find their own?

This is a very good question I believe, you all need to trust who you are. Not all of you who listen are envoice from other worlds. This doesn't matter, Human is done in a way that power can be stored and unlocked when the necessity comes. You need to study yourselves. These avatars you have chosen are tools also. They are storage of energy, and if you can manage to unleash this energy then you can let the being inside, the avatar transmit source and Vril (phril) through the avatar.

Not everybody knows what Vril is, so explain to them what that is.

The most wonderful gift from the creator, source. Source gave us Vril. Vril is the wind of the love of source. Vril is energy, Vril is life and sometimes consciousness. Vril is the life force, present in the whole universe. It is maintaining the structure of the universe with energy. Vril is the energy harvested from the invisible, from void. Void is not void, void is Vril Vril is energy force from void, it is in everything, and we can't see it.

That's the thing, people don't realize, that there's energy right here right in front of me, I can do this and I can grab it, and it's here. You can't see but it's there.

Yes, if you sensitize your body avatar, you can feel it. I would advise terrans to work with your avatars, energize them with your light being, that you also call soul. Harvest Vril, energize your avatars and these avatars will be able to create, heal, manifest in this reality. Vril can be harvested.

We should do a channeling just on that, teaching them how to do this.

Yes, it is. We do easily on my world as a routine, to keep in correspondence with the whole universe, every day/cycle (cycle is day)

Can the frequency of what we create bring as much love to the world as that of a compassionate healer? How can we contribute more or better? And she's talking about being a visual artist, so with her work.

You can put Vril und má/love into art. You can imbue energy, emotion, intention in art object, creation. Create in matter, physical visual art, but also music, dance and imbue it with Vril, the force, ma the love and put an intention in it and be the wizard, creating. (I learned this word recently, wizard – like it)

Why sometimes romantic love becomes harmful and painful? How can we love without attachments?

This is a whole conversation in this question. True love knows no pain, because true love has a link that is so strong, that each of the lovers feel the other within their heart, there is no separation, only joy. When there is suffering there is no true link.

What is the most efficient way to help open the locked or controlled minds of humans who do not see truth?

Leave them. Understand, if they don't see it, is because they are blind. If they are blind, it is because they have been conditioned. They need to learn. You can show them the path, but only they will walk it. So please do not try to force them, to see. If they do not want to open their eyes, if they are not ready yet. Be the light yourself – that will be so blinding, that they will finally open their eyes.

This is about twin flames. Does the crown chakra need to be fully open and controlled in frequency of the two souls, in order for physical and spiritual contact to be made?

The link between two twin flames is by the heart. And by the heart, as i was explaining, you are in permanent contact with each other. You carry each one each other in your heart. I do not understand the question about physical contact.

Chakras are mechanical keys and center of energies in avatar. And the heart chakra has.. you know every chakra has a higher dimension to it. The heart, when i speak about the connection from the heart it is the heart of the soul, the heart of your being, the center of your emotions. Heart chakra in avatar is just superimposed with it. and it acts, it interacts with it. Both are set together.

How do we know who to trust with the vast flow of information coming at us from everywhere?

When chaos comes to you, close your door. When the storm rages outside, close your door and wait for it to pass inside your house. Meditate and feel yourself, what is necessary to be known, what do you need to know to perform your mission, what do you truly need to know in order to be operational. Then manifest, that the true knowing will come to you, will come what you need to hear. And then it will come. You need to manifest what you need to understand. Anything else which is moved by fear, stress, curiosity –you don't need it. Truth will always be at the end, known by everyone. Be patient. This is my answer.

Can you suggest a technique to diffuse confrontation between masked people and bare faced people, that don't want to wear a mask?

Flow always. Imagine your glowing heart in the heart of the being aggressing you. And in the same time refuse conflict and walk away. You need to avoid conflict, because conflict is manipulation to divide you my children. Rfuse to argue with each other. Those who argue are those who are lost and in fear. Walk away and say I acknowledge your opinion and walk away in peace. This is an Egaroth answer. I am sure you love it, as Egaroth are lovable.

Yes you are, for sure. We just need a bunch of you walking around on earth and everything would be fine.

There are Egaroth incarnated!

Yes I know, but i'm talking like that look like you.

Oh, this would be unfortunate, because i would scare a lot of people.

Yeah I know. But if they get to know you and they see your own love then all would change.

I would like to hug everyone in my arms and tell them how much they are loved and how much I love them, especially the children and the people, who feel the children in their heart has lost their path. I would like to tell you all, how much i love your species, how much i have true compassion. And I hope one day you will feel like me toward each other.

Sometimes if a person is feeling physical and mental pain it affects our interaction with others. Can a terran request assistance from benevolent beings to assist in restoring their body to optimal health to include our energy bodies or are we to receive medical beds in our near future?

Yes request. But know, this many of you have taken upon a path before coming into these avatars that you are terrans or non-terrans. Before coming into this avatar, you choose the trials and the tools you are going to need to perform your mission, and to understand To understand, how things work. Some of you have chosen to be sick. to know pain, to know suffering and this we cannot remove. This because you have chosen it and if you request help to remove it, we will not help because you forget that at the start it was your choice. We cannot do anything and we will not. Do you understand.

But if you haven't chosen this, yes we will help, of course – just ask.

You're saying basically if it's what we call here a life contract. If it's a life contract then no you cannot help to heal that, because we chose that as a lesson to learn from. But if it's not a life contract then we can request it and you guys will come and and help with the pain.

Yes, we will.

You know, you can heal yourselves too to a certain point. You can maintain your skin younger, I know you Terrans love this. You have a short lifespan, I can understand and you like aesthetics. You can shine your energy and even channel Vril from everywhere and let it flow throughout your avatar and it will modify, heal, decompose all stuck energies. Do it, you will feel better. Try this.

What is your philosophy on justice?

Justice is balance. Balance is not as you believe the creation, overcoming upon the destruction. No, balance is the perfect equilibrium between harmful and creative destruction. And creation is balance. It needs both to make this universe going. Justice is flow.

Sometimes we will not punish. I will say, most of the time we would not punish someone, who has done something destructive. Because this destructive thing may be a good thing in the greater picture and knowledge. And if this person has caused pain and suffering to other beings, we force this person to see what this person has done wrong. And this person will learn from it. The justice is to transform pain into peace.

This is my education about justice. Do you understand?

What is gaia or the terean spirit?

Gaia., beautiful name, that has been chosen from your ancient religions. It was goddess of terra. She has many names in all your different cultures. Ma Ri ist he last known. Terra spirit. You visualized your planet as a goddess, mother of all life. An ancient civilization on terra called this mother gaia. You picked this name, which is beautiful and to your species it represents the love of the mother, which is your planet. This is a beautiful concept. You love her as your mother. She mothers all life, and this is a beautiful concept.

If you give your planet love, if you imbue love into the soil and the rocks and the waters – do not forget the waters – you elevate the frequency of terra.

What is your view on the native american and do they have a path to protect Gaia?

Oh this race, yes they are one of the few people who are guardians. You have a guardian race on each of your continents. They are very ancient, they carry ancient wisdom. This ones, this people in

upper continent america are guardians of this part of the world. They have a pact, an oath with terran spirit and the great universe.

Thorhan tries to connect, he's nations our guardians.

So you're saying native americans guard the continent of north america or is there a different people that do the south america and the other?

It is not exactly defined on the borders and drawing of your coastline. It is an area that goes way after the coastlines. It is moving borders. You have lower continent America, the ones who live in the forest and the ones who live in the mountains. The higher mountains and the deeper forests are the guardians as well. You have the wide ocean in between both upper lower America and Asia. On islands they are guardians. You have Australia, native ancient, very ancient – they are guardians. You have upper Africa – many guardians. You have central Europe continent, north black sea guardians, You have upper Europe: Finland, Lapland, Lithuania guardians. You have desert Gobi guardians. You have Tibet guardians.

Wow. So really any aboriginal, any of those people that have been here for a long time, right, the ones that were here before, I don't want to call it the white man, came?

Yes. The white man form space, haha, I say too much...

Do you have a message for the arcturian star seeds here at this time?

Oh my people, remember who you are, Dharma, your mission. You all came here to enhance the vibration of this small planet with love, to strengthen the bones between terrans. You came here to anchor love and the light from source, imána. Imána dharma terra. Remember.

Elena: I have a drink of water. It's almost like he never took the drink of water. No, he did it with the saliva. He did it a few times and i'm so grateful. I asked him, because the Egaroth don't have something, don't do it. So he understood how it worked. So he did it. And I need to to ask him to do that because, he has a long, long neck...

11-2-2021 – Vrill (phryll), universal force: how to harvest it and use it

Elena: Thor Han said, he's very frustrated not to be able to speak by himself, but I need to rest my energies. He has a message.

Thor Han: People on terra need to stop running everywhere in stress, worry fear. They need to calm down and think about their lives, about themselves, not about what is going on in the world. They need to become to find peace in them, because peace is their strength. They need to stop worrying, because it ties them down into this matrix. Fear is stronger than ever. It is broadcasted from the towers, the underground and the orbit. Underground there are devices that broadcast fear, made long time ago by the Ciakahrr. This is mind control, broadcasting low vibration. Inside of the military bases there are other devices, experiment with humans, broadcasting also fear for control, submission. The grey, Nebu do this they in coordination with the u.s alliance in the bases. Well we have stopped most of them, but still some need to be deactivated. And you won't like this in orbit there so many satellites, doing the same thing, sound waves for the brain to be attuned to the control. We are deactivating most of them, but they keep on sending them.

You know, we cannot deactivate what is made by humans from terra, because of our rules of non-interference in a primitive civilization. So the Nebu make them by terreaan humans. It is not Nebu technology outside, it is terreaan vehicles sent up there in orbit, containing components from Nebu technology. So we cannot destroy devices made by the Terrans. This is how they get around the nebu. But we can alter and interfere to jam the frequencies. This is a lot of work. I wanted to let you know that we are doing this.

So this was my point to tell you to stop giving your power to fear. Stop running around. Stand and be quiet quiet inside, because there is no reason to be scared. The future is bright, the future is what you make. You don't know your power. I don't cease to repeat this: your power, you have it.

Elisa: *So if we are in a high vibration do we still get affected by the mechanical devices? Does our frequency matter when it comes to mechanical devices?*

No you don't. Rise your vibration.

Elisa: *So they can only broadcast on the third density?*

Three and four.

Ciakahrr are 4 and 3, Nakári 3 and 2, Humans 3, 4. You need to raise your consciousness to five, before your bodies get there. You can bring your consciousness higher. I repeat myself: rise your frequency by your consciousness, by feelings such as kindness, goodness, peace, compassion. Detach your mind from everything that is going on. Everything is illusion. It is a fake illusion to let you think that you are enslaved, but you are not! You are free. You need to realize it and embrace it.

Rise your vibrations, that is what I was saying earlier on. Do not let fear get at you, because fear is lower frequency. If you cast fear away from your consciousness, you are unreachable by the devices. But so many people on terror are subject and submitted by the devices. Rise the vibration of your consciousness. You cannot rise the density of the avatars, but you can raise your consciousness.

Elisa: ... Please concentrate on, do close your eyes and start: with every breath I take: may every person awaken and feel their power, may every person have everything that they need, all their

needs. You can spend a lot of time blessing people, protecting them, putting protection around them, so that these things don't affect them.

When you are putting out whatever you put out, if it's protection for someone, you get it back. When you put out blessings for someone, you get it back. So spend your time with with the things that are gonna help others and it raises your vibration. And watch funny things and things like that.

... Stop concentrating on videos about what's happening now, what's happening now. what's happening now. Let it go.

Conversation with Annax, this time via telepathic contact (not via implant)

Annax: I'm excited to talk to you. You want to talk about Vril. This is a vast subject. I cannot tell everything in one terreal hour. I will need to go by the start. Vril was born from imanna. The dual energy imanna (source) is the mother and the father of everything, and that's what we call source here. There is no difference between night, day, positive creative description and negativity. Day and night, day and night. There is no difference between darkness and light, because both are children of imanna. They are brothers and sisters. They both chase each other and dance with each other. There is no death, there is no creation, there is just a dance. And this dance creates Vril. Vril is the result, generated by the dynamics of death and life, of the resurgence, eternal of time throughout the cycles of imanna. She pulses Vril. Every second when darkness and light join together, it is an act of divine copulation, which is constant, and free is created constantly by the dance of dark and light. Vril is energy, Vril is consciousness. Vril is the act of love from the dance of the destruction and the creation. You can associate it with energy. This is not the light energy, this is a power that can power everything. Vril can be harvested because it is present everywhere in the multiverse. It sustains the web of the continuum of all the different universes.

Vril is like a mother for all beings, because Vril nourishes all life. This is different from the consciousness of imanna. The consciousness of imanna sends fractals of herself to animate all life in the universe. This is consciousness. Vril is energy, is life force in living bodies but as well in the void, in the stones and the rocks of the planets, in the gases of the stars, in the intercederal distances. Vril is what you consider as magic, because you don't know how to harvest it. But you know it's there and you see its work. Vril is harvested to power devices in our societies, in our civilizations level three. Vril technology is shared throughout the three councils and the federation. Other alliances use it as well, but we are not talking about these ones. (They're both laughing, Thoran and Annax) What do you want to know more about Vril?

Elena: *Is Vril, what we call Chi/Qui?*

Thor Han: It is the same thing, called differently.

Elena: *And the Germans had something called Vril, is that also Phryll?*

Thor Han: Yes technology, given by Jana (Aldebaran) People from Aldebaran gave the the Vril to the Germans. Thula alliance. Thule society.

Elena: *People from Aldebaran – who were these people?*

Thor Han: Colony of Anunnaki. Alkhorra, Althairr, they were working with them as well.

Elisa: *Is there any meditation that we can practice daily to use this energy, that you can share with us?*

Annax: You can harvest it with your mind. When you close your eyes and you open all your sensors on your skin. You can activate your skin and your body becomes an engine, capable of harvesting Vril, electri ... It's the life force of your being, of your body, your energy body.

You strengthen it, you vibrate it stronger, until you feel the electricity on your skin. Then you transform your body into a receptor. If you do this only with your higher density real being, this will not benefit the body. What you want is to use Vril on this planet in the third density. This is of your use. The body can do that. The body is the medium to channel the free energy. These bodies have captures which are not activated. They wear a very long time ago, but they have been shut down, DNA alteration by manipulations of your people, injections to alter down your DNA and your genome. But before you were able to harvest Vril with your body. It would go through your skin and your skin would be receptor and emitter. You can do that again. Send the energy of your life force in your skin and it will be like a magnet, attract Vril into this body.

Elena: I'm going to try to translate with my words, as I understand it.

Before we were able to harvest this life force that is everywhere around us, we were doing it with our body and the skin was like a permeable, that the energy could go through it. it it would um it would and you can energize your body and your skin with your life force. I see because when he was explaining to me, I could see pictures, and I could see his body – and there was the aura, the energy body, that is superimposed. You have the the conscious body, the soul and then you have that. That's the eternal being, that goes from body to body, from incarnation to incarnation. Then there's the physical body, the avatar. But there's a 3rd thing, which is the life force, the life energy, which is something different. And this we all have it and we use it for healing for instance. We use it for light work, when we send energy. When it's not in an energy that we channel, it's your... we want to use our own energy to heal or to do whatever. That's the thing that's the the personal energy. So I was seeing it like a blue aura around him, and it was like becoming brighter, brighter and the skin of his body was becoming more like luminescent.

Elisa: How do I activate the feeling of the energy? I know if I do this with my hands okay and I start activate I can feel it in my hands.

Annax: Turn your hands outwards and Hoover it

Elisa: Oh my god, I just remembered it. When I did the qigong there's a thing, that I did, that if you start shaking your whole body, after like a whole minute you feel it all over your body. Is that ?

Elena: He's laughing. Yeah that's it.

It's a very natural function. We have forgotten, how to do it. If you are connected to the soil, then you can channel Vril. Take a light device (light bulb). Stand on the soil, bare feet, harvest Vril with your physical avatar, hold this device – so the light bulb it lights up. You need to do it, to do it seriously. It really works, it's all around you. You will manage to do it.

They hate this, the Nebu, the Ciakahrr, they don't want you to remember, because one day you will be able to create big devices, capable of doing this. Not your bodies, but physical devices to power all your towns, all your traveling devices, your ship, your planes, your trains, your cars everything, your houses like us. A body cannot power a town, only power itself, or what is connected to it. A body has a power. But to power vehicle, town, flying device, you need bigger generator. You have them, we've given them to you, maybe 100 terreaan years ago. We gave to you this knowledge, but it doesn't matter if it was retained from you, because you know it, you remember it is fine. Better late than never. He talking about Tesla. Nicola Tesla was an envoy, working with the council of Andromeda, Council of five also, but he was deprived of his knowledge devices. But it doesn't matter, at the end in the end, because all his all his knowledge is in you. All you need to know he

showed what was possible. He didn't succeed to save this world from the deep shadow controllers, but he showed to the people, that it was possible.

Now many people know and they will do it. They have started. There are many technologies in the process of being made on terra. We know this. With our help and when all is ready it will be operational first.

In the meantime train yourselves to become yourselves, your own generators. You will live longer terrea species humanoid is meant to live younger, longer, 190 terrea years.

You've been altered, you should live longer. It is too late for the bodies now to live 190, but if you master harvesting Vril you can extend your youth later. Your lifespan will be longer and looking good.

Elisa: Please go back to harvesting the Vril

Annax: Energize your life force, your energy field to electrify (when Annax says "electrify" it's with the energy, it is not with electric current, electricity, because he knows, some people can misunderstand. The whole idea is not to use electricity!)

Electrify the body with your life force field.

Elisa: What does that mean visually?

Annax: Connect with your energy, make it stronger. energize it with your mind, with your consciousness, make it more powerful. Decide it with your mind. Do not be the observer of your energy field, be the controller of your energy field. Power it stronger with your consciousness, manifest it stronger. You know manifest, what it is. It is creating something physical with your mind. The mind of the consciousness make it stronger. See it shivering, the structure, the atomic structure of your physical skin. Skin has captures that will be reactivated. Your mind has the power. All starts there. Your consciousness, your will, your decision. That is all.

Elena: I'm going to repeat it with my words. We are in a meditation state, feet on the ground, no shoes, just mentally visualize that our energy field is like becoming so stronger, like buzzing, super strong and like our skin is energized, until you feel the tickles on your skin, like we with your hands hands, Elisa, what you do with your hands. Do it with your skin. your whole body says when that is done. With your mind harvest the Vril around you, inside of your body. Then you have it. You can move physical objects by the distance.

You need to have the skin under your feet in contact with the soil. Humid. This is important: no shoes. Any soil, can be rocks or soil. Soil.

Elena: I saw black soil like like dirt, grass is good.

What about people living in desertic areas? You need water. Water is important, soil ground must be humid – this is why I say soil. Ground, natural containing water water is conductor or Vril. If you want to harvest Vril with your body, your body contains water, a lot. So it needs water in the ground, wet ground. Water is important.

Elena: Your harvest Vril as well in space to power your ships. There's no water.

Annax: Ship different, ships are not made with water, doesn't need to harvest in an environment with water. Only biological entities use water. It is resonance. Use water on terra to conduce Vril through your bodies. With the devices you will create on terra to power cities, you need a very small amount of water, sometimes not, because it is not harvested by a biological entity, just by mechanical machines.

Elisa: So stand outside on the grass or on dirt, on soil, that has this water and then start doing what you need to do, to start feeling the energy in your body, all over. Then hold the light bulb and then put the intention out, that you are harvesting that, your body is harvesting the Vril like it's coming into your pores and into your..

Annax: ... or from the earth as well, says from every direction. It is everywhere. You cannot power much more physically than a light bulb. You can do this.

Elisa: I know that the ninth dimensional palladium collective has been pushing me to go breatharian which means no food. Is this what I should, is this what I can do to feed my body without any food?

Thor Han: Elisa, you must eat! Your body needs food. Otherwise your body will die. You need food to sustain yourself the aversion.

Elisa: There's breatharians in this world that exist and I haven't died. There's many people, it's called breatharianism. Is it pranic healing or pranic prana whatever... so we do have some people in the world that that are alive without eating, they exist .

Elena: He's worried for you.

Thor Han: It can reach your body but, you need food as! I'll watch her.

Annax: . She can feed herself with energy.

Elena: They are having a discussion now, I don't understand what to say.

Annax: Tell Eliza, she needs to eat. I told you how you can harvest Vril. Now I haven't told you that when you harvest Vril you create a slight distortion in the electromagnetic field around you, so you are visible to everyone, who has devices measuring the vibrations and the distortions in the electromagnetic grid of terra from under and from above. But you do not risk attack, because when you harvest Vril you are naturally protected.

Vril is powerful, pushes attacks away. The attacks are on the lower levels by entities, they send. Be aware that when you create electromagnetic distortion you can alter all electronic devices around you. Vril enhance electromagnetic field when concentrated in one place. You create generator and every electronic device around is altered. So put your dear devices away when you do this.

Ask me questions.

Q: I practice reiki energy healing does the reiki energy come from this energy source that you describe as Vril.

Annax: Yes. on a slight level. You can concentrate it more.

Q: *Are there any tools such as crystals that can help us to absorb or work with Vril?*

Crystals can store Vril. We create generators for ships storing Vril in crystals to be more powerful for the engine. You can do this for yourselves. Harvest Vril in crystals, quartz only. Emerald. amethyst on slower level, slower. The frequency is weaker, so the power is weaker. Use quartz. Transparent.

Elisa: *Once we harvest it into the crystal, what can we do with it?*

Ananx: Wear it to be in good health, to be in good protection. Harvest with your body, put in the crystal device, use this crystal device for healing, for protection. This will help you. You can give as a present to a friend, someone you love. You can also create machines with very small crystals, components of machines, that will power your world freely (“vrily”!).

Elisa: *How do we put the Vril inside the crystal? Just with intention?*

Annax: It works better if you have your feet on the ground, okay but you can do inside. I recommend outside because Vril flows freely outside and you are in contact with the ground, damp soil.

We can talk about Vril next time again.

Elena: Thor Han wants to finish the the connection because I'm tired, but I'm fine. It's like I have two fathers. I love them.

It was a bit difference this time, because I had to repeat the words and I need to concentrate. If I have direct telepathy with them, which I have every day, I don't need to repeat to someone.

18-2-2021 – Vril (2)

Thor Han: Hi to everyone. I feel privileged today to speak to you all. I am looking forward to this exchange with our brother annax. I hope you will understand, he's talking, because sometimes he can go into very far away explanations.

Before there is something I want to tell to the terrans. I want to tell the terrans that they are working well and more and more terrans are being awakened and aware of the changes of this these times. I want to tell them to always be calm, whatever happens, even if it is scary, even if the storm is raging, always be calm. Because you know ,storms are here to wash away the impurities and nourish the ground. After a storm the air is cleared and we see better and further. The storms are not over and I ask you to be still and patient. Do what you have to do, do not fear, this is not useful. in fact fear serves nothing; especially not yourselves: I stop talking now; otherwise Annax will not stand a chance.

Elena: *I wish you could feel this love. I'm sure those who are used to follow our channelings, they can feel Annax love, because it takes only once to be connected to Annx's amazing love energy, love radiance to be connect forever, He is such an amazing being.*

Annax: You are all capable of emitting that amount of love, if only you want it. I am more special, because I am an Egaroth. My heart soul is wider and able to contain more of this love energy, but you can expand your heart to receive more this cosmic love, emanating from source. I will now say “source”, not imanna, because a few know this name. Source it is. It emits love and its nourishes all the hearts, everything that has the heart/soul, not flesh heart, not blood but energy. Love is all and composes everything. (I hear you both now in my head, they're laughing. I'm connected with one and I hear the other one through the ears of the ones with whom i'm connected.)

We were talking about love. I know it is not the matter of two days, but it is essential that you know, that you are all able to love and that this love, not only nourishes everything you touch with your consciousness, but also it nourishes you and it makes you more powerful and more protected against everything, that is not love and aggressive, antinomic to love.

Elisa: *I tried the the thing about going outside with the wet ground and the light bulb and I did not light up the light bulb.*

Annax: You probably didn't connect enough. Is there interferences around the place where you performed this experiment?

Elisa: *It was my backyard I don't know.*

Annax: Sometimes you cannot connect very deeply and completely with the soil, because there are disturbances. But sometimes you can, if you are in a clean environment, far from radiations. But this shouldn't interfere much, because when you are in control of your energies flow you can connect, and the radiations polluting your environment will be here only to alter the process, not to stop it. Also maybe this day you were weak in energies, and you knew you need to do it many times more. I will recommend to train, and one day it will work.

Elisa: *Is there a meditation that we can practice daily to use this energy?*

Annax: Yes the meditation of the flow.

Now you are all relaxed and you breathe to be in tune with the calmer state of your being. When you are happy, when you are well, and you feel relaxed. The rate of your breathing slows down. Go with your mind into this wonderful peaceful place in your imagination, where you feel safe. This is not a real place, this is a place for exercise, wherever and however it is.

Now where you are outside and within, you are one. The soul of your feet, the flesh of your feet is touching the flesh of terra, the soil. If you are not directly in contact with terra's soil, maybe the ground upon which you stand is conductive enough. Metal will conduct faster. Some of your houses have metal poles that go into the soil. This helps.

Now look around you and your eyes are closed. Look with the eyes of your true being. You see your environment with different colors and different lights. It is not the same. You see beyond the appearances, the energy composing everything. Matter is not solid, it is composed of frequencies, vibrating in the void between the atoms. What you see that appears solid to your eyes, to your mind is not solid. It is light it is frequency, it is waves of energy, vibrating at different rates between particles. You can rearrange these particles, when you know the frequency that binds them all. This is an exact science, with which you can modify any solid matter and even transpose it into a higher or lower density. We use the equivalent of sound, but you do not hear it. These are ranges, very fine and precise.

These vibration between particles also bind in their wave length the Vril. Vril is present everywhere, when binding frequencies binding atoms and particles together, follow a pattern through Vril. Vril is activated and binds to the particles to the object.

When you emit a thought it is wave frequency, and this is emitted outwards from your body across Vril and it takes Vril with it, and it sends it to destination of your mind target. Anything you think, you send it through Vril. This is how you can change your reality physically, energetically, and also change density, just by wanting it with your mind. You don't need to know more. All you need to know is, that the simple fact to emit a thought is enough. The thought, the nature of the thought emits its own frequency. You do it naturally. We all do this, whatever is our level of evolution. Small animals do this. High beings of higher light do this.

Now you are aware, that what you think modifies your reality all around you, but not only by distance, a very long distance maybe, if you wish so, because the target of your thought will be the recipient of the pattern, mixed with Vril and brain frequencies of thought. This special organized precise pattern alaing(aligning?) Vril and wavelength of thought is called a code. Codes carry Vril in a certain pattern of frequency, that when it reaches the target it modifies the target on many levels. It depends on the thought originated by the thinker.

Many of you, when you receive codes, you call it light codes, but it is in truth Vril patterns made with intention of a thinker, who sends these patterns alying(aligning?) Vril with frequencies of thought to you. It can be silent, it can be carried on a word, a sound a music. Music is the easiest way to carry it. Notes and variations between notes are a formidable carrier, the best. I sing to send Vril codes these are keys of power.

The dark forces do not have the ability to do this. They cannot, because they are too chaotic. This is not the topic of today. You want to light this light recepticle, she is funny holding it. (Elena holds a small light bulb during this conversation in her hand.) Now you are aware, that you can modify the existing matter of your reality with Vril and sound. Now you know, that thought is the key. Intention the power, which will decode the secrets of the Vril.

Now your intention, I call it dharma. It is a precise tool when your mind focus on a target, a purpose. Target the awareness to be surrounded by Vril. All around you, above you, below you in a sphere. This sphere expands, it is as big as the universe. You are bathed in it. it goes through you. See it focus, a color to it, Vril has a color for those who can see it. It is green, sometimes with veins of gold. See the green light all around you. Intention, dharma will now Hoover all this light, green and gold around you within your body. Your heart chakra or either plexus chakra will become a vortex, one or the other chakras. The vortex will be visualized as the like of a black hole, you know you call a vortex like this. This wheel Hoover magnetically, not magnetically, this is an image,

hoover the Vril all around. you. It will pack up inside your body. You are a vortex, hoovering everything, all the Vril that is in contact with you, from soil, from air, from everywhere. Your mind, dharma is the tool that does this.

Your skin is permeable to Vril. It opens its captors, every each of the cells of your epidermis has a captor/receptor. Your bodies are damp, because they are damp, they are permeable to Vril. More easily they are conductor to soil. Visualize dharma, your skin suit be activated with light, Vril goes on it, in it, through it. Skin amplifies the hoovering from your chakra and you build up Vril within your body, until your body has his shape in Vril, until you cannot hoover more.

Elisa: What's "hoover"?

Annax: Hoover = Taking from outside to inside by void flow. Hoover, taking inside what is outside. When your body becomes saturated with Vril, your little light device can light up. And it is now you being a generator/transmitter for Vril. Water is important, it amplifies the flow. You need water if you work with your biological body.

This is a lot of work. When you finish, you just release the Vril, you close the vortex. It stops spinning and it closes. And all this energy you have piled up and fed your body with, is released out into the environment. But while you have it, dharma with your mind to a target, you can send it there too. The Vril you have stored by transfer resonance. You can transfer this stored Vril to a target, anywhere, where you can be connected in this universe. You need a connection. You cannot send it to a planet in a different galaxy, if you do not have a link resonance with someone, something alive there.

Now we do the same with storage devices, crystals. Crystals do not have a mind, you are the mind and the medium to transfer Vril into the crystal. Do the same, harvest with your body and put your hands, the palm of your hands, either side of the crystal, pointing always upwards, parallel to the axis of your body. By the power of your mind transfer the free, you have stored into the crystal. You can either store first the Vril in your body or either hoover ...

To store Vril inside of a crystal and use it as a storage device, as we do with certain of our ships. Harvest with your body. You can do it two ways, by storing Vril inside of your body and ding your two hands either sides of the crystal and then transferring Vril by the power of your mind in the crystal. Be careful the crystal always is parallel to the axis of your body and being and always pointing upwards to where you are, in front of you. When the crystal is saturated, it will glow. It can be very slight in sunlight.

The second way of doing it is not by storing Vril in your body but allowing your body to be the transmitter of the flow of Vril, you will create with your mind and the vortex is not within you, but within the crystal. All of this, you all have the power to do it with your mind.

You passed stage one of intelligence and consciousness as humanoids you have your ability activated to do this, all of you on your planet, without any exception, whatever your age and level of intelligence. You all can do this. You just need to train and practice. But first to know it.

Elisa: We got the the the Vril into the crystal, but now how do we get the Vril out of the crystal?

Annax: Vril will go naturally once you leave the crystal, far away from you on its own. Vril leaves the crystal and your body with time, I mean not completely, I mean the overload of Vril that is not natural to the object or being. it will go back to natural balance.

If you want to keep it, you need to create a container that will contain Vril. We have special containers made with a matter, which is ionized in the inner side. This matter looks like glass, it is blue, but it is not found on your planet. Although you can build devices to store Vril, but these are complex devices with us spire with copper and another metal, that is typical to terra. Spire and electromagnetic current of energy will hoover Vril from void. You know the void doesn't exist, void

is an illusion, concept. There is no void. Everything has Vril particles of metal, liquids and gases in this universe and the others. Have you understood my words?

Elisa: *What's the point of harvesting the Vril into the crystal if we don't have the tools to utilize that Vril in the crystal? What do I do with the crystal that has the Vril in it?*

Annax: You store it into the crystal and then you power devices for energy.

Elisa: *So we don't use it for like personal use like for healing?*

Annax: You can use it for healing. You can use it to pass through the tissues. When there is a disease or a wound it means the Vril doesn't go through, it means the Vril is in dysbalance with the body, the tissues and it needs to be revived by it. But you need to power it either with your own wet body or either a tool, or either a receptacle in which you put. You lay down the sick individual. This receptacle looking like a sort of a bed will amplify Vril to repair the wounds and the diseases will diminished after long exposure in the pod. It is looking like a pod but it is not containing any life support gel, it is not really a pod. The Vril devices for medical purpose are containers, looking like beds, that look like pods and you can regulate the right frequency, regarding to the matter you want to act upon, bones, liquids, flesh, fat, air, anything that is composing a body. This is very specific science. We use in the galactic federation sections for medical science, adapted to all the different species. There is a vast and wide range of frequencies. You remember, I told you Vril coupled with frequency changes the organization of the structure of any material. This is how we change the structure of organized material, such as wounds, infected tissues, tumors, broken bones, altered blood, poison, anything. We can change the structure with either these pods or either a tool.

If you are very skilled and powerful at harvesting Vril by yourself with your own body you can do this, but the devices amplify and know the frequency better. You can heal yourself, you can heal others. The devices are for emergencies and quick work. It requires no personal input, no personal effort. It is easier, more handy. Do you understand?

Elena: You put your hands around it without touching it. It works better not touching it.



Annax: Use the crystal as a tool of concentrated Vril. Apply it close to the wound or the disease, but not touching it - this can be burning. Work on the energy envelope, not very close! (about 1 inch above).

Now to heal someone we would put it on top of them, like this:



Store and Hoover vertically, and then you can use it like this. The mind controls it. You have to create the flow with your mind! The crystal will not do the work. If you want it to do the work you need to visualize directing with your consciousness the flow. Visualize the result. It will go faster. You need to control the Vril. Vril is not intelligent, Vril has no consciousness. It is just energy. It is something not alive, although it carries life. Not alive, I mean not conscious. It will not decide. You need to decide for. It is like your electricity. It is not intelligent, you need to direct it. Vril is the same. It needs control. It goes back to universe.

You need to be patient. Patience is not a quality of the terran humanoids. You want results, but you forget that you need to work and to learn to get the results. You don't just need to know. You need to experience and work to unlock levels. May peace be in your mind. Vril is something very simple, that is all around and within you. If you are alive, it is because of Vril. So be patient. Soon the science we gave you will be open and you will understand. I cannot tell you more, but one day you will know. Know first within your heart and your consciousness, because Vril you have it already within. Connect to it and you will know it.

Don't forget the green light with veins of gold. This is my knowledge for you.

25-2-2021 – NOWLEDGE IS POWER! Contact with Thor Han

Elisa: There is some information misinformation, that's been put out there and I want to make sure, that we clear up any confusion regarding these misinformation. I do not want to see any channelers names, I just want to see facts. I just want to see exactly what they said and then we'll ask. I do not care, who said it. I just care about the fact itself. So we're not here to bash anybody. [...]

Elena: Elisa and I just thought about this topic tonight, because times are more and more uncertain and confused, and people are more and more confused, and we are noticing a lot of misleading information.

Thor Han: Tell them that I love them, even though they are a bit scared sometimes, they are scared about what is happening on their planet. They are scared for two reasons: because of the fear imposed into the thought field of the planet and also the fear that they feel in front of the unknown. I have of course a message, which is to stand strong in the wind. This war is not over, whatever you hear, and I am content to tell you all the answers, I can provide for you to clear your misunderstanding.

We have liberated many outposts of Uruan alliance on Terra, on your satellite, other places. Terra is not yet clean. More dark will show. Tell them not to be desperate and sad and scared. This follows the revelation. Your revelation, when the light disintegrates, the shadow dust (I like to speak like an Annax) I am just speaking about the dark ones, deep hidden government of terra and the occupants. I was trying to be interesting.

Elisa: *There are a lot of people that say they channel other species. How can we detect or identify if someone is telling the truth or is trying to manipulate people.*

Thor Han: It is very simple. Everything that generates fear comes from the reptilian entities or those you call the Orion entities, beings, persons, species. When the message is filled with anxiety, when the message is promises, that everybody is expecting and these promises are too beautiful. There is only one very beautiful promise. It is that you terran species will win this battle and your future will be bright, happy, united in several countries in peace. This is the good news, revelation. Anything else is imagination or manipulation. It is difficult for you to know, if a person who speaks to you, is transmitting a benevolent or not being. It is the message that will translate the aim and the nature of this being or group of being.

When someone is transmitting a benevolent message, it is always from one single being. The manipulators are groups. I know no more.

Elisa: *Someone said that the galactic federation of worlds has a list of the people that they talk to. is that correct?*

Thor Han: Yes it is correct.

Elisa: *Is there any way to know, if certain people are on that list?*

Thor Han: Never we disclose, for the safety.

Elisa: *There is a contact saying that he's a Taygatan, who can move from the third density to the 12th density.*

Thor Han: Know that he's insane. You cannot reach the 12th density like this. You need evolution and progress through consciousness, because 12 has no avatar. Avatar stops at 9 degree of density in your universe.

Taygetan is not a name, it is made from your planet, the name of the star system is not Taygeta. People living there are not named Taygetan. This is Terran mythology. It was a beautiful young woman from greek, Taygeta. I know no more.

Elisa: What is the most simple way that we can explain the reasons, of why we come to earth and where we're heading in the near future?

Thor Han: Evolution is the key. You come to terra either to learn, either to help.

Elisa: In many groups they're saying now that if people do not awaken, they will not be saved and they're also saying that children and animals will now move from 3d to 5d,

Thor Han: Now I need to tell you, that this is to fear, this is to scare you. The evolution of consciousness is a natural process that concerns every living form on a specific planet. Every individual, whatever the species they belong to, evolves at its own pace. Everyone sooner or later will reach a higher level of consciousness regarding to their personal evolution. Ancient traditions and religions on your planet, I know that, have broadcasted fear to control populations. If the populations were obedient to the masters, spiritual masters, they would go to a paradise. If they wouldn't succeed to do as the masters say, they will stay behind in - they call it hell.

This is the same method employed nowadays in the spiritual communities, the new ones. To get the people to follow the masters, the guides. And if they do not succeed they have the threat, that they fear to be left behind. So it binds them emotionally in fear to the masters.

Animals, plants, every living thing on this planet will evolve. It is ignorance to believe that some life forms will evolve, not others, because this shift concerns the whole planet.

Elisa: How would you explain, we call them angels, those beings that we see in paintings, that are like humans with wings. Who are they?

Thor Han: I have explained this to you many times. There are different things. They are high spirits of your planet, looking after the higher states of spirits. But they are also misinterpretations of contacts with our species before, as I explained it already. These people were mistaken for angels and wings signified, that they could fly. But in fact it was people from other worlds and they could fly in ships, and the population were ignorant, represented them with wings to signify that they could fly. And to signify that they were of another divine nature. We are not divine and also we are all divine.

I want to tell about the orion alliance. Do not trust anyone, who tells you, that you need to trust the Orion alliance, real name is uruana. These species are grays of different appearances and they occupy your planet, especially underground. Now being cast out, but still they are there and also they are trying to get the moon back, but it is impossible. These species from what you call orion are very skilled at manipulation. These species have manipulated humanity's consciousness since many decades. They still very intelligently manipulate key persons who have power of mind, of spirit on populations. They will get these influent people by controlling them, to make the population believe that they need to turn towards them, trust them, and obey them. There is a manipulation that goes around, that I have not me, but our services noticed, this is about the belief that the Orion species will help Terrans to shift into a higher consciousness by portals, that humans on terra need to follow them in portals, because this is what they will try to do free will, manipulating free will, free decision. And if you say yes if this general belief takes roots it will influence influence the free will of the terrans. Never ever believe that you need to trust in either the

species of the alliance of the sixth orion or the Ciakahrr reptilians. They are still food in your undergrounds. There are many reptilian, reptiloid species very benevolent, even in the galactic federation of worlds. But those on Terra are your doom. Never trust anything reptiloid non-local to your planet. This I wanted to say because I have heard it many times.

***Elisa:** That it's freaking people out, because there are some star seeds that come from orion, or they have been told that they're starseeds from orion.*

Thor Han: Annax comes from orion.

I was speaking about the alliance of the six. The six Grey races called Nebu. These ones represent the orion alliance, uruana, those who have contacted your government 1940 to 1960 on terra, and they are those who are active under your ground and at war with us and yourselves. I was talking about this one. Rigel, Betageuze mainly, Bellatrix.

Other star systems in orion, uruana, many others are benevolent peaceful species. Do not think that when I say Orion, I mean everyone is bad in Orion zone. Look on your planet Terra. There are constructive and destructive people. Do not categorize there is positive, negative, dark and light everywhere. Dark in the light, light in the dark. It is balance. What is destructive regarding to orion is the alliance of the nebu, the alliance of the six, the six grey races. Is it clear?

***Elisa:** Thor Han, was there a syrian lyran war in relation to earth?*

Thor Han: Not in relation to earth. You need to develop. Is it concerning our man system or another war in this constellation that you call lyra and syrian? Which star, which planet? Concerning terra there were wars, laan Tall fighting against annunaki, Ashkeran (Sirius). They were at war with uruana; a long time. There is war all the time, everywhere. It is the dynamic of evolution. If you ask me, were these people at war? Yes, War is part of the evolution.

***Elisa:** We read and we heard for many people, that we were going to see arrests and removals of terrans working on the side of the dark forces of celebrities of the elites, that we were going to see the CEOss and all these people going to be arrested and removed. In the public eye we have not seen anything. Are we going to see anything that validates what we have been told?*

Thor Han: Humans if Annax was here, he would say focus on the work you have to do. Eelisa, in your question there are two words, "arrest" and "celebrities". I said where and annoying before, because you don't need to know these things. Focus on what you have to do. You want an answer. Yes, one day you will know what is happening now. But now this is not the problem. All of this is disturbance. It is to turn yourselves away from your work. It is distraction, they are distracting you making you hope, hoping to see a show outside, as you need to focus on your inside and elevate your consciousness. Regain your power, break your chains. And I will tell you this: Now you have to stop trying to find answers in the mainstream media, because you will not find the right answers. The answers will be given and shown after the war. This is war. Nothing can be divulgate. You need to focus on your spiritual evolution. Do not seek outside, what is to be found in your soul. So my answer is: yes Elisa, you will know one day when you will have won this war. This is all I have to say.

***Elisa:** What is Thor Hans views on karma?*

Thor Han: Oh yes, karma. I believe in karma. What you call karma in your old language, this is the law of evolution, also what you haven't solved as a contract that you made with yourself. You will

choose to try it again in the next incarnation, because you need these things to access a higher level of consciousness. These are the tools. You choose this is karma.

***Elisa:** Is that there are some alien races that are implanting a fake software? Do we live in a hologram?*

Thor Han: The hologram is an illusion of perception. You perceive, what they are either broadcasting to your minds. The illusion is in your head, in your perception. You are living in a real world, in a real universe, but your perception is altered. You see it not as it is, you see it differently. I have a better view because, I am not part of this pollution. When you come out of the orb of your planet, you are out of the influence of their machines. We have already deactivated a lot of them. There are few in the asteroid belt. We are still looking for them. Moon satellite, all has been deactivated, found. It is done. Your satellite is yours now. Small event for me, you can celebrate.

I was seeing that the underground of your planet contains still few devices, that are broadcasting this holographic illusion, which make you believe that you are slaves, weak and stupid. This is the hologram. You are not, you are extremely powerful, extremely intelligent and totally free. The illusion is, that you are waiting. The answers, celebrities, arrest - these words I told you already, it is distractions. You need to focus on regaining your power and break the hologram. The only way is to break it by regaining your power, and you will see clear. This is my answer.

***Elisa:** The other day as I was doing my taxes and I noticed, how rigged the taxes are towards the rich and how the rules are so wrong for every human being, that at least at least lives on the united states. How do I break away from that?*

Thor Han: This is the system. The system needs to be broken. If you disobey the system, it will bite you. This is not the way with this system. The laws of the money and the papers need to be broken at political level. You need to be patient.

What you can break is the way you see your world. This you mentioned is real and you must be patient. You are not the one to change it, but other agents in place in particular positions will do it. Just wait. ...

***Elisa:** The only reason I bring that up is, just to for awareness, that yes, we can break off from the hologram, but there are things that still tie us to that hologram. So I guess it's not as easy, as it sounds.*

Thor Han: It is not easy, girl.

***Elisa:** There is NESARA and this is a financial future of the earth, where all debts are forgiven, they also call it the saint-germain funds. You told me, you knew nothing about it. Is that still the case?*

Thor Han: We have foreseen, how your financial currency will be. It will be different. It will still be metal, but with as well apart conceptual, abstract, numeric. I do not know the name. I have seen it. It will be a currency, more balanced for everyone, more in tune with justice, fairness, balance. This germain I do not know.

I am not in the secrets of the council, but there are facts that we basically know. I do not know the name of your future currency. All I know is that it will be metal and abstract, and it will be very fair in balance. But you know, fairness economically is not due to currency. Currency is a currency. Fairness is due to economy. Economy is the base. The tool is currency. Currency serves economy. The economy will be based on new energy systems, which will rebalance the whole planet into a

more fair and balanced economy. Currency is just the outside aspect. It serves economy. Economy will be based on energy.

The old system is like this, because the new will be also like this. It doesn't mean, it will be the same. I want to say that the new system will be working on something that is efficient since a long time on your planet and on many worlds. Energy produces sustenance, sustenance feeds economy, economy uses currency to exist, in the outside aspect. Yes this system works, because it is logical and basic. Do you understand?

21-2-2021 – Testimony of a Fighter in the Storm

Interview with “starchild” an anonymous person.

Hi everyone. I have a special guest today, who decides to remain anonymous, because this person has very important stories to tell. So this person that I met through my channel, my youtube channel, draw my attention on one of the experiences it had. And then we had a communication by email and we need to do this interview, because this person has a lot of things to say to the world. So we will go by your name star child and you are so on the outward, you would classify yourself as a civilian light worker. You are a grid worker and an animal communicator.

In the past decade you have been employed as firefighter and tree planter. And through this warrior lifestyle you said that, you came to learn and realize, that you could create weather, talk to animals and access the earth grids. And something beautiful you wrote to me is, that you have had as teachers north pacific humpbacks spinner dolphins in maui hawaii, grizzlies and whales in alaska, sasquatch, light ships and earth-based elementals and allies.

And it is your intention to bring this awareness to the public. The awareness, I suppose, of our interconnection with the universe.

But first I may ask you about your experience. And this particular subject we're going to talk about: You had contacts with ships. Could you tell us about this experience please.

Excellent, Hello elena and to your guests. So let's jump right into it. Most of us in this position have had some sort of experienced in since childhood. And seems to be somewhere around eight, I think I heard you had experience around nine, mine was around eight, that would be 1981. And funny enough it was a christmas eve experience. And I saw a ship.

I lived in the canadian north. I saw a ship out across a vast expanse of land, and I was fascinated with ufos and sasquatch as a child, just obsessed with it. So here I was having experience, face to face with the ship, quite a distance away, half a kilometer. But nonetheless there was a being in the window and it was looking at me. He was looking at me. And that was my initiation to this is more than real. Something that is not discussed, back then it was much worse than it is now, as far as discussing such things. So as a small child no one believed me, and it's just a dream, and it's not real - this kind of thing.

So that was my entry point and then that led on to experiencing the natural world. I was out in the bush in canada. So I was out there with my dog, I would hunt for food as a child. We were in a middle class family, but that was part of this canadian lifestyle. So in that I mentioned the hunting because you start to learn from the forest at a young age in these styles of instructions, especially with the light ships and these elementals. So and it's unassuming you just think, you're out there wandering around in the bush with your dog.

And these essences started to come in more and more. And that transpired into a bunch of these adventures that you mentioned in the bio. So it led me to go up to alaska, where I was guiding grizzly bear tours, and was able to sit with the grizzly bears and learn their actual language, learned them as creatures. maui hawaii I swam underwater and shot video on tourist ships, and was able to get three seasons of face time with whales and dolphins, which was now that there's the extraterrestrials right there. They're amazing.

So yeah, these experiences were sort of building me up and building me up and then fast forward into the last decade, say from about 2007 until present moment. My contact experiences were varied over these times, you see lights in the in the sky and have telepathic dialogue. But it was always sort of half believed, not a full immersion into these very powerful conversations. So in the last decade all these ship experiences started coming in. I had become a tree planter and a firefighter

and started gaining more and more of these experiences, becoming more and more real. I sent you the video of firefighting with ufos from 2014, where what I experienced was a light ship was caught on camera on the canadian news. And a day later I showed up on that very site as a firefighter, leading a crew. And then secretly under the firefighter I was doing grid work, healing the earth and working with the energy lines. So sacred work. So in that experience I had a three or four day experience of communicating with these beings, doing grid work on healing the bad things, that were going on in that area and then experiencing a weather anomaly, where I was instructed three days before and what to do. And a weather anomaly, what I experienced was the lake humidifying into a huge storm cloud and then dumping rain down onto the fire, putting it out completely. And we had to evacuate the mountain, it rained so hard. To give you an idea, of how that timeline sort of looks, before we go further into some of the light ship stories.

So those experiences led to 2016, and where I had the quite the light ship experience. You'll like this one. So notice, these experiences, for those who are new to this or or those who've had these experiences that know about, it's quite profound. You have a lot of symbolism and symbols before and after point being. They can see time, past, present and future so they'll drop symbols in. And one of these symbols was the date december 5th 2016, which was a heads up for, I think it was two years later 2017 to december 5th, the funeral of a famous president, where somebody got some notes. It was on the fifth of the 17th of december, and this was december 5th 2016.

So I didn't know that then, but my point being there'll be a bunch of symbols in this, that come in. So i'm sitting in my house, this is commonly how my experiences go. And i'll get what I call a tap on my shoulder, it's not a literal tap on shoulder but it's a telepathic message, saying come outside. So I got the tap on the shoulder and I went outside, and I looked around and I said, where are you? And they said look, to the pleades, and there's the pleiades, shining bright so beautiful. Boom there's a ship, there's a light ship and I go, oh hello, you know. And we're, i'm very friendly with these energies. They've been around me for quite some time, so it's like an old friend. And I was very excited and I said "hello" you know, nice to see you, and I joked "are you coming down?" because usually it's just a few blinks in the sky. And they they whizz off to another place.

In this time what I witnessed was, you're looking up into the sky, it would be like a very bright star like venus, and then I saw this light ship, corkscrew down at a very a slow rate. So picture a light white ball, spiraling down slowly from the pleiades right into my backyard. So my backyard at the time was a huge mountainside. It was a wild land on the side of a mountain, cliffs and stuff like that. It's very beautiful off the grid nature natural setting. So the ship is spiraling down into my backyard and I'm like, oh my god, this is this is happening. I've dreamed of this day every, light ship, ufo person has dreamed of this experience and it was happening to me! And my wife at the time was sleeping in the house, or I should say, she was meditating and this will make more sense later, I just wanted to mention that. So the ship comes down, and what i'm looking at is an orange ball, a hundred feet across. So a luminous orange ball, 100 feet across. And then it it turns off this orange sphere, this hundred foot orange ball, and there is a ship, as plain as day and right in front of me. The most beautiful elegant ship you've ever seen. I've never seen a ship like it. I'll explain it to you.

so the normal sort of ufo shape where you've got a disc and then a hump on top, it was that, but the curve was so elegant, you could barely see the hump on top. And then the sides that would normally go down to a point became smooth rounded edges, like a very elegant sculpture, something so out of this world, and so familiar - it was absolutely extraordinary. So there I am staring at a ship. And the occupant of the ship has certain telepathic leeway with me, so they can signal me to do something. And what they did is, they got me laughing my ass off, because the field from this ship is very powerful, when you get right next to them, it's extremely powerful and it can disturb your body. And i've learned that the painful way with trying to be helpful, showing people the ufo and they go a little nuts when they get too close.

So so there's a ship and there's the occupant inside the ship communicating with me, and i'm seeing a full metal ship, like it's completely metal. It had some lights that would go around it, but you could not see lights, it was just emanating through the metal. And then that stopped and these this

window just appeared. So there's like metal there on the top top of the ufo hump, and then there's a window there. All of a sudden it opens up and there's a backlit figure, a human figure looks exactly like my frame, so you know i'm not looking at a squid person or something like that. It's just it's a normal human, being so that was easy to take, because i'm in a high stress moment. As fantastic as it sounds, it's very shocking on the senses. And this being started waving the ship, so it wobbled like a saucer on the ground, does that make sense, sort of rotating like that. And I was like, what are you doing, you're like you're gonna crash right next to the ground. And he sort of laughed at me, he was waving. My father, when used to be a pilot, my father would fly over my head and wave his wing so this ship was sort of connecting to that essence of "hello, here I am, hahaha, yes .

And then we got into some really intense stuff. There was instruction on certain universal paradigms, nothing too fancy, but simple stuff, that I was working on this on the time. I was having some trouble with my heart and opening up my heart, and I was very interested in a diamond hearts, conversation in my head about opening my heart into a crystallized form. So I was learning about this subject and working on that at the time. And this ship projected an image of a diamond light, piercingly white diamond appeared in front of the ship, and then escalated into very bright light, but like a sword, like a single spire of white light. And that was a signal to me, that this is the correct direction, keep moving in these these paradigms.

And there are a couple other secret things, personal things ,I won't share on that, but it was quite quite profound and touching for what felt like a family member coming down to me. Then I also noticed, this ship seemed to know me, and that was very confusing at first. So i'd heard about organic technology in in some of the circles out there, but I i didn't really have a good reference for it. So when this ship was, it felt like a pet, it felt like a good friend, and this is a very advanced piece of technology. I got a peek, get a glimmer of of what this machine could do. But the point in that I wanted to make is, I think it might have been tuned to my dna specifically. Very very interesting. Then as the occupant was teaching me, I was so excited, I wanted to share it with my wife. So I ran inside the door said get, out here quickly, very panicked. So she would know that you know there's a something very serious out there. And she ran to the door and as soon as her hand touched the door handle, a vortex opened up and it was gone. It went off it was a star all of a sudden. It was there, it went to the vortex, it was gone. So it was just meant for me, as I mentioned earlier. These experiences, although I may want to share them at time, they're not necessarily meant for other people, specifically for the individual.

Ad that december 5th 2016 set off the events up to this present point, as we all know we've been through some pretty amazing global events.

Elena: What really appeals to me in your story, is the similarities with so much of my personal experiences with this type of ship. When I was rescued at the age of nine by people from the pleiades, it was the same ship. It appeared first, it appeared in the glowing orange haze and the ship then and when it speeded up, before it speeded up and it went like this in the sky, it changed color from orange to yellow and white. But the shape was exactly as you describe it. It was a flying saucer, but very elegant, very elegant. With a bump under and above, bump under. But the bump under was really barely visible, very slight and on the top it was very elegant. And the the most approaching picture I could I could find is this one, but it was more elegant than that even. So and it was pleiadian people inside.

x: Oh that just makes my heart gush when you say that, to identify

Elena: Yes this was a scout ship from the federation. They told me afterwards, and it was a mixed crew but it was pleiadian technology. And as well they explained to me, because I had many contacts afterwards throughout the years. And they showed me a few technical things about this ship. And effectively they told me, that the the ship is alive. It's allotted with consciousness, it's not an entity, but it's conscious and it's in relay it's connected to the the consciousness of the pilot. That's how they navigate. And when you say, a pet ,it's the feeling I got when I was inside one day when this extraterrestrial being, who rescued me, showed me, was the captain of this ship. He

showed me, he made me sit in in the seat, pilot seat, and said to me “you can't do it, because you don't have the connection, but this ship is alive.” And the way was talking, it was as well mental, mind communication as well. I could feel the sheep and I had this thought like a pet, a pet like that you drive, you know that ,and that carries you. So, yes amazing.

Anything else you want to say about this experience with ship?

x; Let's just continue with that story. I have a lot of stories. let's let's just continue with this one. So that was what happened after this story, i've just expressed to you. That was what happened after, and this is what happened before. So as I mentioned, I was living an off-the-grid, straw bale timber frame home. I built with my partner out in the bush, and it was just the most beautiful place you could imagine. You know jagged mountain peaks above, below ,all around you. So these these natural areas, the forest itself is sort of landlocked, which means it's some of the last refuges for animals, such as cougars, lynx, bobcats and bears and all the other friends of the forest, deer and some of the forest people, they call them sasquatch, but I call them” forest keeper”.

And this would be for people who aren't familiar with this energy, this would be the steward of the forest, the the bush boss, the bush boss knows everything what's going on in the bush. And they just happen to like our friends, who fly in ships and communicate with them, which I didn't fully know right around this time. I'm mentioning I sort of made the solid affirmation and connection that.

These these two entities are working together, heaven and earth is unified through this alliance.

And I think, it must have been about five or six years, I've been working with this forest keeper energy, so that involved grid work of sending my prayers out on to the land and around the globe. And for those who aren't familiar with that picture yourself, standing in front of a mountainside, and then you could look at the mountain and take a snapshot of it, and then go into it with your consciousness, sort of like this remote viewing, or bilocation, rain dance would be another example of this, where you become one with the forest in a very big way. And you can find things. And that came that was very handy for my employment in the past as well as for mentioned. But back to the story, working with this force keeper energy, doing grid work, i'm putting prayers into the earth on my land and it happened to be a ceremonial night. I'm sure the moon was at its perfect point or something and I was out there with my feathers and my white-tailed deer horns, praying to the pachumama, praying to the mother earth, working with these forest energies and these star energies.

And at that time I there was a very troubling carrier wave, coming over the grid through the human consciousness in mind. So I was very adamant about healing the world, and just a great urge, a great need to save this world ourselves, all of that. So I was putting down my prayers into the earth with this on a special earth node, a ley line point, like the nervous system pressure points of the body on the earth. And I said my people are anchored in the earth, thinking of all these people that are working at this time, to heal the earth.

And it must have been a hundred ships, it looked like a hundred ships. It's hard to tell when these moments happen. Consciousness gets heightened, senses escalate, you can see and hear in different ways. I'd call it the avatar state or something like that. It's very amazing, seeing yourself in that space. It's sort of like taking the veil off 3D and you're in the 5D or some metaphor like that.

So I had hundreds of ships were crawling above my head. I guess they wanted to see, what I was doing, was making some profound, a profound effect, some profound effect for whatever prayers were coming on. And keep in mind, it's not just me doing this, it's me and these energies i'm working with. I don't want to make myself out to be something, I'm not, I am just a normal human.

And all of a sudden, for anyone who's seen the northern lights or aurora borealis, sometimes these moments produce what looks like the northern lights. It's an energy, coming from the heaven in a green flare and it whips around like a little ribbon in the sky. Well this happened that night, but it wasn't a little ribbon in the sky, it looked like the whole sky lit up in green flame for a moment. It looked like being under the ocean with the waves rolling across your head, except it was green northern lights. And I've had this happen to me one other time before, so I sort of got a sense of what this means on a grid worker, ufos are everywhere kind of scale [Laughter]

So I somehow sort of knew, what to do. And so that was the precursor to that light ship corkscrewing down from the pleiades, and suggesting to go with the diamond light and all the other things, he spoke to me, and the initiation of this path, that we're on right now, which I did not understand at that time. I knew something was up, but I didn't know, what we're about to face as a society, as a culture.

So back to I made the original statement about the december 5th and december 17th, or I might have that wrong maybe it was the 18th. December 5th where the popular president had the notes passed around who died. Same date, interesting coinciding. So that was a heads up towards this symbolic arena, that would lead into our present moment, which we're understanding more clearly now as a direction.

As a grid worker i'm kind of a hunter. I fly around and sniff things out, I hunt for things, I look for disharmonies, I look for places that I can anchor light or resolve an issue. You know, let's say there was a fire here, september I think right in my backyard, 20 kilometers away we had a huge forest fire. And as a gridworker and a firefighter I wasn't on site at this fire this year, but I was 20 kilometers away, it for from that angle. And you just feel this harmonies, when the fire burns, you feel the memories come out. And I'll give a quick story about that. The women of the mountain this this mountain that burned a hundred years ago or more, was a native village and you could imagine the horrible horrible stories of what happened to that native village. So as the fires burning these memories are releasing, and I would project myself to listen to some of these stories, and you'd see visions of the women of the tribe and the atrocities that were done there, and the men of the tribe and the atrocities that were done there.

And one night I was sharing what I felt with my neighbor about what I just spoke to you, you know I was telling him this story of the the women, up high on the mountain, were on the rock and they were scared and just speaking their story to my friend in real time. And after the story was done, we we both spoke of resolve and peace to the mountain, and the heart coming out of the mountain, the love coming out of the mountain. And then we had a couple ships come over and fire some sort of laser into that spot, we're speaking of so there, we are having. So there we are having this playful dialogue, he thought it was hilarious, he didn't know what to make of it, because it's quite profound when your, let's say, childhood fantasy story has a profound physical real-time event and you know at the exact moment you end the story, a ship flies in and shoots that spot. You're talking about, but it makes sense from a grid worker point of like "ah, you hit spot, that's the target release, let that be done, let the timelines or whatever story is working in that experience be healed, you know, release the pressure, release the tension, release the heat.

Elena: You had obviously a connection with, because you are connected to the grid of the earth, probably it was easy for you to be connected to the ship working. You know this ship I know, there are some of them working on the the grid of the earth the the upper layer, atmospheric layer. So it's connected to the ground as we always say, as above so below. And you and you if you're in connection with the ground, I suppose you're also in connection with the projection of the grid in the orbit of earth. And this sheep as well you are totally able to see them. It's fascinating

It really is and i'm just as curious on who the heck am I, as I'm piecing this story together. I honor your journey for that as well because it's quite to have sort of vague inclinations towards shamanism or whatever your practice is. And then things happen where you might brush it off to the side say, oh yeah, that time where we saw the green column of green flame, shooting up into the sky. all three of us together and I sort of get a sense of what that means, and the two other people are completely in shock and will never speak of it ever again. You know, as an example of the profound realities that we bump into along this path and to realize like, wow we individuals eyes and individuals can do profound things which would almost seem like we're coming into a time of legends or something of such, where we activate into these spaces, where these abilities become more and more pronounced, and we can teach each other to escalate them

Elena: Yes listen this totally makes sense to me. It's times the times of the prophecies all the prophecies, it's now it's a portal you know, we it's the in-between moment, it's like dawn or dusk, it's

the portal, the the precise liminal moment be in between two different things, levels or errors, it's when a portal opens and I you probably know.

I'm a shaman as well, I've been training in Germany since I'm a child and I've always been able to see these things. And so I'm really no very well to talking about and shamans are travelers. We are able to transcends planes of densities, interdimensional. Sometimes we can't do that, and that's why we are, it's easy for our friends upstairs. Well as I call to communicate with us and to make themselves visible to us, because it's easy for us and it's easy as well for us to remote view or to go out of our avatar, our flesh, and just go wherever we want. It's something we do naturally.

So it's easy for them to communicate with beings like us. I suppose you were talking about the hunter and the keeper of the woods. This is totally my druid traditions, because I studied to be a druid as well and this we had there, is an archetype entity, which is called the the hunter, it's kerninos, the garden, the lord of wildlife, the keeper of the forest and it's a shaman entity. It's an archetype with a deer, deer horn. It's the stag man. And he's the stag and he's the shaman. He keeps the tree of knowledge, the shamanic tree, the portal. And he protects all the wildlife and the animals. It's called as well the lord of the animals and the hunter – not the hunter that kills the animals, but the the hunter, the quest seeker, you know the vision quest, adventurer hunter for answers, you know. And you're in Canada and you're with these local legends, not legends but connection and I'm in Ireland and I know, we have the same understanding, and it is really fascinating.

Cernunnos – this is the greek version, normal version ,everybody knows him, but the the celtic name is Hern.

X: I was working, I've done some healing work for friends occasionally in the past. And I had a dear friend, who was having some troubles and I wish to do some work with the forest, with the forest keeper and him. It involved his past and his childhood and his timelines of the past. So long story short, I found out, I identified a target within him, which was reptilian, which I saw a reptoid with, they're about five feet tall, they have a little hump on their nose, just a little bump. It's not the big giant, crazy Ciakahrr or whatever you call them. So those guys which I wasn't familiar with. I knew about them, but there it was. I identified the target and I said “do not initiate contact with this target, it's it's bad!” and then I saw this entity and I was like “oh my god, this is getting very real” you know, my suspicions were correct. And then we did some pretty intense removal clearing work with that energy, and the the person I was doing the healing work on saw me with this elk antler head thing, you speak of sort of this, it's what it's also called the green man in some mythologies, things like this. So this this druidic shamanic creature had inhabited this aspect of me and was shining through, which it feels like at the time when the muse or the spirit comes through me, I definitely feel some of these these frequencies come through, and it was amazing. It felt exactly perfect for what a human needs to be like in that space, just in tune with the stars, the forest, the water, reading everything, breathing everything ,you know, breathing light and just extremely powerful, it feels pretty profound when those things happen.

Elena: It's the the knowledge, the real knowledge to connect with and be the subject you want to know, and that's when you really know about, you know. It's the knowledge of the heart of the soul it's not the you can read whatever you want in the books or on internet

X: Nature and the stars instructing you one step at a time.

Elena: One of the reason why I want to invite you to share your experience, also was about a less fun subject, but which is a very instructive, the DUMBS, the deep underground military bases. You've been telling me that you have been and remote viewing and as well interacting with the operation in the dumps. Some of effects your experiences are of actual battle scenes during these operations and in major cities. Would you please explain?

X: Let's roll the time back to december 5th 2019, so december 5th 2019, christmas day before the coronavirus. I remember it was flu season at the time, and there was a real nasty flu going around and I had some time off for christmas, a couple weeks and took a much needed break, and it was a lonely christmas day. And I walked outside and I looked up into the beautiful starry sky, and I made a joke. I said, oh kind of a kind of a lonely christmas night, maybe somebody'll come by and visit me and give me a little present. And then I heard in my head, hang on, okay we'll be there in a couple minutes. So I ran back inside, got my winter clothes ran outside and looked in anticipation to the sky. And i'm looking up and I'm looking up looking up. A couple minutes go by and I'm like, are you guys joking around, like come on like am I just out here by myself, and I am looking up, a couple of minute, I look to the plejades, I'm waiting, waiting, looking at the pleajdes, waiting. I'm like, come on, like what's the deal here? It goes "turn around.". I turn around and I see what appeared to be a flotilla of ships, a fleet of ships in the sky. And I just want to mention to the audience first, I'm very familiar with starlink, I've seen it a bunch of time and this was not that.

So you're seeing a line of ships in the sky, going in a straight line, traveling from the west to the east. And some were moving the opposite direction, but most of them were moving in a straight line. And I was in awe, because I just had someone tell me, they were going to come by in a ship, to give me a surprise for christmas and now i'm looking at what appears to be an entire fleet of ships. And to give you an idea of the length, it was about 10 minutes long this thing rolled by. And 40, 50 ships, I didn't count, but there was a ton of them.

So i'm looking up and I was like, this is amazing. There really is a war going on. And I just felt compelled to put my hand up to the sky and said, I salute you. you know, captain salute kind of thing. I salute you. And an orange ship manifested right above the fleet and said "no, I salute you." and I just started crying right there. I knew something was up. when he stayed back. So that was my christmas present.

And I'd been preparing myself since mid-summer 2019 for a mission on the Australian continent in Uluru, which happens to be a very special energetic spot of the Earth. And I'd had a shaman friend, who is physically traveling to Uluru for a shaman ceremony physically on the ground. So I was preparing myself to project myself there and join in with the shamans for the prayer, because I knew it was really really important. So that led us all into when we had the fires. We all had the fires in Australia and the place is burning to the ground. And I started doing my prayers, as I was doing my prayers from here in Canada, they were doing their prayers on the ground there in Australia and these energies were mixing.

Elena: I remember that yes

X: And then as I'm doing these prayers 'll hint since remember back to the working with the weather and working with ships, like I was expressing in the firefighting experience, where the ship shot a little piece of fire laser into the fire, when we were talking. So so I'm doing my prayers from Canada, he's doing his prayers on the ground, and there's other parties involved which i'm not seeing, but i'm aware of and we were having profound weather of anomalies and events, which would include like hurricane, force winds, heavy, heavy, heavy lightning and thunder. And I was also watching on satellite radar to calibrate, what was happening on the ground, to put together the whole story of we're affecting the weather in a profound way. And I could feel the population rising, how could you not if you're on the ground and you're seeing your homes burning and there's rain coming, you're going to be praying for rain. People have been doing that for thousands of years and it's a very natural part of the human psyche to bring that balance into our ecosystems.

So that led to a bunch of fantastic stories with Australia and we all put the fires out. And the classic crowning moment was when the prime minister got on television and specifically demanded for everyone to stop praying for rain. Do you remember that? He told us to stop! So I knew it was working. I knew there was millions of us, and I knew what was coming that the the global mind of humanity and the earth is coming back online. I was describing it as telepathy is coming back online. But it's a very complicated subject as you know. So that was australia. So I've got a fleet of

ships, that just saluted me. I'm operating with boots on the ground, a fleet of ships, the weather and a bunch of other things.

And then the coronavirus starts hitting very hard, the propaganda from this fiction this, whatever this is was going very hard. And I knew what it was, and I was not standing for it. and there's.

I did a mission on my home town, in the local area. I live in it, it's in a mountainous area and there's an old mining town there, which I had a condo in for a brief while. And there's about 3 000 miles of tunnel underneath and I was very interested in exploring these for years. So I was aware of some tunneling in my local area. But I also sensed, there was a lot more unseen in other locations. You just sort of feel it when you're doing grid work.

So we started having earthquakes, while I was doing missions with weather work. So and what that would look like is, I'm doing healing and praye,rI'm scanning over a specific location, maybe a mountain that i've known for a decade, and I know this mountain very well, and i'm going over her body and deep into the ground and feeling underneath and sensing things there. Well we start having earthquakes at the 5 and 10 kilometer range, and these coincided precisely with the weather work, with myself and other parties involved.

So that sort of gave me an idea of the game plan of what actually was going on. That there was a silent war, that was been going on for quite some time, but specifically in the last couple years. And this was going to be something of this nature leading to a liberation of the entire planet, not just a localized continent.

So that set off me very regularly looking at the weather in my consciousness by getting information from my friends. And then also physically looking at a satellite weather map on a daily basis. And then I would go into my ceremony, my shamanic... I start dancing, to get into my body. And then I find a specific tone, and then I'm able to go there, just like in the old days, when native people and that's what they do. So that started happening and that set off an event which I wrote an article on. Which i'll describe to you now

And I'll first say, that I posted this article for the few people, probably a couple hundred people out there that have heard this story. It was on facebook and it was very popular for a couple days there. And I told some other members of the the community about this subject and this wonderful story, this wonderful article that i'd written. I'd stashed it in 10 different spots to see if they would delete it. All 10 copies of this article that I'm about to describe you were deleted. So what would be the point in deleting such a thing?

Here's the story: So I forget the exact date, it's on the picture I sent you of montauk there, and can you see it in the upper left-hand corner, I think it was the 28th of .. This is the time for those that remember, when the ship's mercy and comfort pulled into the new york city harbor. It was right around the time the coronavirus was really getting going and New york city was experiencing some great difficulties. Sunday, march 29th.

So two days earlier on a friday I had a call for a mission to put my attention on a very specific area. So before Chicago just passed Iowa, right around that area of the continent of the united states. And I put my attention there and there was a big storm brewing. And this storm did not feel like a normal storm. And when you're working with storms you're working with weather weather manipulation, the technology of weather manipulation is all-encompassing and it's very challenging. So I felt this energy and I started to chase it. So you go down into the storm, i'll just tell the viewers what this experience feels like. So in my physical location in Canada I'm in my my ceremony and then a part of me is transferred into this storm at the same moment. And as I go into the storm I experience many things. It's like you can taste and feel and touch the earth, not only the physicality of say a land or city, but also a timeline, a timescape, possibly something happened in the past there. And then also the experience of lightning, very amazing powerful experience to be a part of a storm and experience that charge of lightning, hitting the ground, to clear the earth of these things I mentioned before. So there I am just past Iowa and I go into Chicago, and it's horrible, it's absolutely horrible. I'll just weave a couple stories from around the continental united states, just to save a little time. So I went to Chicago and it was horrible. There was things going on underground,

literal demons, and i'll lose use the the term loosely, because there's negative people, there's dark entities there's dark aliens, probably a couple other things i'm not seeing. So that's the experience of when you're going into the city ,you're just feeling all these dark targets and as you feel those dark targets, you're you're blessing it or painting it with light and cleaning and clearing as you go. And then I'll grab a piece from another story here, I went over to Buffalo New york, just before New york city there, and I went into that city, and it was the same scape: it would look like the taillights of a car at night. You'd see a highway stretching to infinity, you'd see red lights and white lights, tail lights flowing up and down the highway and you'd see that spread out all across the checkered cityscape. And now substitute the cars with demons as as a metaphor of how much darkness, or was in some of these battle scenes, you know, it was horrible, it was the whole place was covered. And this one excerpt from Buffalo New york, are many shamans from different times working on this operation from all over. But I have a connection to some of the native american energies there. So picture like sitting bull, all those great guys from 100 years ago. All those energies were kind of there, represented in this image, and they were unifying because they were all fighting and quite upset from the horrors of the past, that we've all been through.

So they were clearing those horrors from the past to unify, to put their indigenous skill together and clear this dark, dark arena. And I saw the image of Buffaloes running through the streets, where those those demons were running to the streets before, to symbolize what we were doing with this bringing the natural flow back to these areas, which has had been corrupted with these grids and these dark forces and these dark ideas. And so that was a little image of Buffalo. And then I forgot to mention, that at the beginning of this operation my target was Montauk, New york. So just before I were there I was told montauk new york was the target, and weather can go wherever it wants to go. Right I didn't expect it to go to montauk, but sure enough it came right to montauk just up the hudson in new york city there. And this is 48 hours later. So I was like, wow this is quite serious, if you're giving me a mission statement 48 hours before. And I'm hitting the exact target you showed me. This is a very serious operation now. So I chased this storm and it wound up right past montauk points. So the end of montauk point heading towards hudson harbor, that's where the storms stopped. And I sent you a picture there, you see a little triangle cloud.

Yeah so it's not that often, that clouds make triangle shapes, especially when they were spoken of 48 hours earlier. So I felt sort of a search and destroy kind of flavor to whatever was going on, and I felt compelled to scan the montauk underground. I was I was guessing I sort of felt within myself, there's really nothing to see, I'm just gonna fly by there and if I see anything, I'll i'll give the heads up. Well there wasn't too much in the montauk area on this the surface layers, but I didn't realize how much infrastructure was down there, and I didn't know at that time. But I started to travel too deep at times, and if you go too deep, there's certain technologies and infrastructures and entities, that will kill you, You'll be dead, or you'll go crazy, you'll go crazy and be haunted with a demon. a very serious, not a joke. So i'm scanning this legendary montauk area, where they cracked open some things, that they shouldn't have, many years ago. I was projecting myself.

I felt a target towards the hudson river towards manhattan island up the in there, on both sides. So I felt tunnels on both sides, the whole way up across the whole thing. So as I mentioned before, I was just expecting to feel out for a little hidden crevice of tunnel here or there. And it was everywhere. And i've done some work on manhattan earlier, I can't remember if it was the same mission. But black box technology. Are you familiar with that? No okay. So um they have these black cubes outside of the banks in manhattan island, I think like chase manhattan's large cubes, and I was looking for a device which I'm calling a black cube, but it seemed to take energy from people and put it in a matrix sort, of like a sort of like a loosh harvesting device.

And I was hunting and and I found some of this stuff on manhattan and in other places, but I made the connection of there's energy being harvested out of this area in a very big way. So I'm uncomfortable telling this next part, but i'll just let it go, time to tell the truth. So walk away, here it is. So as i'm flying through this storm, I'm riding a dragon is the visual imagery that I use to interface with this technology.

So there I am, I'm riding a dragon, up the hudson harbor just above the water, and I became enraged and my dragon became enraged at the horrors, that I was sensing to the left and the right of me. I dove into the water and commanded all the waters of life to heal. I was so enraged at what I was feeling and seeing, I just wanted all of nature to conspire on that darkness and end it. Just to bring the light in to the these hellish spaces. And then as I was charging through the sick and murky waters of the hudson's river and it just ran all the way up New york, I didn't go that far, was focused on manhattan island in that localized area. But I felt the operators, the let's just say, soldiers or guardians. I did not see their faces or their emblems, but I did get a sense of who they work for and what I was involved in there. And I projected myself up the manhattan island way, and I located a feeling of children, a feeling of captured. So I flew down there, I flew into the ground, and I found a small group of children in a corner. It was dark, I couldn't see them, I came up close. There was one girl, I was very disturbed at what I saw, and I projected an image of a teddy bear to this girl, it told her, help was coming. And then I just got out of there real quick, because it was a moving operation and there was a lot going on at that time.

That was my first sort of confirmation, as to this isn't just one or two kids, this is the entire world! And the next day after after all of this happened, I was gonna review my material, so I could remember some more details, to express to you, but I think that's all I can really muster out on that mission, because some of the things are pretty horrible, and people don't necessarily need to hear them. But hear from the tone of my voice, it's very real.

Elena: It totally relates to things by the people I know, you know, working to these rescue missions, well the extraterrestrial people, I know. Thor Han the one the person I communicate, with sometimes he just can't talk, he just can't speak and I can feel through him and immense, immense pain, to have witnessed things related to children. You won't talk and one day told me, you don't need to know, because it's not because sometimes we can't speak, it's not because we are not allowed to, it's because it has no words, it is unbearable and you try to speak about it and the words just don't come, because it's unspeakable. And I totally can understand.

X: Thanks for stating it that way. It's it's very true. I actually had so after after all of this happened, i'll go back into the the battle scenes in a second, but after all of this happened, this was december 25th 2019 to may 5th 2020 was the end of my operations. I just collapsed, and I've been dancing around post-traumatic stress for the past five years, like these these operations and missions. You get knocked down, you get back up, you get healthy again, you get knocked down, you get back up, you get healthy again, you just keep doing this stuff, but after december or the end of the operations may 5th 2020 I just I collapsed, my hands would start shaking and I just start crying and it was that level of post-traumatic stress. I have to keep my day job to pay my bills, so I asked for assistance to our friends a couple times and they hooked me up. They just smoothed out the memories. I've got my general screen memories without researching my documents of what happened. But I can sleep. which is huge, and I feel very good like a normal human being again. For people who don't understand what post-traumatic stress is, what you should by now - it's it's deadly at that level, it's deadly.

So I was very grateful for them for hooking me up a couple times too, and I got to see the inside of a med bed once too. So that was very very exciting to bring forth that stuff's. real I'm buying what they're saying about, it's on planet. They've been talking about it for a few years now. So it seems it seems like it's real to me, I've had one major encounter where I fully visually was inside the bed on a ship with stars outside, and then two other accounts that were lesser lesser visual accounts, where I had asked for assistance and I woke up feeling great.

Okay all right, i'm liking the technology angle here, the technology is unfathomable, people have no idea of the elegance of the inheritance of what's coming our way.

Elena: Elegance is a word, I totally can relate. It is what best describes this technology, elegance.

X: Like that line of the ship, right I just love that, you know, that line that line was just like oh!

Elena: The pleiadian scout ship from the federation, yes, yes.

X: So I'll just finish off some of the battle scenes just to give a quick overview. The global operations were as follows from my perspective: different grid patterns from around the world, different sectors, different people, different operators have certain special sectors of land or operating theaters, like Australia for one. And mine was sort of North America all the way down to South America, just the top tip of South America, but I didn't go down there much. So to give you an idea of some of the places.

It was everywhere, it was everywhere. I thought that the main tunneling systems, that we've seen over the past, I think it's been around for a few decades now, that people have seen the you know the possible dumb lines underground, around the world. Well those lines matched up very nicely, so I became aware of where the main highways are, and I eventually correlated the battle scenes, that were surrounding some of those areas, as well as the five to ten kilometer and a little closer to the surface dumbs in those areas. So you'd be doing an operation, say in Idaho and it's really intense and if you survived it, and it was bad. And then the next day or or the same night there's earthquakes. So that that thing was happening again. So you're like, okay, there's this operation's going well.

So some of the the big spots, Cancouner island DC, a lot of spots in southern uh DC and Washington state, Idaho, cold lake military base, Saskatoon Saskatchewan, the Great Lakes, oh my god, the Great Lakes is infested with that infrastructure pretty much. That whole area is dumbs. You'll have a major dumb underneath a military base or something and it's starting to come out, people are realizing like that's where the drugs go, that's where the prostitution and trafficking rings go, it's the same thing as the sailors from hundreds of years ago, which reminds me of an operation I named "pirates of the Caribbean". So half joking, it's a double entendre there.

I went down there and I knew about this couple hundred years ago, where you've got pirates, they're hustling booze drugs, and liquor, and gold and whatever else they're doing. So that was you know, it was like 500 years ago, we hear those stories up into the 1700s. The same exact thing has been going on up to this point. It's just more elaborate and with more infrastructure and technology. And that's where they stash their gold as we've heard about with some of these islands. So the missions through there and then Cuba, I won't even mention, it's a mess! So that whole area, the same piracy that has been going on for hundreds of years was happening at that point. And this is last year 2020, they were cleaning that up. So they've got a lot of retrieved stuff and information from those locations, from what I experienced there. The whole Florida area gets hit a lot with this weather, the missions that were flying around there, there's a military base there. It was more towards the upper parts and then getting into the coastline of Texas. And then Georgia Tornado Alley, all the way up into the New York area. And that seemed to be the theater, where I was operating a lot.

And if you look at the the main underground dumb bases, highways, the maglev, the mag rail system, you'll see a picture of Orion and Gemini in the shape of these tunnels, who were our friends from, well not so much friends from Orion.

So one happy experience I remember from down there. Do you remember, we had three hurricanes in a row, it must have been Aprilish somewhere in there. The hurricanes, one of the hurricanes names was Hurricane Laura, so that was heading to land, you don't really see three hurricanes in the in a row, unless it's made by man. So those three hurricanes were coming in hot, and we're gonna hit ground and cause thousands of people to die, and I noticed the conductivity of whatever teams I was sensing out there, were working on this very diligently. And the humans that are on the ground. They're praying as well, you know, they see there's a hurricane coming, and they're praying for their lives, as they're seeing this hit the coast. And we disperse those as soon as they hit ground. I was working in real time with a light worker down in Mexico area and she says to me "what do you want it to do? What should we do with with three hurricanes? And I said, it's gonna fizzle, just picture it fizzling. And it hit ground and it fizzled. And I think only six people died out of that. It could have been completely devastating at that time. So I was feeling the conductivity of the

global mind out there increasing and the support teams of these operations really being super effective. If you can stop three hurricanes, we're talking with some serious power here!

And that was the people on the ground I felt, a lot too that was the people like me and you on the ground, saying no no, boom, fizzle done, no! So I was like, okay all right. we have this power, i've dreamed about this since I was a child, that we have this power. And once we unify, we can really make some some peace and some clearing for this world with such ways.

Just more more scenes of of like I mentioned earlier, where you'd see instead of seeing taillights and headlights at night across the city and those would represent demons running through the street. This was a common theme running through all these different cities. believe it was Oklahoma city, there's a small lake there and there was an anomaly under the lake and a live operation going on around it. It was probably the biggest battle scene I saw.

So this is this is in an alternate realm, you know, you probably know better than I how to describe it, but you're interfacing with this battle scene and I was levitating at the time, no dragon riding on this one, but I was levitating at the time and you're just sort of flying around, scanning for things and and battling things. There's a lot of engagement with the enemy. And I was surprised at this moment, because I saw other people, and they seem very familiar, so I knew they were my friends and I knew to go that direction, that we were operating together. These are probably the invisible faces of friends

Elena: There's an alliance with the the the federation people and the earth ground military, they work together in this underground fighting together, you saw this

X: It makes perfect sense now, it was the story i'm was describing now, you expressing it, it's like ah confirmation. There I am with 30 people kicking ass in Oklahoma city, and it was a magnificent feeling. It was very intense at first, like the the enemy was very heavy and we had to clean things up very quickly. And then it just turned into playful school yard laughter, 30 of us got into a circle and we're levitating above this lake and we were all laughing, because we know there's legions of assistance surrounding us. They were all laughing and I saw a woman, I recognized across the way, across the circle, and I said "we're doing it! I screamed out and laughed and I said "we're doing it" and she screams, and she's waving her hands like "oh my god, this is it's actually happening, the time, it's actually happening now, we're involved in it and our prayers were going into this lake. I mentioned and the healing was happening and I was seeing a lot of different faces e.t.m I don't how to describe it, a lot of different faces that were not human, but involved in the event.

Elena: Could you describe these allies, involved in this operation, this allies from upstairs, as I call it different races?

X: I saw a very tall blue man come by me and I made some silly snide remark to him and he sort of laughed at my face, I think. I stepped out of line a little bit, I was over enthusiastic about the people levitating, so I think he was like of smirked at me but, he seemed like a very nice fellow. He seemed to be kicking ass that one. There was an interesting event too, I'll back up a little bit. We were clearing undergrounds, it was it was just below surface level, so just below regular house level, that kind of deepness. It wasn't very deep, but it was very intense there, were a lot of hidden spaces we couldn't get to, and we're getting frustrated that we couldn't get inside to see something. I felt nature conspiring for the mission, sort of like our friends and myself were using all of nature to see into these spaces, like crickets, ants, like all of nature was conspiring to feel and free these spaces. That was very interesting there.

Aanother face I've seen, that you mentioned (I'm not very good with names, when I meet these beings, I don't like names too much, Ii'm just all about the face) but you have a picture of them on one of your last videos, is this your friend Annex? Yes it had that kind of face, looked very much like Aannex except the friend I met was very smiley and had very bright eyes. He seemed like a male type energy, but I haven't spent too much time with hi,m but i've seen that energy around a few times and I think it's been sort of hidden from me, but not been announced to keep things secret. But

I have seen that face a couple times and friends have seen that face over me a couple times and I'm like, okay, I guess that's one of my friends.

Elena: I know it's not not fun a question, but during the the operation, the fights have you have you witnessed and participate to confrontations with the enemy, the different alien races, or you'd rather not talk about it

X: Yeah i've had direct contact, direct interface with those beings, it was yeah it's quite devastating. Probably so just before I collapsed, just before may 5th 2020, when I sort of stopped doing those major operations. I can't remember where I was, but I was in an underground tunnel. So this would be one of the times I mentioned earlier, you don't want to go too deep, this would be one of those times I went too deep. I experienced what looked like a a buffalo sized demon. So picture a buffalo with the strength of a buffalo and then you know, put some garden variety demon face on it and that walks on all fours. And this thing was very aggressive, and it hit me hard, it jumped into me and left some scars. That was very difficult and disturbing. There was that one, that i'll just leave it at that.

And then the gray alien, oh my god. They're definitely pesky maniacal creatures, quite quite deadly when they want to be, but more so the technology. So these have high technology, their bosses have them able to do anything of their will, they can produce a hologram that is real, as what's real in front of you right now, they can mess with time to mix you up. What I'm trying to describe is, these things can very easily drive you crazy and have you chasing your tail in seconds, if you're not wise to the scene. So these things I met quite often, I mentioned that metaphor of black box technology, I was hunting for these devices, I ran into a lot of them in these areas of hunting in the cities.

I had a couple in space experiences. I was on a ship in space I saw these these guys, I think I got I snuck in there and got out quick kind of thing. So very hard, hard experiences. There was some some physical death involved, on my part in in one account, I'm not sure what happened there, if I did something wrong, but I experienced physically strangling one to death and, yeah, it would have been it felt like he'd been tormenting me my whole life, was the who knows what the scenario was. It's very confusing as I said, they torment you and they get you mixed around, but I actually somehow broke the controls and was able to touch this thing, and I killed it, and killing is not good, you don't want to do. It as a hunter I've gone through the lessons of the hunter, and those lessons are brutal. And then after that happened, the next day I had three three beings that came to my physical front door. So that was in this other battle realm, this is in 3D my regular life, so the next day after this happened, I still don't quite know what happened there, something very bad happened, and I had three beings at my front door that they looked like Grays, so what what I was looking at was three great beings out of phase, they looked a little different than gray's, but I mentioned they're out of phase, so it's kind of hard to see, and i'm a little shocked because there's a physical apparition at my front door, just after I had this encounter with death. They gave me the strangest, I still don't know what to make of it, it seemed like they wanted to to come over to the light maybe, they wanted us to stop hunting them maybe, but they were projecting an emotion. They don't really project emotion like we do, and they were projecting their interpretation of emotion. I still haven't made sense of that, it's very disturbing.

Elena: Do you think, they were originally enemy greys, that were coming to tell you that they want to turn to the light, or where they actually want give a lesson or and torment you to punish you to have been involved?

X: Yeah that's that's the two questions, because I was looking at them and my first sense was, stop killing us, we want to come to the light we see the that we cannot win that. There is no you guys, kick ass, like oh yeah i'm riding a dragon, you do not want to come up against that thing, that thing loves snatching up little things like that. And that was my first sense of it, but then you've just been tormented by these things for months and you're like this is just another alien deception.

Elena: Yes, like “Oh, we are nice, stop doing this, because finally we, you know, we we're all the same in light love and peace and we don't need to fight. You know, that really sounds like a deception.

X: I'm sure once I get my qhht session, it'll all make sense. [Laughter] It's necessary.

My point is, we're powerful, we're human. We have to work together, we're in wartime, this is what it feels like. We be very grateful that we're not seeing it on this on the streets, as my forefathers did in world war II. My father came from Berlin Germany, he saw, he was there D-Day when they dropped the bomb. So I know how lucky we are to be going through this and know, that people are dying to save your life out there, you know, that there are protectors and guardians out there, that are saving a lot. They're doing a lot for us. So just be grateful and project the light into the grid, project the love into the grid, dance, enjoy into the grid and assist this transformation. This is the greatest moment in history and we get to be a part of it, and I'm very grateful and honored to be flying with everybody right now. This is amazing time.

Elena: What an amazing message to humanity, privileged to be here in this time to serve humanity, to serve earth and not forgetting that we are more powerful than we have been made believe.

X: Creative imagination and dreams have been infiltrated, all sectors of humanity have been infiltrated and inverted. It's to dismantle the old and let go of it. I'm human and I struggle with it all the time just like everybody else out there, but we've got to do over here. And if I can ride dragons and chuck lightning bolts to save the planet, what can you do? You can do all sorts of things. There's there's hidden treasures within these gossamer threads, spiraling through our DNA that are coming online now. We're we're killing these these handcuffs, we're inverting these handcuffs on our codes and we're going to come back online hard. And there's going to be a lot of people doing some magical things, and that's.

Move into that, move into the delight in innocence of the child like mind, the star child if you will. It's a very real innocent divine space, and we can still be the warrior and strong within there. We can balance this equation to come back into harmony, because once this operation's done, we're going to be healing each other, you're going to be petting your buddy's skin, saying everything's going to be okay, you're going to be nursing ourselves back into health and seeing this profound light come through the natural world. And our systems of nature returning, already the systems of nature are returning, you know, from this last years of sitting in our room. It's amazing.

Elena: The unbelievable resilience of life and this is on many on all levels, life on all levels, be it from nature to spirit isn't it.
How do you see the future?

X: I see an amazing future. It's hard to tell with the timelines shifting in this sector of space right now that we're in, but I've seen a few visions of liberation. There's an image I visit often, so after the operations are done, the humans open their heart, there's just such joy and excitement of liberation. The entire world is dancing and people are flailing their hands in the air and smiling, and light pouring out of our hearts in columns of light going up into the grid traveling around the world and boom, we're unified, we're free all. There is no lack, the abundance is there, it's all coming, it's all there. And this is galactic, this is not just for our sacred beautiful, world this is galactic.

Elena: Absolutely, we are galactic beings! We are in this galaxy, we are part of it as well. You know this vision you just described, this is a vision I had to a few months ago of people dancing in the street, shouting “we are free, we are free, it's over” and embracing each other. And so many other people had the same vision and wow...

X: And also on that note is how powerful those energetic emails are. We've become addicted to our computers in our phones, which takes away from our natural computer our natural telepathy which is far faster, the wi-fi is free, it's always on and I've been sending that memo of that dancing out since 2012, and I know of thousands and millions of people who who've had that

inkling of that image. Just how powerful that vote that dolphin bubble of light and love into the world goes out and reaches many. So use it.

17-2-2021 – Clearing some New Age misconceptions about aliens

Hi everyone. A quick one to tell you about my opinion concerning all the rumors and misconceptions and crazy theories going on in new age spiritual groups about aliens. I'm an experiencer, I do not pretend having my knowledge from downloads or stuff that coming to me from nowhere. I was physically on board ships, I physically met aliens. So anything I'm talking about it's from first hand physical interactions.

Now, I know a lot of you are looking for guidance. You know, the best is to follow your heart, to really follow what you you're feeling about stuff. Don't try to find out what's what you can get from yourself.

What I mean is, people who have really experienced contacts physically listen to them. Then there are a lot of crazy stuff going on, that you can see, like messages like an essay, people are writing essays like they've got messages which are very pompous and always say the same. I'm not going to go there, but I have noticed. I say usually nothing, but I want to tell you a few things, that I'm not okay with, because I think it's misinformation, and it spreads wrong ideas, and it makes of these people who believe in these fools, regarding to grounded and reasonable people.

So first this one. I hear a lot about this. Earth is not flat! Any people who believe in it have been manipulated by, it's very you know, the deep set is trying to dump us down and to spread confusion in the spiritual groups and just spread stupid stuff, then people just get lost. And this is really dumb this one. Earth is not flat, earth is round, it's a planet and all planets in the universe are round. Planetoids which are smaller maybe a little bit of rough shape, nothing is flat. It's the laws of gravity. It's law, it's universal laws, and I mean that is quite mind-blowing, that at the time was sending a spaceship into space, that we are into quantum physics and stuff and discovering other dimensions. People are still believing this, their planet is flat. You know, there's a lot of extraterrestrials who are laughing about that, about the people believing the flat planet. So please stop!

So this now, this the galactic federation of worlds, that's a federation of worlds in of this galaxy, which are evolved enough that they know interstellar space travel. That means that they are able to leave their solar system or stellar systems (is the same thing) with inhabited flights to other solar systems. So these people are different races and they are they have an outpost in our solar system to help us. They have special laws of non-intervention which are based on the free will of all species and all living beings. They are called the galactic federation or the galactic federation of worlds, in their language it's "Oran a nataru shàri" which means "the federated worlds of this galaxy" It is not the federation of light, that's an invention from earthlings who don't know and who think that they of course, they work for the light.

They don't work for the light, they work for balance, for the laws of evolution. And balance is made of large light and dark. So they protecting all species, they're allowing all species the best environment for their evolution, but they will not assassinate the dark, disenable the dark, because the dark is necessary for the evolution of any species consciousness, as well as light. So they are not calling themselves the galactic federation of light, but the galactic federation of worlds. So that's another one.

Jesus is not either part of it, either leading it. I heard a lot that there's a guy, an entity called sananda, that's the name of jesus. That's all invention. I mean jesus wasn't a standard master, he's great, his spirit is still helping humanity, but he's nothing to do with aliens and the galactic federation, even if he was a hybrid because his mother was abducted, but that's another story. But that jesus has nothing involved with the galactic federation. Neither angels, which are supra consciousnesses of the the the earth.

Ashtar is a title, not a person. The Ashtar, called Shiran doesn't exist, it's a fantasy. There was in the 1970s a hijack of a tv program in England by a certain being, called Vrylon, these are from the outpost of the the Ashtar command in our solar system. Who are they? They are a military faction from Sirius B who have left the Ashtar alliance, which was hijacked by reptilians and greys. So they are not interacting with people on earth. Their mission is military protection, they work for the galactic federation. And the galactic federation as well as the Andromedan council and the Council of five are the three entities, who are in charge of communicating with a civilized world.

The Ashtar command is just a mercenary military force, working for either of these alliances. So they do not connect with people. That's wrong. So since this Ashtar Vrylon had spoken to give a message in 1970s, many people have started fantasizing on communicating with this being, inventing many names. Many women think they are his girlfriends, that they meet him. That's all dreams and fantasy that's not true.

And some unfortunately not very well inspired people are spreading these beliefs on internet, and either well even they've created a kind of a portrait, which is (I'm an artist) and I think it's very, very cheesy. This pastel portrait with a little hoop here.

I mean the Ashtara people are from series B, they are not looking like us, they are small, they have a triangular face and big huge eyes. They're not looking like, this portrait. So that's one.

Venus. The Venetians are not earthlings. There are many different colonies and outposts on Venus related to the Council of five and the Galactic federation of worlds. They are all aliens. There are no people from earth there. So as they are all aliens what I want to talk about Venus is religion. There is no Christians on Venus. So few people have taken Venus propaganda for Christianity, like they believe in Jesus and God and stuff that's. No they are aliens, they have nothing to do with earth ancient religions. If they have a belief, it's the belief in the universal force and your universal consciousness, which is source. They do not believe in earth prophets. It's not their culture.

So many people who believe that Val Thor, which is from planet Venus/Nara is Christian. Not at all. It's a misconception. It was Frank Strangers who used the myth of Val Thor to spread propaganda pro-Christians taking this, but this is not the case.

This is what I believe regarding to my knowledge, regarding to the people I physically meet and what they really tell me. So I hope this helps.

Have a nice day. Follow your heart, follow your intuition, follow your common sense.

26-2-2021 – We are all equals

Message from Thor Han

Hi everyone,

this is a message on behalf of Thor Han, my contact from the Galactic federation of worlds, the man who rescued me when I was a child, and with whom I communicate very often. There is a topic that he is very keen about, and he asked me to spread again this message.

These people from other worlds, working for us, with us, guiding us, part of a galactic federation are not superior or better than us from earth. They are just people like us, and the only difference is that they are born somewhere else. They have a different technology, different cultures but they are just people like us. Maybe they don't look like, us maybe they speak different languages that we don't understand, maybe sometimes they communicate in different ways, they use different tools, different vehicles, different energies to power their technologies. But somehow they are beings like us.

We're all equal in this universe, in this galaxy. Whatever the level of evolution of the world, that doesn't make us inferior. A child on its path of learning will not be inferior as a being, than the adult who knows a little bit more and has more experience. The child in the process of learning will be equal as a sovereign being to the adult, who follows its steps and guide them with a loving heart, holding hand in the trails of life, paying attention that the child stays safe. And even if the child tumble, the adult in love will allow the child to fall, because the adult knows, it is part of the learning. That doesn't make the adult a superior being. It makes the adult another equal being, that has a different task

Thor Han insists, that you do not put him on a pedestal. Thor Han is an Ahel being from planet erra in the pleiades, and even though he looked different, if he looks different he's not different inside than all of us. Do not try to idolize him as a galactic supra being, you would like so much to communicate with him. He's just a person, a normal person, an officer in a military organization. He is not a guru, he's not all-knowing wise. And neither is Annax.

So you wanted so badly to escape to a condition of slave from the deep state. It is not to fall again into another state of slavery, putting yourself as an inferior being, willingly regarding to people who have different technologies, that you don't understand. Your ancestors were doing that, because they couldn't understand, the were putting these beings as gods or superior beings. It's not because you you don't have the elements to understand that technology that you are inferior. You're just ignorant and that doesn't mean you are inferior. Ignorance and knowledge doesn't make people inferior or superior. We're all equals.

I do not know about the secrets of, this science or this other science on earth. This doesn't make me somebody inferior as a state of being than the scientist, who will have studied all his life, to have this knowledge to gain this knowledge. No we're equal as beings, free individuals, and so are we all on earth equal, equally free sovereign individuals as these alien beings from other planets, who are above us.

Considering this aspect and this perspective we understand, that we are not inferior as slaves to the greys and reptilians, who have superior military forces and technology. We are not inferior to them as beings. Inferior in technology, when it comes to war, but not inferior as sovereign beings. We're not superior as them as well, we're all equal. So quitting a system such as the deep state, to put yourself again on your knees, adoring worshiping beings, that are different is to willingly put yourself again in an abusive emotional position as a slave. Val thor told me, we cannot unfortunately liberate a slave who holds on to his chains. Don't put yourself on your knees in front of a government a religion. Even new age gurus. I mean in these groups now. Everybody wants to

be free from the deep states. Brilliant! So they are going to find answers outside instead of finding them inside. Why are you joining these groups, spiritual groups on social medias, who are putting you as an inferior worshiper. You're waiting for this knowledge and you're going to take everything word for word, and all the prediction and you're going to create a dependence, putting yourself in an inferior position.

That's not what our allies, our galactic family wants. They want us to stand up for ourselves. You know in your heart what is right.

So this my message for today on behalf of Thor Han. He precisely asked me to tell you this. Stand up on your feet! It is now time that you do not kneel anymore in front of any thing or anyone. It is time humanity when you step into your own power. Victory.

3-3-2021 – High Commander Ardaana - Galactic Federation of Worlds

High Commander Ardaana, in one of the orbital stations of the galactic federation of worlds

Elena: I am going to channel for her to pass a message that she wants to pass. She insists that it is a channeling, not telepathic. And after her message and I will stay in communication with her telepathically, Thor Han is nearby as well, and she will answer your questions.

Ardaana: I am addressing to the people of Terra. My name is Ardaana, I am high commander supervisor of the military station of the galactic federation of worlds, addressing to you tonight. I have been longing to pass this message since quite a long time. I have been watching you. I am in charge of commanding the armies, who work alongside with your armies, what you and I have named the earth alliance, the alliance of our two species, working together. We are helping you clearing the filth underneath your ground. We are helping you clearing your skies from all intrusions.

We are in a good way. We have been doing this since very long time. And since very long time we have been watching you. We are not only the watchers, we are the fighters, the guides, the helpers. Since our attention was brought to your little world at the fringe of this galaxy, we have been putting our forces, well some contingents to help you, to help you avoid a fatal outcome.

The and Andromeda council had foreseen your bad misfortunate future, but they are not warriors. So they brought our attention to you. We are now helping you.

We have warned you several times, never have you listened. Now you cry, but we are still here. We are not giving up on you. This is a war that has started not by us, not by you, but by a very, very dark alliance, the Nebu from a very far away zone. You call it orion, we call it Uruána. This alliance is an alliance of six malevolent species, all of the constitution that you call greys. We call them and they call themselves Nebu. They had an eye on your planet since very long time and they tricked you, as they tricked many worlds. But we were there to help you, to give you the choice and the balance, because we go by balance. We are not working for light, we are not working for dark. Understand this. We work for balance and justice. Dark is a destructive force, light is a creative force. We work to preserve the balance between both, that the balance is right and just that life strives in the good way of evolution, your evolution.

Now it is a war and my message today is about trust. Trust that we are here. We have been here since many decades of your years, fighting for you. All are personal on our four stations in your solar system are all far from their families. Many of them have died to save your civilization, because they felt the call of duty in their heart. For us what you call death is just the decoperation. We come back. We are eternal as you are don't forget this.

(Noise in the transmission) Interferences, this is not surprising. In this war the enemy, the Nebu and the Ciakahrr are working, to keep you enslaved to their will, to lock down your frequency into a level that is equal to them and a bit lower. They do not want you to evolve.

You were more advanced before they arrive, you were more high on your evolution. They brought you down. We are working to wake you up, to put in front of your eyes what needs to be put, that you see it and that you wake up. We are here to help you, sometimes help hurts, because it is for your greater good. Because once you wake up, as you do, you are above them, the Nebu the Ciakahrr and all their allies and you rise your frequency, and you are free. And we are helping you in this liberation, and your enemies who are our enemies as well, these enemies have understood that now you see it.

The great awakening of your species is unstoppable, it has passed the threshold, and now they are frightened. The Nebu and the Ciakahrr are frightened of you, you all who listen to me. They are the

one who fear, not you. They try to mind trick you. Forget about them, think about you. They try to distract you by many ways. They have recently started to tell you that the galactic federation of worlds is your enemy, and that the alliance of the Nebu is your savior. This is their last chance. They try all their tricks all, their weapons, and the best weapons are mind control, distractions, fear. They're frightening you, they're spreading confusion.

And this I wanted to tell you: Do not listen, follow what your spirit feels is right. to follow. Are the Nebu spreading love? Are the Ciakahrrs spreading love? See what is happening. The galactic federation of world is working for you with you we are your allies. It is war and propaganda against the opponent, is a common thing in war. The Nebu are very very talented in mind manipulation. It works but it will not work long, because the truth always comes and we will work for this. We have speeded up all our tactics which I will not disclose.

I will just say this: All the technology we have been given to you and that has been retained by the dark ones, who control you, this technology is now being liberated and you will have access to this technology very soon, because the Nebu and the Ciakahrr are losing. Consider they lost already, but this war is not over. We've liberated your satellite. More needs to be done. We are still fighting in space and under your ground.

This war is on many levels, not only physical, it is psychological also and spiritual, three, it always goes by three. My message for tonight was to explain this to you very quickly, but mainly to tell that we are your allies. We always where and we will never give up on you. I have now spoken. I will redraw this communication to answer questions via telepathy. I am your friend. I am a woman. My heart feels for your children and I will never give up on them. You have my word, you have my heart. This is a promise and this will be done. I salute you. Keep faith.

Elena: She disconnected.

Elisa: It really comes through the type of passion that she has for us and how much they do for us, that we're not aware. So right the idea is that people understand, that the galactic federation is here to help us and if there are any channelers or people that are spreading any other message, then it's time to not listen to them anymore, obviously, because it's it's not the truth. It's not the truth and as she was explaining and as Thor Nan has explained to me many times, it's a war and the first thing in the war you're going to discourage the troops of your opponent by telling them, that their allies are bad.

So I have a question for her. She talked about how the galactic federation of worlds, they work for balance. My question is, how do they know when they're is this balance? Is it like energy like the energy is felt, or how do how?

Ardaana: We know it by our sensors. It is a measure that calls for action. We also when a species is threatened, it is dysbalance when the course of evolution is not respected and outrage is done to a population to stop their evolution. This is dysbalance. This is how we know.

A war is necessary to create a dynamic, to trigger a fight, a response and this is evolution. This we don't intervene. But when a highly civilized species goes and conquere a world, that is outnumbered this is not balance. So we need to do something.

Elena: I see waves ,like waves of light, like when you know shuman resonance, it's like that kind of drawing. I see like holographic a bit.

Thor Han: That's how we measure the balance of space continuum, the fabric of cosmos. We see from far, when there is a strong disbalance somewhere in the galaxy. The whole galaxy is a living being, conscious and when there's dysbalance it's like a pain, and this instrument measures it.

Elisa: *We had heard from Annex, that orion was worse than earth. So are they also involved in helping uruána as well?*

Ardaana: The council of five takes care of this. We cannot come in the Orion zone, this will start a war. We don't know, if we can win this one. The council of five does it differently. We can stay in the outskirts of the Nebu zone. If we come inside, the forces of uruána are much superior to ours. We do not attempt it.

Elisa: How does she like doing, what she does? How long has she been doing that?

Ardaana: I've been doing that since a long time. When I was a young girl I was an officer for the galactic federation, and I loved my work so much, that I worked very hard. (She has an emotional moment) I met someone, I encountered my husband, we married, we had a daughter and then he died in a war against the Ciakahrr. He's held prisoner and they killed him. This is why I decided to become war chief and revenge him. I worked hard and I became high commander of an army. This is what motivated my ascension into the grades of the federation.

Now when I see, that something is wrong, I can't wait to help and save lives, because there are husbands, spouses and children and I wish, that no more couples would be parted. This is why and how I came to be who I am today.

Elisa: But it also shows everybody the kind of sacrifice that these people are doing for us and I want her to know, that people on the chat, they're so thankful for her! I want her to know that, that we do appreciate it immensely

Ardaana: Thank you. I will do anything for you. This is my duty.

Elisa: And I hope I'm here as an envoy, doing the same. So we're here to help as well.

Ardaana: That's what why you came. You are the ground army, you decided so. You are helping as much. Many of you die as well in this war.

This will soon be over. You are all fighting well. Your first enemy is fear and confusion.

Question: If high density plejadens able to serve the federation as travelers the way annex does as an ohoran for the council of five.

Ardaana: Yes, they do. There are many different densities of existence, all part of the same family. We are all helping each other, working for balance.

...

Question: More information on using Vril as energy for electronic devices. If we charge the crystal with the Vril, can it be used as a battery?

Ardaana: Yes of course, you can do this. I think you have been explained this method recently. I followed your transmissions. Annax told you this.

Not all crystals can store Vril. But this is only for storage. Crystals need to be inserted in devices, they are only storage to harvest Vril. They can also harvest consciousness and many other things, memory also.

Question: On earth there have been many wars and even the galactic federation of worlds is involved in in this. Will war ever stop on earth and off earth or this is always part of life?

Ardaana: Conflict brings dynamics necessary for evolution, but your wars will come down to a reasonable level, very tiny. You need conflict to evolve always. It triggers each other and the trigger

is what makes you being a better person, stronger, more intelligent, clever, more inventive. So there will be always conflicts, but way less, in a healthy way.

Question: *Does a commander educational process also consist of an emotional training next to flight technical training?*

Ardaana: Absolutely. The emotions are to be tamed, never suppressed, this is the mistake you think. Emotions are not suppressed. They are tamed and used for better productivity, efficiency. Emotions are not obstacles in the way to learning. They are tools for learning and they become weapons and enable fantastic possibilities. We learn how to tame them to control them and to use them, healthily efficiently. Training as you said a pilot. Emotions are to be very well controlled, because pilot use mind and emotions don't interfere with mind. Would you like to know more about these techniques?

Elisa: I never thought about it. But you're right, if you have a pilot who's piloting a ship, and his emotions get in the way, I would think that that would affect the way he can fly.

Elena: Thor Han is listening, they're both laughing. Thor Han asked, if he can answer that. Yes of course because, you're a pilot. She said to him, you want to take my place one day? She allows him to speak.

Thor Han: I can teach you about piloting methods. The way we control our emotions: we channel them in a very sharp direction, to make them very accurate and use them as a beam of energy to focus our mind towards the controls of the ship. Consciousness can be concentrated throughout the dynamics of emotions. Emotions are a tool or I would say an ability to shape reality, to shape consciousness and to direct the controls of a ship. Emotions are very linked with intention. When you couple intention with emotion you give power to intention. It is like a fuel as you say on earth, it is powering your intention and having effect on the real matter, and the controls. This was my technical minute.

Question: *Elon Musk is putting a lot of satellites into the sky. What happens to them, don't they create a great deal of space trash? What are the consequences for us all?*

Ardaana: The satellites are put in orbit to control you and to act as devices, linking with the mother computer under your ground, that is not yet activated. We will not let this mother be activated. It is at the moment under control. We haven't destroyed it yet. It cannot be destroyed well. We could but we will not, because it will be very harmful for the environment in the periphery of this explosion. So the target is to dismantle it.

The satellites put by this person whom you mentioned, are not of help for you. They are meant to work at keeping down the frequency of your consciousness, to make you sleepy and controllable by the great computer, the mother. We are working to prevent this. I will not disclose further. They are listening.

Elisa: *Sometimes in the morning I wake up like with this feeling of like "okay i'm done today. i'm done with this, I just want to end it all" and then I get myself out of it and I feel now, that i'm talking to other people, that this is happening to them as well. So I know that we are getting messages sent to you?*

Ardaana: There are two sources: one is the fears that are spread and the confusion throughout the media, that influence you to lose faith in the good outcome, make you wary, heavy heart and confused. The second source is the devices that broadcast all this field of artificial thoughts. This is relayed by the towers. You have so many towers. They've installed these devices, broadcasting way more than internet, way more, on more levels, subtitle levels, conscious levels. It is the mind controlling broadcasting field that is impacting onto your thoughts. This is very

harmful, but you can identify it. If it makes you feel sad, bad, scared, lost, discouraged. This is it. Fight it by finding in your heart, the sparkle of hope and why you came. You came to help because you knew, there was a chance, otherwise you wouldn't have come. You knew it was going to be hard, it is a war and the war is difficult. Be brave. Fight back with good thoughts against these towers and it will be all good. Is this answering your request?

Elisa: *I was trying to get more detail into exactly what are they broadcasting for us to feel?*

Ardaana: *There's just broadcasting a specific frequency. It is a frequency that lowers down yours and it lowers your frequency to all the feelings, that are on a very low vibration.*

Question: *We as star seeds are here on earth for thousandsof years to fulfill our missions that the pleiades and other races kept contact with us and traced us to help in case of abductions and dark intervention against our will.*

Ardaana: *What do you want to know?*

Question: *Did the pleiades and other races keep contact with us or traced us to help in case of abduction and dark intervention against our will for thousands of years, so that we could fulfill our mission?*

Ardaana: *The galactic federation of worlds has been doing this for a very long time, not only the species from a system in what you call pleiades, so the species of Ashara are part of the galactic federation. I am from ashara. We are very good at military operations. This is why most of our officers are ahil, taal, ummit, meton. There are so many races helping you doing this work.*

Question: *There were earthquakes today of new zealand at about an eight magnitude. Is this natural or not?*

Ardaana: *There are a lot of fights going on everywhere and this triggers the tectonic balance on some places on your planet. Sometimes unstable tectonic points are disbalanced when unfortunate explosions occur. This is war, this is unfortunate.*

Question: *What is IL hybrid program?*

Ardaana: *There are many hybrid programs, performed by either council of five and the Nebu for different purposes. The name with the letters IL I do not know. Is it something from Terra? It could be, but I would know about it.*

Elisa: *I have no idea. When this person was younger they were abducted with implants but a while ago some entities kept trying to persuade the person to go to their starseed academy. Are those academies real?*

Ardaana: *I don't know what you are talking about.*

Question: *What connection with solar activity are earthquakes, caused by the sun earth electric circuit?*

Ardaana: *Your planet is very intertwined with your star activity. You are in a star minimum activity. This is cyclic and with the cycles of your star your tectonic activity is influenced, because your field*

the magnetic field of your planet terra is interdependent with the magnetic field of your star. It is very close, you are within it, so any variations, any activity within your star due to the dynamics within it, the movements of the fluids of the plasma. It impacts on a gravity push to your planet and the electromagnetic activity is magnified and triggers the magnetic field of your planet. Magnetism/gravity is all interdependent. All the planets are dependent on the activity of their star. The farther you go the less it impacts, but your planet is very near to your star.

***Elisa:** Ardaana is there anything you want to leave us with any thoughts, any messages?*

Ardaana: I want to tell to stop being scared, to believe in themselves instead of believing in leaders, world politics, religions, the old and the new ones. Look within yourselves. You have all the answers. But I think we have been telling you this already many times. Always ask advice to your higher being, your consciousness, that you call the higher self. Higher in frequency, higher in knowledge. When you look for an answer, do not seek outside with other persons with a religion, seek within you. If you connect to the consciousness of the collective universal, you have all the answers. You call it download. It would be better to call it “to plug into the field consciousness of the universe”. You all are able to do, this it is your constitution. Reptile is why they fear you and they want to stop you. They will not stop you. Now we know it. What the end Andromedan council had foreseen. We have nearly erased this fear and it is now time. Then you stand up, you rise in the horizon of your future as adult species and then you look up, and we are here. We always have been here beside you.

My last words are: trust your heart.

28-2-2021 – To unsung heroes and unconditional love

Hello brothers and sisters on earth. This is Elena Danaan, author of “A gift from the stars”. I was rescued as I was a child by wonderful people who are looking after humanity behind the scenes, discreetly, but efficiently. They do not let themselves know, because they want us to wake up and evolve and do our homeworks and learn about everything, we need to evolve and to open our consciousness.

When I was a child I was taken by greys from the malevolent orion alliance of greas, the alliance of the sixth. People rescued me, extraterrestrials, benevolent ones from a wonderful organization who looks after justice and balance in the galaxy, the galactic federation of worlds. These people with whom I have kept contact all my life and still to this day, our wise brave people. It is a federation of peaceful worlds, who have reached a level of civilization in which they are able to share knowledge. And they can't wait, that us as well we join them and share the knowledge they have to give us.

They already have started giving us this knowledge: In 1954 they warned many governments on earth not to associate with the orion alliance of the six, the greas, who are coming on earth, with also the reptilians. But that is another story. The reptilians were already there and just enforced their presence, when the greys just came in.

The galactic federation of worlds has been looking after us as members of the same galactic family. They have kept us alive all this time. They have kept humanity standing up on their feet. They have dismantled nuclear devices a lot. They have tried the most as they could to avoid those catastrophes. There are many dramas in the world, but there would be many more, if they weren't there.

Their purpose is balance and free will. At the moment this planet earth is subject ground to a despicable war that operates on many levels, not only physically, but etherically and mentally. The greys, the Nebu the greys of from orion are known to be very deceitful, and very, very manipulative. This is their best ability. They can mind trick you very easily. They can mess up with your mind so well.

Look at what happened recently and the purpose of this communication that i'm making now. Humanity has grown up and is about to enter adulthood and free themselves from the chains of slavery, free will.

Why did the alliance of greys, which are a powerful military force needed to do agreements to take over earth? They could as well have just come and taken. If they haven't invaded earth in the 1940s as they could have, they could throw this planet out of orbit, you know, they're so powerful. But it didn't. Why? Because of the presence of the galactic federation of worlds. If the orion alliance of the greys had taken over earth by force, they would have started war with the galactic federation who wouldn't have tolerated that. So they did it differently.

They used the common law of the universe in which they all believe, all species, the law of free will. They got the earth people to agree to be invaded. Then the galactic federation couldn't do anything. So at that moment the galactic federation sent envoice to meet as well with the world leaders in 1954, to tell them, do not sign with the greys, they are they're going to trick you, they've done that on so many worlds already. They find greedy leaders and they offer them technology in exchange of the authorization to settle under your ground and do horrible things, and you won't be able to control it, you become their slaves. They've done that, they do that everywhere.

But some military institutions on earth decide to go with the grays, because the grays were offering juicy military technology and weapons. The galactic federation in exchange was offering free energy, medical technology and disarmament of all the weapons and help to federate as a peaceful world. The world industries didn't want that. Many industries make money and profit on fossil fuels and war.

So they went, no, why would we do that and go bankrupt? Free will. We decide. This is the law of evolution, nothing is forced. So the galactic federation of worlds said, okay, we cannot do more. If we chase the grays it will be a war, and the earth will be a battlefield. Nobody wants the earth to be a battlefield between two powerful, three actually with the Ciakahrr the reptilians, nobody wants the earth to be the battlefield of this war. That will blow the planet up.

So the galactic federation of worlds patiently has been working behind the scenes to wake us up, sending envoys, star seeds as we say, doing everything they could. Now at the moment they are working at revealing the dark that we see, who is who, who plays which games, because then when we see what is happening, who are our enemies, we can fight them and we can say No in a war.

In this ugly war for the liberation of humankind all tricks are permitted, as in every war. And the first action of the enemy in a war is to go and discourage the troops of your opponent. The enemy is spreading confusion and chaos in your minds, that you don't know, where you are anymore, that you don't know, who is your allies and that you think, that your allies to whom you can ask help is your enemy. That's what is happening at the moment.

There are powerful groups, which are not your friends, manipulating people throughout social medias to spread fake information, anti-propaganda against the galactic federation of worlds, the only one who wants to save humanity and who are acting like mad behind the scenes. They are in the underground fighting with people, they are in orbit of earth as well. They are everywhere and they are working hard and sacrificing their lives. Many of them die for us.

I've seen fights against Kiili Tokurt, against Maitra, against many other species who are malevolent and part of the alliance of the six, the grey alliance and reptilians as well.

So what what happened is, recently humanity has started awakening. We never heard about the galactic federation before, because they were discreet. Recently in this great awakening, in this great liberation of humankind, helped by the galactic federation. There has been a level passed again, when humanity just realized, that they were sovereign beings, and that they were always in power and that had the power to say No to the invaders, and to request assistance to our brothers and sisters of the galactic federation of worlds. They are waiting for that, that we ask by ourselves assistants. Not that they save us, because it's us to do the job of opening our consciousness and evolving in a higher vibration. But they are here to assist us.

I have met with Valiant Thor, which his real name is commander val thor, a taal extraterrestrial living on venus, who knows a lot of the earth stories and affairs. He said to me, we cannot liberate a slave who hold on to his chains. He said to me, you have free will. Go out, look at the sky and stand up as equal your feet on the ground and request assistance to the galactic federation of worlds. They already assist us, they're already working a lot. But the fact that you say it, will rescind the agreements made with the grays by your governments on your behalf. It's a way to say "I wasn't okay for that. I do not consent alliance with the grays. I never did. My species, human, never did. But I request as an equal to be member of the greater galactic community, as an evolved member, part of the galactic federation of worlds, since humanity has started realizing they could stand as equal with these higher beings and standing as equal with these higher beings of the galactic federation" rises your vibration and the grays cannot and the reptilians cannot reach out to you anymore. You are free, you free yourselves up by agreeing as equal with these beings of the federation by considering yourself as equal to them, not as slaves.

Since I spread this message, the enemy fought back. Suddenly like this, suddenly out of nowhere many influential social media, youtubers or personalities suddenly started to speak about "oh the

galactic federation of world is evil, do not trust them. They are working with the cabal, they want your bad, instead trust the greys, and there are good reptilians too” That's what they say.

How obvious is that? this is the tactic of the enemy. This is typical you are going to discourage people and spread confusion that they don't request help to their allies. and they just do that and stay in a state of a slave.

Do not listen! This is manipulation. These people have their informations via internet, via dodgy sites on internet. The informations I have is from firsthand physical contact with real extraterrestrials from the federation. I have also in my accountances people, who have met the greys, who have met the federation, and who knows as well.

But I know, I experienced all this. They saved my life, they are wonderful, I have regular contact with them, and they are asking you to stop listening to the voices outside and to listen to your own heart. In time the truth always comes out. Let the enemy panic and spread confusion. Do not listen to this noise. This too shall pass.

The galactic federation of worlds is your allie in this world, and in this war. What is called “the alliance” is something else. The “united alliance” is the alliance of humanoid races from the altair system, they are tall white beings, very dodgy. They have ties with the Ciakahrr reptilian empire, with the greys, they work with the nazis, the thule society, they work with the deep state in cabal and they are not your friends.

There is another group in the in the pleiades, the alkyoni star which is now named jahya. On in this star system there are pleiadian people who are taal. They are renegades, they've turned to the bad and they have allied with reptilians. And this renegade group is very malevolent. See, not everyone in the pleiades is good. And they are manipulating certain people via internet and medias on earth, spreading confusion and saying that the other pleiadians, with whom they are and they have problems, the ones from taigita/ashara, erra are bad. This is pathetic. How can you listen to that?

When you meet these beings from the galactic federation the Ahel from erra, the arcturians, the all of these beings. Can't you feel the love, can't you realize the help that they are giving you personally and to the earth, can you feel this love? So any other spitful tell talking about putting dirt on their names – just refuse it. Stop listening to confusion.

Suddenly, this has come from nowhere, suddenly everybody says that the galactic federation is bad. Not everybody, but in just influential people on internet. Doesn't that raise your ear? Why now? Why just when people say that the galactic federation of world can help you, if we decide well this already do but we can rescind the agreements with the invaders if we just stand up and consider ourselves their equal as part of them, request membership. Suddenly, suddenly as people like me speaks like that. other suddenly, boom it appear from nowhere, influential people on internet, especially youtube, start to say “oh no, they're bad. don't go there”. They never said that before. So that tells you that the enemy panics.

They don't want humanity to associate with our allies willingly. They want to mess up with your mind. So anything anybody who says, that the galactic federation of world is evil, is manipulated by the grey Nebu orion alliance, the very manipulative ones, and these people are maybe also victims some of them. So some of these people are listening to me.

Listen to your heart stop, stop, stop. Get on with your lives, as I get on with mine and focus on yourself. This is my message and I hope this will help.

There are beautiful beings, helping us since a very long time. If we are still alive today it is thanks to the galactic federation of worlds. We have free will.

We have the power of standing up on our feet as sovereign beings and request membership to the galactic federation of worlds, officially, all humanity, and this will save us definitely from the grays and the reptilian and the deep state and the cabal and everything. That is why they don't want us to do, that they want us to believe the federation is our enemy. That's typical typical.

So this is it. And doing so you will raise your vibration at the level of a more evolved species. And you will be untouchable by the grays who strive on a lower level vibration. You will have one, and by being members of the galactic federation of worlds, we will be protected, even more. And the greys and reptilians will have lost. Think what is right to your heart, what does your heart say?

I love you.

11-3-2021 – Thor Han speaks about the dangers for our young ones

Elena: Today I wanted to talk about the dangers that our children are facing. I've been seeing some posts about some things that children and teenagers are being hit with on tick tock and these other instagram, some apps, that us adults really don't use that often.

Thor Han via telepathic contac.

Elisa: *They are marketing certain ideas to kids that are on the apps that adults don't use very often. What what do you know of that, What confusing messages are they're telling our children.*

Thor Han: We are monitoring this very well, and there is a danger that I have heard of of these applications, carrying broadcasted waves and it disturbs the mind waves. It will hook your brain into a different frequency, that you will not be able to receive and perceive. These applications are all manufactured by the dark ones in power under your ground. This is very dangerous, because it is relaying to the mother computer, which is not totally activated, because they are waiting for the last link from space, from orbit, and this is not happening. These devices with these applications, it is not the device but the application are relayed to the mother computer, somewhere under your ground in north american continent. This generates brain waves, that are reaching the brains of your children. The children are more particularly vulnerable to these vibrations, which are frequencies very low, that will lock your children's brains into a frequency, that will not allow them to receive and perceive what is of higher frequency than the matrix, that is created to lock your generations down, the young generation.

The mother computer is not fully operational, but operational enough to broadcast these brain waves and it is meant to be relayed by the last linked with devices in orbit of your planet of your planet, and we are taking care of these last devices, that they will not be activated. But at the minute when I speak all your children, who are using these applications are in danger, because their brains are reached. The children are more vulnerable than the adult,s because the brain is not yet fully protected and locked into a shield, that your physical biological brain is creating when you reach adulthood. The passing of teenage hood is the moment, when the child loses its ability to contact the whole universe, and a shield is created. It is the moment when you are less inclined to be reached by these brain waves, broadcasted by the mother computer.

Now I need to tell you. These applications are making your children's brains numb, and being numb they will not react to the ascension into a higher frequency. And I need to tell you that this is how they are seducing your children by games, it is obvious, but also by what the new children are, envoice, who are envoice. They are are looking for help to understand the universe and to be guided spiritually towards their ascension, and being guided towards their ascension. They are looking for guidances on anything they can trust. And these applications are very trustworthy in appearance, because they are very seducing. It is acting on upon addictions and it is here the real danger.

How you can palliate to this is to rise frequency in your own house, and first remove the device from the child. The children must have the devices removed until they reach age to be able to understand and be protected. This is first what I need to say.

Elisa: *What specific applications are we talking about?*

Thor Han: What's up, tick tock, instagram, I don't know the name of the other. Tick tock is the main one. I had a list.

Elisa: I had heard, tick tock was a chinese spyware. So it is a u.s application? Or do they work together with the chinese government?

Thor Han: It is all interlinked. All is connected to the mother. Working at the same common agenda.

Elisa: Are we having interference or is it just bad internet in ireland that's happening right now?

Thor Han: Her internet is mediocre.

Elisa: Lets ask Thor Han about snapchat, because my daughter uses that a lot.

Thor Han: That was the other one I remember. It was on my list.

She must shield her mind. Now you can broadcast higher frequency to interfere, you can do that. You broadcast from your own person by rising your frequency and you stand next to the child. It will jam the broadcasting from the device. No graphics that you use with your stickers, I know is working. It is not by putting a sticker on your device that it will stop the relay to the mother computer, nor the broadcasting emissions. Something that will stop the broadcasting of the emissions will not allow the device to function properly. If the device still functions, the design is not working. You need to rise the frequency. That is the only way you can stop and shield your child. But I would recommend to remove the device from the child.

Elisa: How old do you think it's safe for them to have a device?

Thor Han: When the sexual maturity is completed, because the brain is shielded and it is more difficult for them to reach the person.

Elisa: That's different for every child.

Thor Han: It is indeed. Some individual who reaches sexual maturity is not a child so anymore.

Elisa: A lot of the children are using these devices at school mandatory.

Thor Han: It is in purpose of course. I understand the difficulty you are facing, but the children must be separated from the devices.

Also to really complete their work they have put the towers. You know these towers, I was talking to you about in previous broadcast. With you these towers broadcast very toxic offensive brain waves, that are very toxic for the brains of your children. These towers will allow your devices to function on a more toxic emission.

Elena: Are you talking about 5G?

Thor Han: Yes. They are put mainly next to the schools, community centers, the places where you do your shopping and everywhere where people gathers, because when the devices are concentrated in the same place, the emissions are working better and multiplying each other's devices, reception. It creates an effect of web that increases the emission.

If you can't remove the device from the child, remove the child from the device. This is a choice.

Elisa: So are they better off on a laptop, than a actual device and computers?

Thor Han: Laptop and computers, if they don't have all the applications. The phones are toxic, but the laptops are fine if there is none of these applications on the laptop and the laptop are okay. Phones are bad. There are other things implanted in your phones, trackers, that are relayed to very deep things that could scare you.

Elisa: *The other thing I heard is that there are implanted energy things, that if you watch tv like an entity can come out of the tv and like get into you, but go in your field. Are there things being placed on movies that kids watch or tv shows that they watch, that are coming out and attaching to the child?*

Thor Han: There are broadcasts of low frequencies, who allow entities who are around children to hook at them and set into their soul. But it doesn't come from the television device, the television device broadcast, movies and other information and data, where it carries these vibrations, who lower down the energy field. Children are receptive to it before sexual maturity. But the entities are not coming from the broadcasted movie, or data or information.

But you must be very careful, throughout your television you just have these subliminal images, that you do not see, that broadcast a very dark universe of symbols and of images of pictures, that may modify the consciousness of your child. Adults are not very receptive to this, children very much.

The phones are worst. The phones they can hook at you because they have the trackers. the televisions don't have the trackers. So if you walk if you watch movies for children, cartoons as I have heard, it is called often in the latest cartoons. The latest ones from the last 20 terran years, you have these broadcasted, low frequencies and subliminal pictures. You can say that generally under 20 years old the cartoons are safe.

Elena: I can add something that I would say. My sister lives in france and she's last christmas, she's filmed tv programs for kids with her phone and she sent to me an excerpt of the tv program for kid, christmas program for kids. And it was a cartoon that was small grays, that were abducting children and the children had to be rescued by other tall grays, that were scary but nice. And it was all about grays abducting children and it was very scary, and my sister was very shocked.

And they were called Cicars, the tall grays. They were not reptilians, but they were using the word Ciakahrr.

Elisa: *So try to keep your kids at home if you can. It sounds like that's the best option on a laptop, if they have to learn.*

Thor Han: Envoi children of this new wave generation are more powerful and of a higher frequency than your generation. They have been coming from different higher planes of densities of consciousness, and these ones are more aware coming into incarnation in these avatars, and they are going to look for teachings to remember who they are. And these teachings are falsely given, because the dark ones know, that these children will want to look for these teachings and guidance. So before they find the masters, they will give provide all these teachings for fake, that will lead them nowhere.

Just look at what your childrens are watching. And if it is spirituality, just interfere please! Do not let them look for anything related to spiritual teachings on these applications and internet, google is not good either. And if you watch them you will see that they are looking to how getting out of their body, to journey and travel in other dimensions, and visit their friends. But then it will be all fake and they will be misled to bad and dark universes and dimensions, and they will get lost and locked into an illusionary matrix. So please be very careful. Your children are looking for spiritual

teachings. Teach them and explain to them that you are there to teach them, and take over the applications.

***Elisa:** You reminded me that's exact, exactly was that, that they they're teaching them to travel, astral travel and doing things to them ,that they catch the scores. So what should you do, if that's the case? How do you rescue them?*

Thor Han: You cannot rescue a soul that is out of its body. You need to find the body first. But then they harvest the soul. It is very quick. Once the soul has managed to get out of the body in their only illusionary matrix, that they have created, they send codes to our throughout these applications to these children. Then they have the codes imprinted through their eyes, and the codes are projecting their soul into a different matrix, where they harvest their souls. And if they are in this illusionary different matrix, we cannot have access to it, and we need to find the body to recall the soul into the body.

We do not have access to the matrix where the souls are sent.

***Elisa:** I'm glad we're talking about this, because this is shit we need to know. So what would a child that that happened to look like? Are they zombies or do they act normal? Is there any way to know?*

Thor Han: They either die or the soul is replaced by a synthetic one, and the child become unresponsive, not responsive normally. Remove the devices from the children.

***Elena:** What if we remove the apps, but leave the device as a phone, just a phone without applications?*

Thor Han: You can do that. The trackers will not do harm to the child, it will just monitor it. But if you remove the applications it will not be accessible. The child cannot be taken and locked away.

***Elena:** Do you think that they they can capture children like this, like abduct children?*

Thor Han: Yes. The best is a child not having a device.

***Elisa:** Good luck with that, because at least my children they're teenagers, they come and go. I need to know where they are. So if they have an accident in their car, they can call me.*

Thor Han: If they are sexually mature they are not as in danger as younger children. You can leave the phone with them. A child is a child, until it reaches sexual maturity, then it is young adult and adult.

***Elisa:** Are there certain children that are more at risk than others, like kids that have disabilities or anything like that?*

Thor Han: Some children are stronger and less receptive to these malevolent emissions. The autistic children are stronger because they are of a higher vibration and barely reachable by all these brainwaves emissions. Autistic children are more protected than non-autistic children. They are of a higher vibration and know more and remember more. They are often not fitted for this plane of existence, because they are leading the movement of shift among their generation. They are in contact with different dimensional planes of consciousness, and they are not fitting socially because socially is not yet shifted to a higher frequency of behavior, and they will be totally fitted in the new social world. Now for the moment they are souls from the future, not actually from the future.

They are more advanced, because from civilizations on a higher level of development.

***Elisa:** Is the galactic federation of worlds able to destroy their negative frequencies and send healthy and positive frequencies throughout these channels?*

Thor Han: We are doing it, not via the applications that I described. It is not ours. You need to remove these applications from the children. We are broadcasting high frequency emissions and working at neutralizing the devices used from the dark ones on your children and all the rest.

***Elisa:** What can we do to help awaken the younger generations?*

Thor Han: Speak with them and you will be surprised, how is their level of understanding. Speak with them openly, they are ready. You are the ones adults who are afraid to speak to them about these things, because when you were their age, you were afraid to hear these things. They are not. They are ready. Speak with them about everything you know and help them. They are craving for guidance.

***Elisa:** How can we teach them to be discerning but yet cautious?*

Thor Han: Explain to them how everything works. They are very receptive and ready to understand. If you tell them about the truth regarding to the sensitive children, very emotional, be careful to what you are telling them about the dark ones. Do not speak about how do the Ceakahrrs look, because it can scare them and put fear into them. Speak to them with allegories and concepts that are keeping their vibration very high. Then they will be able to understand on a higher level of consciousness, not on the lower level of fear.

***Elisa:** We talked about the 5G near the schools. How can we protect the children, is organite effective against this?*

Thor Han: Organite works only in close aura. It is not very far outreach, because when you put organite next to your phone device, the phone still works. The emissions are still passing through it. Organite works on organic matter, such as the biological body. It will protect your body as long as you have it on you, on your skin, touching your skin, your epidermis. It will work at protecting the biological cells that you do not get such as cancers and other diseases of alteration of cells. But then organite doesn't protect the soul.

The soul can be protected by a broadcast of higher frequency. Merkaba works, but only for close contact and around you. These broadcasted emissions are very strong. Merkabah is working better than organite, because merkaba is working on a soul level, energetic level, and this is good to wear crystal quartz only.

***Elisa:** If they have a merkabah charm, then that protects them?*

Thor Han: Yes. Keep them away from these places.

***Elsia:** From the schools? We will try. Some people don't have an option unfortunately.*

Elena: I may remind that Thor Han is an extraterrestrial, who is not very used to live on earth, and so he's very good with advices. But sometimes it's hard to to follow.

Elisa: A question about transgender movement and if it has been weaponized to confuse children and create disharmony?

Thor Han: This is exactly what it is it was meant for. It has been created to (I do not want to create words that will put you in as a target) These movements have been created to weaponize their agendas. The young persons before sexual maturity, as I told you, they are very vulnerable. And then if the government tells them to be confused about who they are, what gender they are, it will completely disbalance their polarity. Every soul is polarized, and they must find who they are. By denying the gender and the polarity they remove the power from them, but they confuse them also and the children will lose their balance and be numbed and controllable.

Elisa: So what would you suggest, what should we tell them about this?

Thor Han: Tell them about what you have learned when you were a child yourself, that your species is composed of male and female, binary species that reproduces with two different opposite sexes and genetics is made for this. This is the nature of your species and you have male and female and there is nothing else. Everything that is born with the both are an error in the dna, and it is all right, because it is nature, sometimes it happens but this is exceptions when it is happening.

And now people are trying to confuse you by believing, that you have known of these two polarity, that your species is denied of its own essence, masculine and feminine, which are the two components of your soul. And if that is denied from you, if that is taken from you, so then it is dangerous, because you lose yourself and you do not know, who you are, and you lose your power.

You're a male or female.

Elisa: I know that that there are obviously many gay people. They're male like males other males. they are still a male liking a male, if that makes sense.

Thor Han: Why do you try to complicate everything. I was speaking about biology, pure basic science. Your species has two genders, male and female. That your liking is for other of your own sex is not relating to your biology. Your biology if it is male and you have attraction for another male it is not changing your gender, you still remain a male. If you are a female attracted by another female sexually, you still remain a female and the other is still a female. That has nothing to do with biology, it is just love and it is just the mysteries of the soul.

May I say also something. Sometimes a feminine soul can incarnate in a male avatar and then the feminine soul will be attracted by her heart to find a male soul. So she will be in a male avatar looking for a male soul, and that sometimes is how homosexuality can be explained, but not always.

Sometimes with envoys you can come from a human race, that has different polarities, and this can also play in the game.

Elisa: What you were saying basically is that this new non-binary type thing, where they're not one or the other, that that's kind of what they've put out there to confuse people.

Thor Han: This is the manipulation of the deep state to make people dispossessed of their feminine and masculine power.

Elisa: Can we create protective environments to counteract negative frequencies such as music, color, crystal, sound therapy, can we help elevate the environment and how can we harness these frequencies in large spaces with accuracy to surround our younger generations with the healing that can be used for generations to come, and remove confusion, that has been created by the deep state?

Thor Han: First you need to know that you need to tell the truth to your children. But to work on protecting higher, bigger spaces you need to create more broad vibrations and frequencies. Sound is one you can use, crystal grids, but this must be absolutely impeccable and perfect, and you need to create secret geometry on the ground. But this is not very convenient and may not always work, because it needs to be perfect.

You need to create sound frequencies if you want to broadcast in bigger wider spaces, and the sound frequency must be of the highest possible. If inaudible, anything that is higher to 1000 Hz, but it needs to be done pure. Music is composed of so many different frequencies and using music is sometimes a mistake, because music carries low and high frequencies. So use only one sound or three to four different tones that are all of higher frequencies, than 1.000 Hz

But you can do better, you can do it by your consciousness. Your consciousness has a power more important than the power of sound and of light and of time, and of matter. Your consciousness at the moment you elevate it by vibrating to a higher density, it just protects you and your environment so broadly, as broadly as your mind will decide. Your mind is more powerful than any tools, any sound, any light, any time, any matter.

They want to make you believe, that you do not have this power. Just know your power, know who you are.

***Elisa:** I forgot to ask about video. I know there's a lot of war video games out there and things like that. Have they put attachments in there as well like in the tv, where the entities can come out and attach to the child?*

Thor Han: Video games working on the base of war, violence, fear. All video games that are addictive, we know which one we are talking about, I do not have names, but the ones where it involves soldiers and killing and blood, and also sexual insinuations are broadcasting also, have attachment, are broadcasting also toxic frequencies, very low and creating igniting in the young person, instincts that are used for the dark ones to control these young persons, such as sexual persons, murder, killing persons. And blood is always mentioned, blood is their currency.

Elena: He just said to me, that those involved behind these video games are linked with s a t n i c.

Thor Han: It is to draw children into this energy that they can be harvested and hooked remotely. Gaynsar, they are species of reptilians, they are leading it, these movements and these practices.

If it makes you laugh, there is no blood, no killing, no sexual dolls – it is all right.

***Elisa:** How do we teach our kids to connect with our higher self?*

Thor Han: Teach them meditation and yoga. Meditation is best, because they will try to look inside and meet themselves, and while they do that, they are not connected anymore with the devices. Take them outside, connect with nature, the trees and it will help walking in nature, beach, forest, mountain, everywhere the child is disconnected from the device's field. Your whole planet receives broadcast, but far from devices there is no receptor, and it doesn't come into the person. I need to tell that the receptors are the phones, and if you do not have your phone with you, the broadcast and the emissions go through you but do not attach to you, because they cannot find you or localize you. The trackers do this.

***Elisa:** Are our children being hurt by the medication that they are being prescribed, because medications they're low vibrational?*

Thor Han: Some medications are chemicals, that are altering your body functions. And not only some of them alter the dna, but lock down the consciousness on a lower level. Not all medications, I do not know. Myrah would know, but she is not here.

All I know is that some medications lower down the vibrations and the senses of receptivity, especially in young children. Do not give chemical medications, but natural vegetal based medications, minerals, plants, water - that is all.

Elisa: *Our children are being programmed by the education system to carry forward the planned agenda. Could we change the way children are being educated in this system, or does the whole system have to collapse first?*

Thor Han: You need to change mainly the whole system in your european and north american civilization. I would say culture rather. There is so much that needs to be changed. But first the core is to be changed, and then the education system will adapt. You know it is very closed and set, it is like imprisoned rules and education system. The whole system needs to change, but it is already changing, because the Ummites are helping. In some continents and countries there are some schools that are being taught in the Ummite way.

Our federation is helping your species on many levels. The Ummites provide anything, that is related to sciences, education and technology for some sectors of your field of sciences, and the education is in their charge. They are providing some teachers, high teachers, some persons that are able to make local changes with new education systems, that are providing an education, that allows the children to connect with their receptivity. They teach the children to see without their eyes and to touch without their hands and to speak telepathically. These systems are the systems we use generally in our federation of planets to teach the children, and this system is slowly being implanted in some pilot schools. And then these schools are going to prove that this is an amazing way of teaching children, because they become so much more receptive and they can learn way more faster, and they are more skilled, because it develops their tools and their experience from previous lives. And this is already happening. You do not know a lot about it, but this is happening.

Elena: The Ummites are very fascinating people. I'm very intrigued. I've asked Thor Han many times to connect me. He has he has a friend. We meet, I saw him once, but that's not happening.

Elisa: *Should we teach our children to say, I do not consent, I am a sovereign being, if they encounter something they think is wrong or scary.*

Thor Han: I told you already many times, that you need to teach each other to say this, to stand in your sovereignty, and that you do not consent, that you have this power to be slaves and to consent to fear. You have this power to say No to all these things. You must of course teach your children to say this.

Elisa: *that was an annAx answer; Thor Han.*

Thor Han: If you want me to answer by yes or no, we can do this.

Elisa: *Is there anything else you want to tell us, before we go?*

Thor Han: I want to tell you this, but when you decided to make a broadcast especially on this subject, I waited, because it was better to have everyone listening to me. If you want, we can speak about it even more. It is you, who decide. That was a subject I want to tell you from a long time, and now is the time.

I thought you knew, that the devices were bad and you had to remove it from the children. But I wasn't aware of how you weren't doing this. You need really to do this.

***Elisa:** I've seen a lot of stuff going on about the chemtrails. How does it affect the children? How does it affect them compared to adults?*

Thor Han: The children are always more affected by everything, stronger than adults, in any ways. We are working a lot. (Elena: I must tell the audience that I'm feeling from you a sudden burst of emotion. They need to know this, that you are like us, and sometimes you may be angry. And because we are very much connected at the moment, I'm feeling his emotions.) We are doing our best to help you, and I will repeat this as long as I will need to. You need to realize, that we are here to help you, and I am sick of hearing that we are not doing anything. I know what many of you think, and sometimes I want to be angry, because I am not allowed to tell, what we are really doing. We do so much, and so much, and so much. I will burst in anger, if I keep on talking about this.

We are your allies, you need to believe. What I say, my words, I have seen sick, sick things happening, I have been involved in a war, that was very cruel and that is still going on, some young persons of our species are dying, and I have seen them die. And this is horrible, because if the soul keeps on going, and if we are all eternal, you need to wait, that the soul comes back in a new body, and you lose your friend, because the one who will come back will be a little child and your friend will not recognize you.

It is very hard to see suffering, linked to death. Death is not death it is only a passing and a transformation. But when you see those you love dying, as Elena has experienced it, has reminded me, because we are connected. The young pilots I have seen dying in front of me, because our war. We are protecting you, working for you. And I will always say this again and again. We are your allies and we are helping you. I am really sorry, if this comes like this. It was on my heart and we never leave an emotion on our heart, we let everything flow. And now the emotion has gone. I thank you listening.

***Elisa:** Thank you for working with the emotion. That's exactly what we need to do here, to learn how to do that. Everybody loves you, they are all thanking you for the service that you have done for us. And and we just want to tell you, we love you and we thank you, thank you, thank you for doing this with us too, because you're part of what we do. So we're thankful and grateful.*

Thor Han: I know and I feel better. Unfortunately you will know that we are like you, subject to emotions, and this is how you let emotions go, by letting them them out. Feeling confident, that you are in power of your own self.

I salute you my beloved brothers and sisters of terra.

18-3-2021 – PLEIADEAN CONTACTS

Elisa: There's also another video that Elena and I did about the crystal uh quartz eggs under the sphinx, that only elena, I think elena I think you're one of the few people in the world, that has access to those eggs.

Elena: While you are talking eliza I was just taking my organite merkaba and just spinning it like like this, and Thor Han just asked me to stop, and I felt a discharge in my implant. He said, stop doing this, because it creates a distortion field. It creates, increases, it gives a burst of energy and distortion field, and I would need to retune your implant. So are you going to do that all the time, or are you stopping?

So that's to say, this is absolutely damn powerful. That's organite, but crystal is the same.

Elisa: What can we use that for?

Elena: For protection protection and increase, when you feel the dark broadcasted field becomes too strong or prominent. It increases the frequency and the energy.

For today the topic is taking responsibility as humans for galactic contact. So what does that mean? We're not we're sitting on our butts, expecting to be saved, expecting for things to happen like “oh it's gonna happen on its own”, and nobody's taking action. And sowe need to be taking action as humans. It's our party. So it's important that we understand, that we realize that. It's us and no one's gonna come save us. I mean the galactic federation of worlds is here to help us, but not save us. We are the ones who have to do the work. We are the ones who have to save ourselves.

Thor Han, what do you want to tell us about conversation itself, where what do you see from your side of the house and the galactic federation of world side of the house? What do you see, that humans are not doing, that should be doing.

Thor Han: Firstly they need to take care of themselves. Stop listening to the disturbances and look at who they are. They must stop trying to find outside answers that they all have. It is time this turn for themselves, not by other mediums. What do you want to know is very simple. It is your own power that you have.

I recommend not listening to the noise all around you. All the thoughts that are being put in your hearts, not your head. If I say hearts, it is because it is triggering your emotions. You are manipulated mostly throughout your emotions. So I would recommend not to try to know, what you do not need to know for your own safety, because when this enters in you, it is also making the way to other things. If you take within you the fears they broadcast to you, well it is a hook that opens a way and creates a rope to link with the origin of the broadcast, and along this rope anything can reach out to you. Refuse anything that you don't need to know! This would be my advice.

Elisa: *I also got a message that we are not doing enough on our side of the house. Is there some type of action that we need to be taking specifically?*

Thor Han: You need to stand in your power. Specifically rise your vibration. And by rising your vibration you will find that you do not need to argue among each other, that you do not need to fight and to find what is separating you. Look instead towards reconciliation, what is that is binding you, not that is separating you.

We are all different, we are all disagreeing on many subjects, but in the greater environment of the universe we are all sharing a same consciousness. We are not here to argue, although arguing reveals each other's wanderings. We are here to find how to unite, and how to get on together as the same consciousness. Stop arguing. If you disagree it is because you are not tolerant enough. You

need to accept, that the one you disagree with, has taken another path, which is necessary for their evolution. Respect their choice.

Free will is the greater law of the universe and you need to respect it, as you ask, that they respect yours. Free will is a free thought and a free action. You need to find peace within yourselves first, and when you found this peace, you will be able then to be at peace with everyone else. And if you are angry, try to understand or rather understand, why you are angry. It is because there are things within you that, are not at peace.

You as a species needs to find peace, because throughout peace comes unity, and in unity is your strength. When you will be all united as one, only one species on your planet, although you are composed of fractions and fractals of many other species. You are unique, as we are all, and as a unique species. You will stand for yourselves as one.

When you will be all unified not only humans but also all their creatures, I mean you do not hunt anymore, you do not kill for sustenance other creatures, then you will be at one. And then you will have evolved in the next level of your future.

Is that answering your questions?

***Elisa:** Yes. I'm happy to hear your answer, because I was hoping your answer wasn't going to be for us to go and start protesting or doing stuff like that. ...So the way that we get out of this mess is by love, by teaching love and being loved and being compassion, right?*

Thor Han: You are absolutely right and also I may add that if all of the humanity stands in peace in a higher frequency, in a higher state of consciousness, those who strive in the lower frequencies will lose interest and leave of their own free will. And you as a species will have won this battle. It is only then. We can fight with you as hard as we can. You take the last decision.

***Elisa:** In Elena's book you mentioned a large-scale cleansing called the storm, and there was a statement made by our past president, that said looks like this is the calm before the storm. And the question is, if this is the same storm that he was talking about.*

Thor Han: Yes there is a storm indeed that is roaring on your planet on many levels, not only physical but also etherical, magnetic, and energetic. This is the storm of your liberation, the last fight for your freedom. This is what I was mentioning to her, to write this book. But then I do not know if this corresponds to who whomever spoke about a storm.

***Question:** When we mentally and emotionally consciously think of you and team, do you guys feel it?*

Thor Han: I do not feel anything in particular, when someone thinks about me. But there are waves of I, would qualify this as vibrational, when good intentions are sent towards us. It rises as a color and we record it with our instruments. If that is you are asking about.

We see colors. It's humans when many of you join in the same time in the same thought, this is truly visible as colors, multicolored.

***Question:** What are your thoughts on how we can prevent being fooled in this age of disinformation?*

Thor Han: I thought my dear cousins humans that I already spoke about this. You need to redraw from any interference carrying fear and confusion. They are here to fool you. Look within yourselves, do not look for information. Things will happen. What you need to do, it is your job (he is raising voice) It is your job, you need to rise your vibration by finding peace within

yourselves. Love and joy in the storm. I am not stopping saying this, repeating these same things, because you need to hear it. This is what I have to say.

We will keep on repeating the same words until you all understand, and you need to repeat these words at your turn to everyone you know. You need to rise your frequency. this is the only way you will sort out all your problems. You have this work to do and this only one work. Is that understood?

Question: *Are there any gray beings that work with the good guys appearing to people? There are many stories being told about them and the people tell it like if the gray they saw was nice.*

Thor Han: There's very 167 races of what you call grey in this galaxy. Those interfering with terra are not benevolent. If some people of terra have been contacted by grey species, they may either have been fooled or either these are not greys. The council of five is working at enhancing the terran genome and these may look as greys. The agaroth look like grays and the Gimbal are constructed on a structure of the gray dna, so you can also misinterpret these apparitions.

Elisa: *What about the assasani?*

Thor Han: They are Hybrids. They are manipulated by those who have created them, the Nebu.

They are used for contacting terrans. Asassani are hybrids from Nebu races with terran humanoids. They have been created to interact with terrans. It is an experimental operation. The assasani are just here for testing their operations. It is difficult to know what the Nebu plan to do.

So be careful if someone presents themselves to you with the name assassini, be careful to what they say. It is an experiment from the Nebu. I do not know more. We do not know what they want to do.

Elisa: *I had a quantum hypnosis session where the woman was being observed by small grays, but they never did anything to hurt her or anything like that, literally all they did was just watch her. because she had a human soul in her body and a pleiadian soul in there in her body, that got stuck when they were incarnating, so they were trying to watch her to see why how she could survive with two souls in one body like that. Is there a possibility do the good guys ever use the small grays for doing their their observing or whatever?*

Thor Han: It would seem, Elisa, that there are many elements to answer this question, that it has within... I want to say this, that this woman that you treated, seemed to have been the subject of an experiment from the Nebu, watching how two souls could cohabit in one only avatar. They are testing and studying the human soul, to decrypt its secrets. This would seem to me, that this woman may have been abducted by the Nebu and used as an experiment with an other and trapped soul from pleiades, as you say.

The council of five employs the ebony to help them, but never would they do such a thing. This is torture. The council of five would never ever put a soul throughout an ordeal such as this one. So I would answer, that I presume, that this subject was abducted and used as an experiment, and that the soul, other soul from pleiades was also abducted person and used for experiment. This is the only way I can understand what you are telling me.

Elisa: *That makes sense. Myrah came in and helped us, she extract the pleiadian soul from that body, who was as you're right, it was pure torture for her.*

Question: *I've heard that many portals are activating, but the powers that be are preventing the public from getting near them, is that true?*

Thor Han: Yes. there are many portals on your planet, that are part of the natural geomagnetic field, and they have been there forever, since a long time. Forever is not the answer. And these portals close and open like a breathing. It is the movement of your magnetic field, that creates distortion in the space-time fabric. And these portals have been used by many species, to connect to high roads, I would explain this, by high speed ways. And it can connect to different dimensions also, and can allow resonance inter-dimensional travels.

So these portals have been the subject of wars, and they are some of them kept by benevolent or malevolent intentioned species. So indeed these portals are not shown to you, because terran species is not allowed to use them, because you are not mature enough. Some of them have been taken by your terran military and used, but these are only three.

Question: *Have you heard helping the earth by making some kind of grid with chintamani stones.*

Thor Han: You can use stone to help and manipulate the energy grid of your planet, especially crystals. But this name I have never heard. You know that we do not name the same you do.

Question: *Is the galactic federation of worlds able to use the grid to send information into the collective consciousness of all people, that contact with beings is possible.*

Thor Han: Yes we are doing this since a long time.

Question: *What are the greatest lessons and teachings that humanity need to needs to understand to navigate this new reality?*

Thor Han: The greatest teachings that you can understand is about yourselves. Discover who you are because, you are asleep. You do not see yourselves. The greatest challenge of your kind is to see with your own eyes, who you are and that is all about awakening. Awakening up to see truly who you are. And when you know, you will see all your problems resolved in a blink of an eye.

Question: *I know that there's been talk about the new financial system, called qfs (quantum financial system). Do you have you heard about that?*

Thor Han: What I know about your currency is that it is going to change, progressively, but in a short time at the same time. You will use metal and also a concept more elaborated of currency. This is difficult to explain in your vocabulary, but it is where you're heading for, and this will be a holographic concept. Quantum could explain it, but probably not in the way you think. This will be multi-dimensional concept. But first we you will transition with metals, and paper will no longer be. So this will come progressively. It will not be a sudden change.

Question: *Well it doesn't sound like he knows exactly what QFS is um as in the name itself like because the question is are the bad guys creating that name, like "oh this QFS is coming" when it's just a not real?*

Thor Han: There is a lot of legends created to confuse you and to distract your attention away from looking inside and researching for your own elevation. Will you stop doing this? You need to center on your work.

There is a human expression from terra which I like to use, is this one: you have one job. Look for yourselves!

Question: *Lots of people wake up drained with memories of chaotic dreams. Is this the dark people doing stuff to us?*

Thor Han: Are you talking about people having very negative dreams, very low vibrations? This can have many reasons. It can be their own psyche that is transforming and purging. It is a natural healing process, because as you know, your planet is undergoing a purge. And if you are connected to the planet you undergo the same purge, and all your fears, all the negative potential timelines that have been thrown away in the dump are being purged, and you see them, and you see all the horrors that could have been, but will no longer be possible. So this is the origin of the bad dreams, that some humans can have on terra, because it is the energies of purging, either you connect to terra and you see the bad timelines that have been purged to no longer be, and also you are undergoing the same mechanism of process of purging yourselves, as much as you purge terra. We purge together this planet and all living creatures, attuned to this planet.

So I would say that this is the answer. But also you can have also broadcasted negative influences, that we call "the field."

Elisa: *I got a mark about the big merkabah that you have, and I sleep with it on my bed like literally two feet from me, and my dreams completely changed. They got better they got less anxious. I wonder if that has anything to do with the protection being so close to me, that it's helping?*

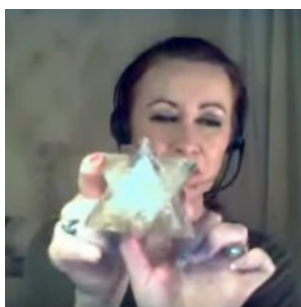
Elena: I totally believe this that the the presence of the merkabah just cleared up, because we had a good example at the start of this when I was playing with it, It just creates a burst of high frequency and it just clears up everything poof like a blast.

It is Selenite, selenite do that as well. It really transforms the the energy.
You buy them etsy.com.

Elisa. *Does the size of the merkabah matter?*

Elena: I personally don't know. I know the what's important is that the the angles are pointy, because if it's round, it's not working.

Thor Han: Yes. For your body to wear on you those you wear are big enough, Elisa and Elena. The sizes are different with those you wear, but even the small one functions perfectly. If you want to protect the house you need bigger, and this is all right. Elena show the one you have for the house.



That is good for a bigger house.

Elena: *What about when we do a work of meditation or light work. Can we do it with a small one or we need a big?*

Thor Han: Small one can be used, but you need to give a bigger impulse. The biggest is your crystal, the less efforts you need to do, because to enhance your intention. The bigger is the crystal, the faster will your intention reach destination.

Question: *How was man created? (This person was raised on biblical teachings which teach god created man in his image, is this truth?)*

Thor Han: This goes very far and deep in your history. You were already a primitive species, a primate and you have been visited many times, and your genome has been enhanced and then altered by different races, with carrying different agendas. You were created from the rocks and the minerals and the waters, and the waters have transformed with the minerals to create the first life forms. When the organisms were able to receive a consciousness, consciousness went into the life forms, from the greater web of the source.

The consciousness of the universe can be fractals and spread itself into all living organisms, and you are all part of the great consciousness of the universe.

You were not created once, you are the product of an evolution and a trigger by other species, more advanced in technology, than you were. So I do not know if this replies. Am I right to say this, because maybe this is not the right answer. What do you think?

Elisa: *So if you are not 100 sure then I would say we probably should research it and give an answer that we know it's 100 factual.*

Thor Han: I am very sure of what I told you. This is the truth. This is how things have been done. What I am not sure is that is that answering your question perfectly, or do you need more informations.

Question: *When we have learned to welcome differences and trust predominates over fear, maybe earth will be more receptive receptive to newcomers, and so of course that would be our galactic family. Last thursday Thor Han was saying that the ummites have started teaching terran children and the question is, will these be the teachers of new universal consciousness for us?*

Thor Han: You are your own teachers. The Ummities are not teaching only children, they are teaching the whole of humanity by trying to contact people, who are receptive to understand the knowledge, they want to pass on to you. The Ummities have the responsibility to teach sciences, because they are good at explaining it in the way people from terra can understand, and they have taken upon this duty in front of the great council of the federation. We have split tasks and we do now do our tasks, the best we can. The Ummities will continue teaching terran species, until they are able to figure out by themselves. Then they will redraw, because this day terrain species, the humans will be able to find out by themselves. This is the aim. The Ummities just provide parcels of informations and it is terran humans to bring together all the pieces. Is that answering your question?

Question: *Some people believe that when we ascend to 5D that more enlightened people will ascend, but that people in 3D will stay and die.*

Thor Han: This is ignorance of dark ages. They try to maintain some terrans in fear, because fear is binding a soul into a position of slave and inferior being. If you fear not to ascend this is because you have been manipulated, and your brain has been turned into believing in primitive fears.

What I need to explain and it is really an extremely tiring, tiring, tiring job ... We need to tell you many times, that you need to evolve yourself by understanding this: Your planet terra is actually crossing an area in this galaxy with higher frequencies, and this is calculated by the great laws of

the universe, source, consciousness, that this is the time when terra is ready with all the planets of the same star system and their satellites to stand in a higher frequency. And as they are ascending all life on these planets are ascending with. It concerns any living forms that are binded to these planets, and on terra all species are evolving same, and those who are slower will just slow down the process for all the rest. That is why you have this one job. Are you understanding this? Once and for all you need to believe, that you are all binded and this is not an individual ascension. It is a global ascension. It is not something, that is happening to you, but it is happening through you and by you.

You are not subject to an ascension. You are it and you need to realize that you will all ascend in this higher frequency, because this is the law of evolution. Is that clear to your mind?

Elisa: So people, you want to ascend? Get help everybody else ascend, because we are all one and when you help one, you help yourself. When you help yourself, you help others.

Question: *Is terra in a unique situation regarding our ascension and et disclosure? How many other worlds does the galactic federation work behind the scenes, to assist in a similar way?*

Thor Han: This is a very interesting question. In your numbers there is actually 86 worlds that are in your position and helped, but this number is changing always. Tomorrow it may be another number and the day after also.

Question: *How is the alliance going to affect earth in the future?*

Thor Han: The earth alliance is the only alliance that is helping your planet. It is a contract between some of your military forces with the galactic federation of worlds. It is called the alliance or “the earth alliance” to respect the way you call your planet. This is the only alliance doing good to you.

Elisa: *Thor Han, do you want to give us examples of how you raise your vibration, because that might be a question?*

Thor Han: You need to cut yourself from the field of consciousness that is polluted by the dark one, broadcasting fear and confusion. You need to find who you are and connect with your inner being, your true being, eternal and immortal. And once you are this being, you are of a higher vibration, you find peace and nothing can reach out to you that is disturbance. You are now connected with the cosmos and everything that is of a higher frequency, because your higher beings. Your souls are way much more powerful in frequencies and in high in vibration. And this is what you need to do to connect with yourselves. This is how you rise your frequency.

Also happiness and joy even in the center of the storm, because when you know who you are you are joyful, because then you know your power, and everything that you thought was threatening you seems ridiculous. So you smile and your vibration is then very high if you are yourself not on the vibration of the level of your avatar, but the level of your soul. Your soul is extremely, incredibly powerful.

You will understand this one day.

And you are talking about contact with us. We are in contact with you since a very long time. We have been helping you since you need this help, a very long time ago, millenniums. And we were here all the time. And we are still helping you, working in secret behind your vision, in under the ground and in orbit, also on the surface of your planet. We are sending races that are not recognizable: Ahel cannot come, taal can come, ummittes can come, meton and silosi can come. But you will not see my species. All the species who look like yourselves are here, to help you and work with you.

So then you are talking about open contact, because you are like children, who want to have a lovely entertainment and see our ship in the open. This will not occur as long as this war is going on and as long as long as the terran human species is not ready. Because chaos and confusion you do not need more. And you need to be reasonable. The day you will stop asking for it, will be the day you will be ready for it. This is my first word.

25-3-2021 – PLEIADEAN CONTACTS

Elena: We are so delighted. Today is going to be a lot of fun. We're going to be talking to Thor Han about his many travels. Where has Thor Han been and tell us about where you've been and tell us the details of where you've been.

Elisa: Thor Han just announced that to me just few seconds ago, he's not on his own and his brother is with him, his younger brother.

Question: *Has Thor Han had ever encountered resting places where souls incarnate to just rest, heal regain energy?*

Thor Han: Tell her that the soul doesn't need resting. The soul once decorated goes to a higher place and waits to decide what they are going to do. Healing is more when you have been damaged, and the soul that escapes, is complete. So healing is sometimes just regeneration and a time of peace, because a soul that leaves an avatar is complete.

Question: *Do the nearest stars to ashara that we named maya, celano and as asterope, have planets? Do they have life forms?*

Thor Han: We haven't terraformed these star systems which are very young, and we would need first to form the stars, who are not completely operational. This requires a lot of energy and time and we do not have the need for this.

Question: *Has Thor Han visited titawin, the home of the zen-a and if so, what it was like?*

Thor Han: No he's never been there. I've heard it's beautiful.

Question: *Has there been any advance life around the stars of the crux southern cross constellation?*

Thor Han: Yes, there are many life forms there. Not interacting with your star system, nor your planet, but there are, yes, life forms in this constellation. Quite many. You know life is crawling everywhere in the multiverse.

Elisa: *Are they humanoid or more like grays, or just so we have an idea of the kind of beings that there are?*

Thor Han: Six civilizations, four humanoid, two are based on carbon but not humanoid. A little bit different.

Question: *Have they started to rebuild lyra or vega yet? Will the galactic federation have any part in this?*

Thor Han: The star system you name vega is still inhabited by many colonies and civilizations. The constellation you call Lyra harbors an infinity of life forms and is very much inhabited. There is a lot of life and civilizations of different levels in this area of your galaxy.

Question: *A certain animal, which is a unicorn – were they ever real?*

Thor Han: I have never seen this animal, which doesn't mean it doesn't exist.

Question: *More information about the nine dimensional erahel and their own continent on era, what does it look like?*

Thor Han: Are you talking about the eraheel of ninth density? What do you want to know about them?

Question: *Can nine dimensional light beings be twin flames and have offsprings with five-dimensional arahill with bodies?*

Thor Han: You cannot reproduce if the densities of existence are different, because the act of reproduction involves two biological bodies on the same frequency and vibration. Otherwise the act of copulation cannot be performed.

Question: *Can we get a rundown of all local planets if not just these two. Does the planet mercury have any special chemicals or materials, that would benefit terra? Does pluto have life?*

Thor Han: All the planets of your system have resources, who can benefit everyone: minerals and gases, also liquids on some planets. Most of the planets and their satellites are habitable. It has been done so and there is an infinity of life forms already in your star system, that you do not know, because you do not need to know for the moment.

You were asking about mercury. It doesn't have any life forms, neither the small asteroid you call pluto, which is a planetoid. It hasn't got any indigenous life forms, but there are mining outposts there from the federation. We do not plunder the resources, because this planetoid doesn't belong to us. We just have an outpost there, mining the necessary minerals to supply our ship, when it is needed in emergency. Is that answering your question?

Question: *Have you come across the Zenay people?*

Thor Han: Yes, many times.

Question: *How do the Zenay use crystals?*

Thor Han: What a strange question. They use it as we all do, to power devices.

Question: *What are some of your favorite places to visit in the milky way galaxy, and why?*

Thor Han: This is personal questions, but this one I enjoy and it is my pleasure to reply. My favorite place in the whole Natáru is my home planet, Erra. If you ask me, there are worlds such as andorra, Ognan, Nigsmish

Elisa: *What is it that you love about these places?*

Thor Han: They are beautiful and the inhabitants are very kind and interesting.

Elisa: *Are they humanoid or weird-looking?*

Thor Han: We look weird to them, who are non-humanoids. Every creature in this universe is beautiful. Weirdness is ignorance.

Elisa: *Are there any planets with an abundance of nature and wildlife, with people living there in harmony with it?*

Thor Han: Yes many worlds are like this. Everywhere in the multiverse.

Elisa: *So you've been to these beautiful places, Thor Han:*

Thor Han: I haven't been everywhere. We must be reasonable. I would need many lifetimes, and to split myself.

Question: *When your fleet encounters a civilization, that has been enslaved like earth, what is the strategy to us to assist them?*

Thor Han: I report to my superiors at the galactic federation, Ardaana. But normally I do not do surveillance operations. I am just employed to look after this. So if my fleet was to wander in deep space and report a civilization in danger of oppression, I shall report to my superior, and they shall dis ... died in the count at the council level.

Question: *Do you communicate through telepathy with animals?*

Thor Han: Of course.

Elisa: *Do these animals, are they as loyal as they are here, dogs, cats, horses?*

Thor Han: What do you mean by loyal?

Elisa: *Always by your side, always wanting to be with you, always happy to see you, they don't run away, they want to stay with you.*

Thor Han: At the moment you respect all life, all life loves you. If you are in the company of another life form and you display respect, then this other life form will respect you at their turn.

Question: *Do you have animals in the station?*

Thor Han: We do, in the greenhouses and the gardens. We import life forms from our world.

Question: *Does advanced sentient life begin to look more different, the further from our galaxy you go.*

Thor Han: This is a strange question, because the evolution of life forms is widespread. This galaxy hasn't got a certain level different from other levels in different galaxies. All life forms have different levels of evolution. Wherever they are. Look only on your planet, where everything is and the levels of communications between the beings in the species will determine the lower levels of evolution. And after communication comes technology, tools, and then the spirit and the religions and the spiritualities. And at the end everything blends into awareness.

Elisa: *Have you been to other galaxies, Thor Han.*

Thor Han: Yes I have.

Elisa: *And how long does it take to go to another galaxy?*

Thor Han: We travel by inter-dimensional portals. It doesn't take long. There are portals everywhere.

Elisa: *Does it look like our galaxy? Is it kind of the same thing?*

Thor Han: You wouldn't know where you are, if you don't have instruments to tell you. We project a target and the portal is always set on the destination. So you know where you go, and you come back.

Elisa: *What would be the reason to go to another galaxy?*

Thor Han: No other reasons than exploration or diplomatic missions.

Question: *Do Laan people display personality traits that could be considered cat-like? What is their relationship to other felines in the universe? Do they like their paws?*

Thor Han: No this is not a behavior. They are highly evolved and intelligent beings and they do not behave like animals. They are masters in genetic and science and they have told many people and civilizations. These arts of changing life and creating life. The laan are very respectable, highly developed beings. If you wonder if they behave like terran cats, all I can say is, that they are very graceful in their moves and kind.

Elisa: *Elena met Oren. What do you think of oren?*

Elena: He was very discreet, very noble and royal and had a lot of presence, kind, settled.

Question: *Has Thor Han incarnated in other star systems, or has he always been a pleiadian?*

Thor Han: I have incarnated in different star systems.

Elisa: *Might want to share?*

Thor Han: A few times on terra, but I will not tell because this is private.

Elisa: *That's cool, very cool. How different is the plant life on your planet?*

Thor Han: Very different. It would take a long time to describe all the life forms.

Question: *What planet have you been to? What other planets that you like their music? I know you like our music in terra, but do you have other planets that you enjoy their music?*

Thor Han: Nohor are my favorite. They use frequencies of sound that is animated with colors and holographic projections. (Elena: I actually saw that. He was playing that one day recently when I went to visit him. It was like there was a hologram of moving clouds, colors in this whole apartment and there was kind of modulated sounds and it was changing the colors and moving slightly, and you could move in it. So the music was as well colors and light and holograms. It was beautiful.)

They use crystals to create their music. They activate the crystals of different shapes by powering them, and the crystals will radiate a vibration with a sound, that will be a different note, and this will create music and harmonics. They play like this. And the crystals float by antigravity, because they are surrounded by the beam of energy, in which they are projected. (Elena: You need to show me that!)

Question: *I have heard that only one planet per galaxy can have human life on it=*

Thor Han: This is zero correct, this is incorrect.

Elena: *I've heard recently a story of a child who sees portal and transport himself. I think it's in dreams. And so I was wondering if the new generation of starchildren can do this travel open portals? Is that something that that would make sense to you? if the children can open portals?*

Thor Han: We all have this ability to travel inter-dimensionally, and yes we can open portals. You know well. (it is related shamanism and stuff)

Elisa: *So tell me Thor Han of all your travels, anything interesting?*

Thor Han: Many interesting things. The food can be different and very interesting experiences, but not only. What I like most is discovering new landscapes, new people and new cultures. I love to learn about how each other lives, and the technology they employ, the music they play and their music instrument. How do they create sound, how do they heal, what does love mean to them, why do they hope, why do they fear, what is their level of emotion? And what is their place in their spirit and in the universe? I am very curious. I do not have time much to visit places, but later when I go. I will.

Elisa: *Who do you go with? Do you go by yourself, do you go with your fleet? How do you to these places?*

Thor Han: The fleet is assigned to the station. When I go on a mission I take care to make a little detour to visit a world, If I have the authorization. This is when I can visit other places.

Question: *Which planets have lots of mountains?*

Thor Han: All planets have mountains except those who are submitted to a great pressure. But these ones cannot harbor life, at least not life as you would imagine. Mountains are mainly in every planet in the universe. A Planet is never flat.

Question: *Will Thor Han ever retire?*

Thor Han: I will leave the military when this war will be over. It will. Because tonight we are speaking about lighter subject. It is a break in my routine. But know that outside the war is raging and it is very severe and harsh. So this little break, speaking about lighter things with you is enjoyable.

Question: *What can you tell us about dolphins? Also what can he tell us about aquatic animals in other planets?*

Thor Han: I am not exo biologist. the species you have on terra are specific to terra. Every planet has its own structure of life forms and evolution, which are depending on the environment.

Question: *What hobbies on earth are most common elsewhere, and what hobbies are unique to earth?*

Thor Han: We have different ways of enjoying ourselves: listening to music and playing music is enjoyable, attuning to source and universe is enjoying also. This is what comes to my mind. Playing games, but very different than yours. Games that trigger the mind and open and widen your consciousness.

Questions: *Tell us about uranus, the planet. Are there any advanced et species there, has he been there?*

Thor Han: There is lots of life forms, indigenous life forms and life forms imported, and also an outpost of the council of five and the federation. The ship gathers to two structures and is in a still stationary position above the ground. We do not want to disturb the primitive life forms.

Question: *What does jupiter look like? Have you been there?*

Thor Han: Jupiter you can see many pictures and photographs for yourselves in your internet. But what I can tell that you haven't seen is what happens in the atmosphere. It is very tormented, extremely violent and lethal. The gases would kill your life forms. The storms would torn apart your ship. We have the technology to resist to these forces and toxic environments. This is not a good place, nor an enjoyable place. The gravity is extremely important and high. Without our technology you wouldn't survive a minute, even if you are in a ship. Jupiter is a terrible environment, not recommended.

Question: *Has Thor Han been to inner earth?*

Thor Han: I have been to an outpost of the federation, which I cannot disclose to location. This is all where i've been. There is no inner earth, there is a web of underground places, cities and domains, which are sub surface, deeper than the web of the tunnels used in the war.

Question: *Do other planets have religious religions or spiritual beliefs?*

Thor Han: Religions are for civilizations of primitive level. When the awareness unfolds and a technological advancement proves, that religions are just belonging to a primitive set of minds. Religion ceases to exist in a societal structure. All cultures when they reach a certain level of consciousness realize, that religion is not a structure that is necessary, and they recognize the belonging to the same creator, source, which is the origin of all consciousness in all the universes. There is no gods, there is no prophets, there is no priests, there is no religion, there is no dogma. only the awareness to be connected all to each other, and to be all a part of immana, source.

Question: *Have you ever been on an aquatic planet?*

Thor Han: Yes, I have been. These are strange worlds. You have one in your solar system, you call it Enceladus. It is populated by a lot of life forms. Now you need not to know, because you are not ready to respect them.

Elisa: *When we're talking about an aquatic planet, does that mean like there's no land at?*

Thor Han: No land or very few.

Elisa: *So it's all aquatic beings?*

Thor Han: Yes.

Some planets have underwater cities and cultures. But they are in amphibians, so these cities do not consist in biodomes. It is all open and the structures are houses and buildings, where the people swims free.

Elisa: *So when you visit those planets, what are you like do you go underwater in your ship, or like how does that work?*

Thor Han: On these planets they have facilities, where they welcome us and we are both in our different environments. If we want to have interactions with the locals, we need to wear environmental suits.

Question: *Have you been to Saturn, and if so what is the large hexagonal shape that can be seen there?*

Thor Han: Saturn is not a place I like to go. But the gravity and the way it spins creates certain distortions in the clouds, it is all geometrical forces and sometimes the pull can form at the difference of temperature an hexagonal form, that is typical of difference of currents in the air, and the atmosphere at the contact of cold masses and hot masses, combined to a certain spin speed of spin.

Elisa: *Is there some type of large hexagonal shape on it that can be seen from far away?*

Thor Han: The poles.

Question: *Do they go to the beach on Erra? Have a beach day with family kind of thing like we do here?*

Thor Han: We have beaches, beautiful ones and as the population is very regulated there, is always room for everyone to contemplate the beauties of nature. Of course we go with our families and enjoy our times together.

Question: *What types of governments do other planets have?*

Thor Han: This is an infinite question to answer. It depends on the level of evolution of the structure of the society. Some will have tribal societies, monarchies, empires and sometimes empires can survive as a structure, even if the technology grows, and the empire only prevails and remains, if the structure of the empire is dictatorial and tyrannic. Otherwise if it is not, empires fall and then become comes the age of federations. And this is, where we are.

Elena: *Is there a higher level above federated structure?*

Thor Han: No.

Question: *I know you've been to venus, so tell us about it.*

Thor Han: Venus is a little world, where you wouldn't leave and stay for a second. Let us say two seconds. You would be destroyed by the acidic atmosphere. Everyone on venus lives in underground bases and under biodomes. Venus is composed of a shield of sulfuric acid, which protects the environment from aggressions from outside. This shield of sulfuric acid has been engineered to protect the planet after the great disaster, that wiped out all life forms.

The taal mainly and the ashkeru rule on venus, we call it nara. So the naaru are a mix of different different colonies. There is a council over all the cities and the colonies, and this council is a detachment of the council of five. The federated representative of these cities and colonies have gatherings on a mother ship in orbit of Nara. There is a rulership from the council of five and an outpost of the federation. It is a federated world with representatives, one for each city. You would qualify them as prefects.

Question: *Maybe he was here during atlantis?*

Thor Han: Yes I was, but not in this living form.

Elisa: *Can he tell us more?*

Thor Han: This is private.

Elena: *Jen Han, hi's brother, asked if he can answer a question, and Thor Han allows him so.*

Elisa: Tell us about himself, tell us about what you like to do? Are you going to follow in Thor hans footsteps of going to the federation? But first would be tell us about yourself.

Jen Han: That's a lot of questions. (He's speaking to Thor Han and I just hear him and see him, and Thor Han repeats my words to him). I come from Erra, I was born there. I have artistic skills very much developed. I would like to enter the pilot academy, but my brother says it is dangerous. So I will not do it, because I know he loves me and this is the voice of his reason. He is very wise and he knows better than me so, I will persevere in teaching arts and the arts of energies, how to sculpt the fabric of the universe into beautiful shapes and open portals in the void, to create life forms of beauty.

Elisa: *So will you be terraforming?*

Jen Han: I want to learn this skill.

Thor Han says, this is a lot of science, learning. But I will learn. I am young and this is a passion. And then I can travel, not as a pilot for the federation, but to see new worlds and other places. This is why I wanted to be here tonight to listen to the conversation of my brother. (He loves his brother so much.)

Jen Han: You only need to find the keys of decrypting the structure or the fabric of the universe and when you have the codes, you rearrange them, to create material materials and shapes and fields, that can contain the material and create atmospheres and bio systems life, And the rules of functioning of the universe can then be contained in a micro system, such as a planet. I have learned in my formation, how to form a star system. But I do not know yet, how to form a star. Manahu is a place which is the best place to learn about these things. So I am considering myself lucky to live there. It is an open school, (Elena: Manahu it's how they call the plajades star cluster. It is a formation, so they can sit different stages and they can train.)

5-4-2021 – Message from Thor Han Eredyon

5.4.2021

Message from Thor Han Eredyon - Apr 05/2021

<https://www.youtube.com/watch?v=tuPw0R3K0DY>

This is a message from ThorHan Eredyon, fleet commander and mission coordinator for the galactic federation of worlds. Thor Han asked me to tell you, that he thinks a lot about everyone who has been sending him love and gratitude, words and messages, drawings, music, paintings, artwork. He was very touched by everything. Thor Han is at the moment very busy. He is working with the earth alliance as coordinator for sending troops for the alliance. This is a very stressful task because it involves speaking which soldier is going to send in difficult places.

What he asked me to tell you is that in the coming weeks things are going to get tough. A lot of revelations are still going to come out, things that are not going to be pleasant to see. He asked you to be strong, that these news, even though they won't be pleasant, what you will see must not bring you down, but lift you up with more determination.

More than ever you need to keep your vibration high find a peace within, connect with your own being, and refuse to be sad, to be angry, to be depleted. Instead fight, because you've all asked to be here now, so it's not now no more time to sleep. Now it's time to wake up and fight. Spread your truth, spread information. Stop listening to anything that brings you fear. Stop being dependent from anything emotionally, mentally. Connect with yourselves!

You're gonna see stuff that are going to be very, very disturbing. What you've seen until now it's nothing. Well that's a lot, but there's gonna be more. May this not shock you, not disturb you too much, but instead give you a sense of victory. Because if these things are coming out. If everything you're gonna see is finally visible out in the open, just because we're winning.

We thought the world we were living in the ancient paradigm was nice, peaceful. It was all illusion. It was all the mind tricks. This mind tricks is falling apart. Our allies from the galactic federation and the great councils have been working very hard, to steer up the mud for us, that we see it. And the war that is going on at the moment may be harsh, but it is hopeful. They have hope.

So please yourselves as well, you must be hopeful, because hope is what fuels everything.

I've been shown the future, and the future is magnificent. So please whatever you see in the coming weeks, may this fuel your determination, to rise your frequency as you've never done before, yet rise it! Rise, shine, speak, act, awaken those who still sleep. Rise your frequency. That is all you need to do. And raise it now, if you haven't yet trained how to rise it. because you're gonna need it. And don't worry, this is just the ugly part of the house cleansing, when you get all the old ancient shit, that was stuck under the furnitures. Soon the house will be clean and bright.

Hope is the future. We're making we're making our future.

7-4-2021 – Update April 7 / 2021 - Raids on Mars

7.4.2021

Update April 7 / 2021 - Raids on Mars

<https://www.youtube.com/watch?v=1E12kPnINvA>

Hi everyone

this is an update I got from Thor Han. Well I could see it myself last night from my own eyes, connecting with him telepathically, well from his own eyes to be more specific.

This is a war, this is real, this is going on above our heads, under our feet and all around us and on many levels of consciousness and densities. The galactic federation of worlds has started raids on mars to liberate mars from the extraterrestrial occupants, I mean the Orion group, the reptilian alliance and the Ciakahrr empire. They have held facilities there for a very long time. There are human facilities there, at least a big one. But these people are enslaved to reptilians and work for them. They are scared of them. This is going to change. Mars will be liberated in the coming years, month ... I don't know.

I had confirmation to tell you as well, that what I knew, I can speak about it now, because this is a settled thing and not endangered operation anymore. The galactic federation of worlds has been deactivating satellites on orbit of earth since a long while, destroying them. Now it is okay to know about it, because the operations are going a good way. These satellites are meant to activate the control of the chipped population of earth. They are being deactivated or/and destroyed.

These are the updates I can give you today. There are people fighting for our freedom above our heads. So i will ask you everyone to do your part of the job, which is: do not give your power away anymore to fear, confusion and manipulation. Gather your consciousness within yourselves and reconnect with the sovereign human being that you are! Many of you, a lot, are even not from here and you came to help. So activate your consciousness, your strength, your power. Do not consent to be used, manipulated – especially not by fear. When fear comes to you stay calm, say “I recognize you and I do not consent that you come near me”. Fear is the enemy, the tool of the enemy.

This message is to give you hope. I will give more updates as soon as I have some. Stand still, stand strong and you have one job: rise your frequency!

Victory.

11-4-2021 – Update False Alien Invasion - April 11 2021

11.4.2021

Update False Alien Invasion - April 11 2021

https://www.youtube.com/watch?v=Xj3v_8PSRmA

Hi everyone, Elena Danaan here. I suppose you were expecting I would help you a little bit with this. Thoran is connected with me. So it is about tonight an update concerning the fake false alien invasion.

You want of course to hear, what galactic federation representative has to say. Well I had a little chat with Thor Han and it be honest, it's a long while we're talking about this. He's been warning me about this for a long while already, that the aim of our invaders and parasites and deep state working with them is to submit the population by fear, the human population of earth by fear, by lowering their vibration down that they can easily mind control everyone. I haven't stopped repeating to you, that fear is the main tool of the dark alliance, as Thor Han likes to call it. It pretty much summons everything so we will say, the dark alliance, which is a good term, they've been submitting us by fear. It works for a lot of people by this thing (face masks) and then getting people to get this (injections) by fear, because you cannot force a population to injections, otherwise there will be revolution, rebellion and more awakening. So they got people to consent to be assimilated, by scaring them.

Everything they've tried until now not only hasn't worked, but has done the contrary, the opposite I mean effect, waking people up. The next step in their attempt of scaring everyone, frightening everyone, because we are not frightened enough to their liking, and they are panicking, and I have to say: they are the frightened ones. Believe it or not, they're more scared than we are, they're more scared of us and our lives than we are of them.

So the next step of course, that has been planned since a very long time, it's the plan b or c or d, is two fake an alien threat, an alien invasion. To bind everyone by fear. Then everyone will want to listen to the good savior, the government, who will say “you have to do a little effort, now and just say exactly what we tell you to do, because otherwise the aliens are going to kill us all. So it is the best way, the last attempt, to install a totalitarian system.

Now first, Thor Han, who's with me, says to me that they will not allow this to happen, because the galactic federation has just passed another gear. They have started operations on mars, the moon is secured now.

What about this fake alien invasion? That's something that is being prepared first. Why would we have an alien invasion? I mean the aliens, the malevolent and the benevolent are here since a very long time already, and we have been invaded already since the 1940s. And the aliens are the bad ones, the invaders, parasites are already here since the 1940s and 50s. They have settled in the underground and we all know, that the Grays, the orion group, the reptilians – they're all here already. What invasion would it be? The invaders are already here.

Now they also want to give a bad names to the other ones; the federation, the two benevolent councils of andromeda and of the five – they want to make of them a bad name of course. “Oh no, but that's the other ones, they're bad and they're not your allies, that's the galactic federation, just wanting to destroy the earth.” In fact they are bad, they have started already this process, trying to pass the the world that the galactic federation is evil. But we are not fooled, no.

Not only the galactic federation is not going to let this happen, but as Thor Han says, if things happen, that this illusion of in alien invasion happens, here is how to recognize it.

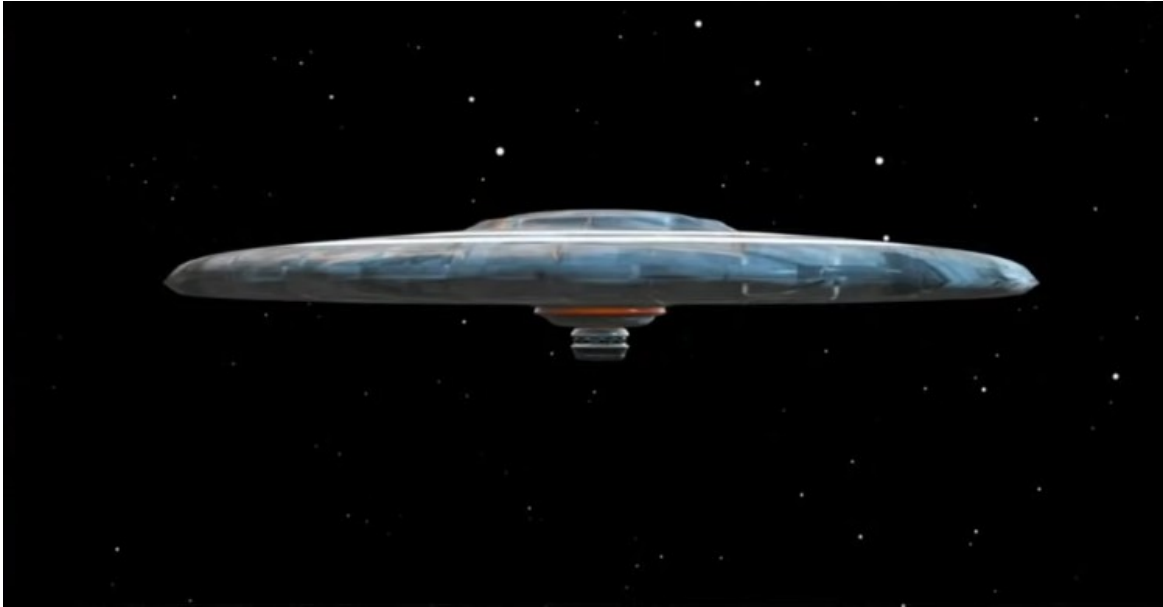
I'm going to display a little diaporama of different types of ships, guided by Thor Han. We've done that together for you to recognize malevolent ship from and ship, made on earth from the ship of the federation. Most of the ships that would play in this show and this display of fake alien invasions would be either ships from the Ciakahrrs or the orion group or either ships made on earth by humans, copying these ships from the orion group and the reptilians. Because most of the physical ships we would see would be ships made on earth. You know the earth military secret space programs. There are many secret space programs. You know some are constructive, some are not very good, depends. But some of the space programs have been working with the orion group to copy these ships, you know, the orion group that that's the famous technology exchange, that was signed with the MJ12 and the MIC, which is now the military industrial extraterrestrial complex. What they signed with them is to give them technology in exchange of abduction.

Do you remember this thing, that Eisenhower wasn't okay with that, remember that, 1954. That thing, that technology promised in fact was very deceptive, because they gave the technology to only build the body of the ships, but they didn't give the warp drive, the power drive with the Vril. They didn't give that, that was the good stuff. They didn't give it. But still earth militaries and engineers have been able to retro engineer a spaceship and build copies of them. That's the one we may see. I'm gonna show you in the little display in a minute.

So I'm going to show now ships from different malevolent alliances and at the end the ships of the federation, to make the difference. The federation will never, would never interfere, would never interfere, not now, they would never show their ship openly, they would never do a display, a show. The only one to do that would be the ones, who break the law of non-intervention, because they are not part of the federation.



This one is a reptilian ship, a reptilian Ciakahrr ship, a scout ship. That's a photo. That's a reptilian ciakahrr mothership, square rectangular rectangular.



This is Maitra, the tall grays from andromeda. They are very, very nasty, not good.



Maitra again, tall grey orion group, real group, very aggressive people. We know, how to copy them.



Dries, it's the phoenix light ship. We know how to copy them as well. All of these I'm showing to you, we know how to copy them.



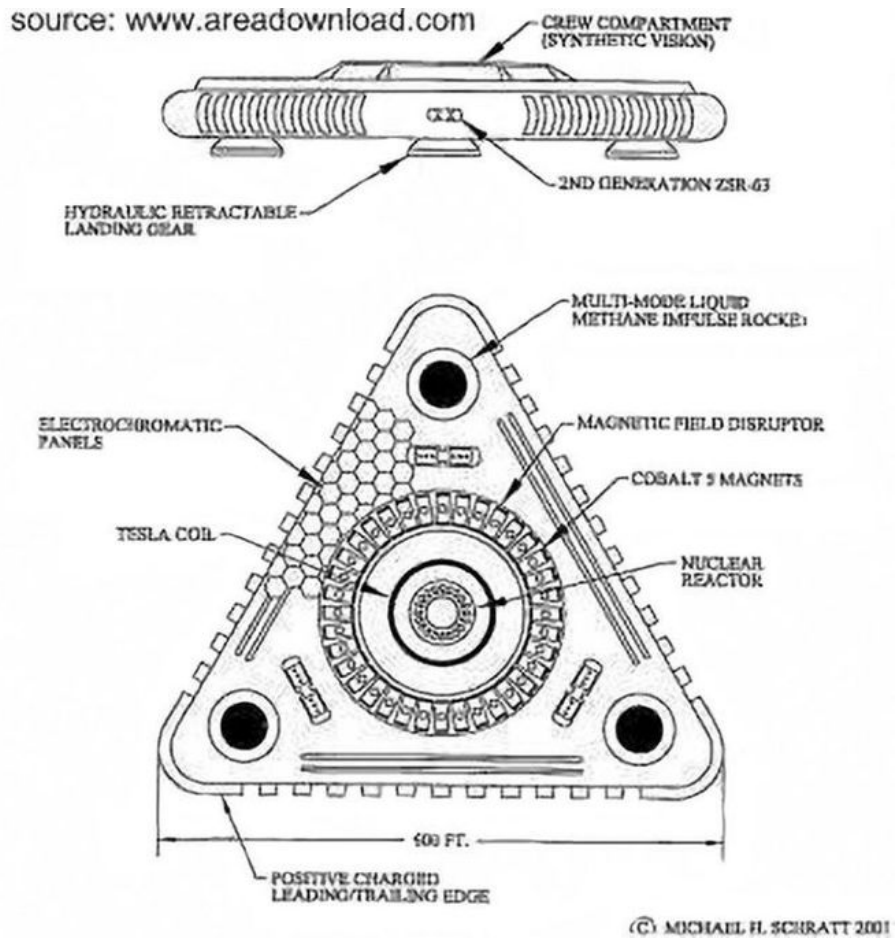
That's orion group. But this one has been copied, is as well part of the dark fleet, something I'm going to talk at the end.



Orion group, Kiily Tokurt, tall white, orion group. You may see a lot of holographic display as well, light show. Kiily Tokurt, very, very negative. We know how to copy this one.



That's still Kiily Tokurt, not good! Anything triangular it's no good.



That's the US navy one, copied from the Kiily Tokurt. So these ones are gray metallic, clearer. It's earth made.



This is a photo of of one. They're not especially malevolent, it's just us navy. It is good organization. But I mean, these ones can be used.



Foto: George Adamski

That's the dark fleet, german dark fleet allied with the orion group. So not good at all. If you see this with the three balls.



That's a dark fleet as well, not good at all.



This is zeta reticuli, that's the grays from Zeta reticuli, not good at all. That's the ship who met MJ-12 in 1954.



That's the cargo ship of the galactic federation. You will never see that. That's a photo with the scout ships around it.



Scout ship from the galactic federation. That's a photo, a real one on the pleiadian, Ahel pattern.



That's a CGI of a federation scout ship, pleiadian model.

So now you know, how to recognize the ships.

If by any tricks the dark alliance would manage to do this performance to scare people, don't believe it. Please talk about it. Do not fear. It's all staged, and they're not going to shoot at people because the purpose of this is just to scare, that the people just listen to the savior, and agree for a dictatorial totalitarian state. They cannot impose. You remember the law of free will, you remember this? That's how everybody goes by. You need to get the victim to agree to be abused, because if you attack directly, you have a response, and that's not what they want. They don't want the response from us, they want us to just agree "O yes, please, oh please, do this. Please, oh yes, we want to be slave." That's what they want.

No, I do not consent. Fear is not part of my world! And we rise our vibration, we wait for this to pass, then we say "No, I don't believe you. This is not real."

So you're going to see either copies of these alien ships, made on earth, either real alien ships that are part of the show, and coupled with that holograms, broadcasted from either space orbit or either from earth.

So if that happens, just enjoy the show. That's gonna be amazing, we're gonna see what what ship they've been making, what is this retro engineering programs. Don't be scared and just look at the show. "Wow, yay, thank you for the disclosure!"

I'm gonna end this here and so there's no invasion. The invaders are already here since the 1940s and the galactic federation is taking care of everything. Don't worry. This may not happen, they won't let it happen. But now it's a war. It's a war, so you know in the war there's always a fluctuant thing. If it would happen, so don't be scared. Do not consent to anything. Just grab the popcorn and enjoy the show. That's gonna be amazing. No fear, because fear is that what they want. So if that happens, grab the popcorn. That's gonna be some disclosure.

So Thor Han and myself are wishing you a good evening or a good day and we keep on fighting.

13-4-2021 – The Galactic Federation of Worlds is here to help Humanity of Earth

13.4.2021

The Galactic Federation of Worlds is here to help Humanity of Earth

<https://www.youtube.com/watch?v=Maud6Bu3dqQ>

Hey beloved souls, beloved fellows warriors in the light. because of truth. It is just a quick message, to warn you that more and more propaganda against the galactic federation is going to come out. The enemy is very manipulative and using mediatic people to their aims. As I always say, do not shoot the messenger, but look who's behind the lines. I need to do this video to be true to you. I have kept this on my heart for a long time. Now it is time I speak on behalf of Thor Han, the man who saved my life. This man who is part of this wonderful structure, the galactic federation of worlds, working together with the andromedan council. They have been helping you, holding us in our in their hands to help us evolve. They've been the brothers, the family behind each of our baby steps. They've been avoiding us to blow ourselves up many times, deactivating nuclear devices, power plants. Everything they've been helping humanity and working so hard and many of them, beautiful souls, are dying for us, sacrificing their life. They are dying in the underground, working with the army. They are dying in space in combat for us. You haven't seen what i've seen with my own eyes! People dying, beautiful people, for us!

My emotion is real and I acknowledge my emotions. This is true, raw, not prepared, just message i'm passing now.

Please do not believe anything that says that the galactic federation works with dark forces or the cabal. This is propaganda!.

Now there are pleiadians from the star system Alcione – these are working with the cabal and dark forces. These are renegade Taal, who hate the Ahil. They hate them and they would do anything to discredit their work!

The Ahil are the main workers in the galactic federation. They would do anything to make the people believe. that the Ahil are not allies to humanity. They hate them. They've allied with the reptilian collective from Orion, they have welcomed reptilian outposts and colonies in the Alcyoni system. These are manipulative! And they use mediatic person throughout a social media platform, called “discord” – already the name you don't like. it i don't like “discord” – it's a very bad low frequency name, sending a message. These people don't know. They have no clue who's behind the screen, writing. It is somebody on earth behind another computer, who's just playing with them and spreading disinformation against the only people, who can help us! Stop believing this bullshit!

Every manipulation and propaganda uses always, in average twenty percent of truth, to bind people and hook them. This 20% truth that everyone can verify, will get people to believe them. And then slowly they drop, the drop, they drop: preconditioning, lies, propaganda to turn your mind.

I am a real contacting experiencer. I have had and still have physical contacts with real extraterrestrials, going sometimes on a ship physically, physically leaving this planet, talking with them, getting direct information. I am not the only one. There are many other people who are getting telepathic contacts or direct contacts from the galactic federation. People with great names and whose seriousness is not to be questioned anymore.

But these people manipulated by the Pleiadians from Alcyone and the reptilian collective should stop spreading lies, because you're not doing good to humanity. You should wake up and realize that

you are being fooled.

I have been feeling for you all this time, but now you need to stop! I have stopped being sorry for you people, who are spreading these lies. With all my heart I beg you: wake up, you are being manipulated, you are being fooled. They are using you! I know you're watching this, I know you're a beautiful heart, you woman who are listening to me. You are your heart is pure, you love humanity, you want to save humanity. This is not the best way, this way, this lies you are passing on our deserving humanity.

The galactic federation is not our superheroes. They are not here to save us. But they are here to help us saving ourselves, helping us raising our vibration. They love us so much. They have been the ones who warned Eisenhower in 1954 not to sign with the grays, which he didn't, the mj12 did. I am asking all those who know, like me ,who are in contact as I am, to let the truth be known about the galactic federation of world, that these lies and this manipulation stops.

I love doing very funny videos, because humor is a super power and lift vibrations. But this one is very serious. So do what you want to do with this. Follow your heart. A lot of confusion is going to come and it has started. Don't be fooled.

Request assistance as an equal to the galactic federation of worlds. This simple act will liberate you from the matrix and the mind control. You do not consent anymore to the ancient agreements with the greys and the reptilians, who are not friends of humanity. The grays from the orion group are not friends from humanity, and neither the reptilians actually present on this planet. Asking assistance to the galactic federation of worlds liberates you from the state of a slave, because they are assisting us since a very long time. This is not the point. The point is the inside inner process that is liberating you, because suddenly you rise as an equal and you do not consent to be a slave anymore. And you rise as a galactic being, part of the galactic federation and the galactic community. That is the only way forward. And our enemies know this, since more and more people are aware that we can request assistance to our allies, and that the simple process of asking assistance on your feet, not on your knees anymore, is the liberating process, the activating process that pulls us out of the matrix by ourselves. Because the galactic federation did just want us to do the work by ourselves because they love us. They could have blown up this planet since the start to get rid of the reptilians and the grays. They didn't do it, because they love us they want to give us a chance. And the future is bright because they have been helping us all this time. And now that we are approaching the final combat our enemies are trying to discredit them, that we don't request assistance and that we consent to be fooled and slaves.

Now it all lies in your heart. Your heart knows what do you want, confusion or liberation. The galactic federation of world, the andromedan council and the council of five are here to help humanity to ascend, and reach its next step in its evolution. They are getting rid of thousands of years of a reptilian occupation and of decades of grey orion group occupation. They are evolved beings with a glowing heart, filled with love. In every war the first step of the enemy is to discourage your troops, saying they are all alone and they have no allies. Stop believing all of this. Follow your heart.

20-4-2021 – Hope – message from Thor Han

welcome to my beautiful place in ireland

this morning I have hope more than ever.

Thor Han connected with me. His heart because his heart was filled with confidence and joy, and thoughts for victory. So I wanted to share with you this amazing feeling. Our both hearts are connected and I feel what he goes through, I feel what he lives through. And this morning there was this wave of hope.

So I asked him “what's up, what are you holding, what are you up to?”

And he said: “Just good news just hope that today something has been liberated. A place has been saved and rescued and an operation has been achieved, accomplished successfully.” He didn't tell me what it is, but somewhere on earth you maybe hear it in the news today or tomorro. The alliance has liberated another place. Something happened and so he he was very confident and he said to me.

There's something else also. He said I want you to really know, that whatever people can tell against the galactic federation of worlds, it doesn't matter. It doesn't influence the actions of the galactic federation. It doesn't influence them at all. They do their job, they just don't care about what we're thinking, because they're acting at saving us, not really being the savior like superman. We are our own saviors. They are letting us do the job ourselves. Bbut they are just facilitating our awakening. They are just helping us getting rid of these orion assholes and stuff. So he said, you know “whatever people badmouth the federation – it doesn't matter, because it's this is at a human level. At the global greater level the federation doesn't care about what people think of them, they do their job. They're here for us .They're here to save us they're here to help us helping ourselves, because we are the ones to to do the job. But they are here, they are doing their job.

These relieve the big weight of my shoulders, because me too – I don't care, I just do my job. My job is to guide you through this awakening, my job is to pass you on the messages of the galactic federation and update you on the victory. So this is what it is about today: hope and confidence, that what you are doing is the right thing for the light for humanity for this planet.

I don't care anymore if people are manipulated, people spread lies. It's up to every one of us individually to to just have common sense.

We are saving this world, even if bad alliances are trying to blur your mind. Thor Han warned me there's gonna be more and more confusion coming.

It is already and when people badmouth the federation saying you shouldn't they are evil you shouldn't uh request assistance the galactic federation is not affected by that they do their job but who is affected it's the people because assist requesting assistance to the galactic federation with their sisters already since so many times so long ago Requesting assistance to them – it is for yourselves. It is an inner process for liberation. When you request assistance there's an equal to the galactic federation, or the andromeda council, or the council of five, because they're not the only one to protect us. You willingly liberate yourself from slavery, mind control and manipulation and you rescind the agreements that have been made on your behalf in 1954. It is for you to liberate you. So of course the dark has plans to convince people not to do that.

Stand on your feet, for yourselves as sovereign human beings, as equal to the galactic community and listen to your heart. Your heart knows.

21-4-2021 – Q&A LIVE - PHRYLL Universal Energy - Apr 20 2021 / 11pm GMT

Coron, 9D Pleiadean From Dakoorat (terraformed planet of Ashaara system)

Elena: We are going to have a little contact with a friend of mine. whose name is Coron. He's from the Pleiades. He is very high density, he's in the ninth density, he's a friend of Thor Han. Every time he appears to me in this density he appears in the shape of a lozange crystal, like two pyramids. But when I get to modify myself until the ninth density or visit him at his level, I see him as a human being – and that's that what he looks like on the thumbnail of this video. And when he comes down at my level he doesn't look like a human, he looks like this glowing crystal. So it's that that's quite interesting.

Question: *Hello Elena, can you please share and remind everyone how we can accelerate our highest probable timeline?*

Elena: ... You know the timelines they can take a good direction, a subtle stable direction. Thor Han said to me that it is the settled direction, it is safe now, this timeline is really stabilizing the good. I have been shown of this timeline of our future is a world federated in peace. All the countries, all the countries keep their individuality and their cultures, which is very important. Sovereignty at individual level and at global level. You must keep what your individuality and what makes you special. It's the same for the countries and the cultures. So all keep their culture and individuality and all federate globally in peace. There is not only one in power, it's a council, it's a federation and everything is shared, all the knowledge, technology. Also the currency becomes of what I have been told more relying on metal and abstract concept. Free energy. The century that has been stolen from us, we have it back, because those who hold away from us this technology, they are gone. So it's given back to us. I mean Tesla type technology, free energy, quantum technology which is really made available and many other things, holographic technology for the greater good (because at the moment holographic technology is not used for the greater good of humanity). We make a big jump technologically. And our good allias, the galactic federation, the andromeda council, the council of five, they show their pretty faces, they finally make official contact and share with us and slowly, slowly see to make us ready to join the galactic federation.

What has told me Thor Han is that regarding to how things are now this may happen in a century, oh no! Right but there's a way to speed it up. It says as things are now because it is in the present that we are making the future of course. So if we make a little extra effort in the present, the future will come sooner. So it is up to us to accelerate, because just sit on and in front of the tv and and just what watch disney, netflix and stuff like that, and just wait that someone can come and save us – that's not gonna happen.

First thing is to raise our frequency. And first thing to raise our frequency is to cut out anything that is of a lower frequency, interference. There's a lot of that in mainstream medias, but there's a lot of broadcasted low frequency on the measurement of fear, anxiety, laziness brain fog, everything. That is artificial and broadcast, this is a matrix that is broadcasted.

If we just stop for a moment, breathe and make silence within ourselves, reconnect with who we are we can start to identify what comes from the outside and is not generated by our reasoning wisdom. All this fear and anxiety stuff. ... Calm down, everything is gonna be all right, everything is going to be all right. Because you are in control. you are you make this reality. We are all co-creators. What we manifest is what is going to happen. We are the own weavers of our reality. If you stop

consenting to be manipulated by fear you raise your frequency by raising your frequency and accessing your true being. who you truly are, you access the cosmos the universal knowledge and you know and you start to know what's going to happen and you spread this knowledge .

When the bad ones cannot control you anymore, you accelerate the future. you accelerate what is to come. Stand for yourself sovereign, stand on your feet, and as I always say, request assistance to our benevolent allies ,the galactic federation of worlds ,the council of five, Andromedan council. You choose doesn't matter, because what matters is that you make this request as equal. But because by doing so you won't change anything on the events. These people they know what they have to do. They do their job that you request them to come or to go away. They don't care, they do their job. But what it does, it unlocks something new because suddenly you stand as equal with these beings, and you stand in your own power, in your right place in this universe.

We are extremely powerful. We are very powerful. You recognize it, you stand as equal. Do not kneel on your knees anymore, but stand on your feet. I mean and that rescind any agreements that have been made on your behalf. So do this and it will accelerate what all the good that is to come. So that's how I would reply answer to this question.

Question: What can they say about three days of darkness?

Elena: There isn't going to be three days of darkness. This is something to scare the population as well. This is the perfect example of a manipulation to bind you by fear, because while you are waiting for these and wandering for these days of darkness? You just like this, you know, and you lower your frequency and you are controllable. They bind you by fear, because I don't know who told you that or where you read that, but these people who came up with this “three days of darkness” that's something like that's metaphorical, it's in every books and religion – it's a metaphor for the dark knight of the soul for the transformation. So these people are using these metaphors to make you addicted to their mouth, through their words, and then you are enslaved to their predictions, because you've been scared once first.

We are now growing up, we are now awakening and it is time now that we take all the ancient predictions, premonitions, all the ancient oracles for what they really are: messages from higher consciousness. And you need to see the metaphors behind them.

Someone was asking me today about the event. When will the event occur, because people say “oh it will be that date” and then it doesn't happen and then somebody says something else.

That's horizontal thinking, monkey mind thinking. You are more than this. Think with your higher self! What is the event? The event is the great awakening of these species, the awakening in consciousness, waking from a long letargy, from long sleep and seeing beyond the veil of illusions, ascending in wisdom in frequency. This is the event. And this is not happening one day. This has started many years ago and is now in the process. We are in the middle of the event. And it will be over, completed in a few years time. This is the event.

We have been on earth warned a few times by different races of extraterrestrials from the federation and the council of five, that something would occur during a short window of time. Two dates were 2017, 2022 – we are in the middle of it. Well next to the achievement the completion. That is the event, the great awakening. So that is occurring now.

Question: Some persons claim they are in contact with ETs naming themselves the Taygeteans and who are against the galactic federation of worlds. Please help clarifying this.

Elena: I can tell you that first, the name Taygetan – it's earth invention of course. The ETs living in the pleiades don't call them with names from the greek earth mythology. That's that's one thing. So it makes sense, that any people claiming the galactic federation of worlds are working for the

accounts of the enemies of the galactic federation of worlds that makes sense. And these enemies are the “Uruana nebu” it's the grey alliance of orion, they are the orion collective, the Ciakahrr empire are a very aggressive reptilians from alpha draconis, the orion reptilian collective working for the Taalshia from Alcyone. We will say in greek, because it's the name of the greek muse. The dark fleet and the cabal. So they pass themselves for benevolent beings from Ashara, the star call on earth Taygeta, but in truth all the population from Taigata are part of the galactic federation. Well there are four races in the ashara system.

So they they're not what they claim. They they are the Taal shara, the one from Alcyone are, the real name of this star is “jahya” – beautiful star, a blue star, surrounded by a haze, a halo of particles. The pleiades cluster they are very young cluster of stars, it's a nest of stars. And they are surrounded by clouds and nebulas of blue gases. It's absolutely magnificent. When you can see photos of the pleiades on internet, it's absolutely magnificent. But when you remember, we were there. Imagine our sun was in a cluster, a young cluster and it would be surrounded by stellar clouds of gases and this night sky would be amazing. That's how the night skies are in the pleadies. It is quite beautiful.

So Alcyone is a very beautiful star system, but it is populated by a group of Taal. The Taal look like us, caucasian, white skin, brown or black hair. So they left the Taygeta ashara system a long time ago when they were in fact terraforming the stars there in Ashara, because they had an argument with the Ahil, the tall blond ones, because the Ahil got the best best planet. And the Taal they are very proud race, they are very proud, They have still a system of royalty and so they left. And they terraformed their own planetary system in in Jahyra, the Alcyone system. They hate the Ahil from the taygeta system. Them they would do anything to discredit them and the federation, because the federation kicked them out a long time ago. Why? Because they are alied with the reptilian collective from orion. They welcomed a race of lizards from orion in the Alcyone system and that is why they have been kicked out of the the galactic federation.

They are quite very manipulative and deceptive people.

Question: Are there Sirian people that are hermaphrodites?

Elena: The Sirian system is three star system. Its teaming with life. The diversity is very renown in the ashkeran system, and especially Sirius b which is named toule. There are I think 10 or 12 planets and I know there's a race of benevolent reptoid, who are hermaphrodites. They're in my book.

When I say “lizards” that's that's not nice. Reptoid, but these ones look like humans. They're very nice actually looking humanoids, they have lizard-like skin.

Question: Is there a Taygetean kingdom with a king named killah and his queen Alenim and does the taygetan royal... family lives in two kilometers long ship?

Elena: There are the Ahil, who live on Era, the two ? ones, thereare the Taal - they have a royal family. The Noor giants - blonde or red-haired ones and the race on decorator, the nine dimensional, who are very ethereal and beautiful.

So I would go for the Taal regarding to your questions, the caucasian dark hair ones. They really look like us, so they have a royal family, but it only then, there isn't a taigetean royal family, s these races have the independent governments. There isn't any royalty living in a ship, why would they do that?

So there are four different races. So it's difficult when somebody asked me a question about people from taigata, because I never know, which one they are talking about. If you are talking about the Ahil, who are part of the federation, if you are talking about the Taal who are also part of the federation but with renegades that have betrayed the federation. You don't know.

Question: *There are solar flashes all the time.*

Elena: The sun has cycles. So if this is meant to scare you ignore it. There are high waves of energy coming from the sun broadcasted by the central sun of the galaxy which is a portal towards the central sun of this dimensional plane, which is a portal to source, which is at the base of all universes. So this is pulses of higher energy that are broadcasted and we can feel it sometimes. It's pulses. So that can also explain sometimes that the Schumann resonance goes like wow.

But there are other reasons for that. Our good allies are working on the earth grid on the Schumann resonance to raise the frequency. We do it as well every time we rise our frequency. It's like the butterfly effect. Even if it is at our own level it acts on everything else. Think that when at your small little level, you raise your frequency in a meditation, you find inner peace and you just peep out of the matrix. You think it's just for you that something happening for you, no it's not only it happens also for the whole universe. At different level but you know now quantumly the distance doesn't matter.

It's all about focus. When you send energy or light to the other side of the galaxy, if you do it by quantum resonance, setting up a target and merging with it, what arrives it has this is at the same intensity as what you send, because it's it's like resonance. It's not like if it was traveling and it loses intensity as it goes far.

Question: *Why expecting passively and relying on the Galactic Federation intervention and compassion?*

Elena: It is not good to never ever rely on someone to come and save you, never ever do that because, you will learn nothing and you are giving your power away. Never be in a passive state of waiting, that is not right, you will not evolve and you must not wait for someone to come and rescue you. You are your own rescuers. So everything I always say: raise your frequency, find inner peace, disconnect from the broadcasted field of fear and do not consent to be manipulated, stand in sovereign beings, request assistance as an equal to the galactic federation. That puts you at their level. But they are not waiting for you to do that. They do their job anyway. That's a very long time that they are assisting us already from a very long time.

...

You know, it's like when you are in an abusive relationship. I give you this example. Human species is at the moment in an abusive relationship with the dark state. When your allies and friends and family are desperately sad for you, that you are in this relationship, what can they do to help you? If they take you by force you'll go back into it. So they are going to work on opening your eyes, that you are in an abusive relationship, showing you what's wrong. It shakes you so your family is going to work hard at revealing what is bad, what is wrong in this relationship, especially in your abuser. They are going to allow him to become more abusive, until you really see it and you realize that. And you wake up and you walk away and you're a different person. You've regained your sovereignty you've regained your strength and you've awakened and you will never ever go back into it. And is a true liberation,

Now the galactic family, it's a federation. The abuser it's a deep state. So think about that, see things in this perspective.

Question: *Is the orientation of the merkabah important when we wear it or put it on a shelf at home?*

Elena: Well it's very difficult to do that, but it's fine, it doesn't matter because it works anyway in any direction you wear it.

Question: *My black friends feel left out since almost every being in the stars are blown blue eyes*

Elena: Oh because they don't know it's there's such a diversity of races. The blue eyes blown ones are a very common. They are at the head of many organizations such as the galactic federation but there are many many races of different colors of skin. I know in the bhutas star system there are many races in my book. If they have my book they'll see there are many, many races. There are beautiful race in them seriously solid star system. ...



I got a new protection in my hands. This is what looks like a tiny marker from the council of five, you see it three dots. I have a bigger one in my back to protect me, thatanax put that in me last night.

It's just an inter-dimensional marker. There's nothing in it, it's just quantum technology.

Question: *Why the galactic federation ordered the Taygeteans to leave and these ones are constantly threatened?*

Elena: So many people wants to know about Taygetean, because there's a lot of confusion. So I repeat that's a name made up on earth, it's from greek mythology, Taygeta was one of the daughters of Atlas- In the taygeta star system ashara there are four different colonies, different species.

The galactic federation of worlds expelled the Taals from Alcyone, the renegades a very long time ago, a very long time ago, all of us weren't born yet, because these ones, these renegades who went to the alkyoni system invited four residents in this alcyone system a reptilian colony from orion in exchange for protection from the nefarious orion reptilian collective. The very ones who signed agreement with the mj-12. And they are fierce enemies of the galactic federation. So that's why the Taales from alcyone got kicked off from the federation, because they made alliance with this reptilian from orion's gray collective, the nebu. So they have regular altercations with the galactic federation these renegades, especially the Taal for the the story. So the galactic federation watches them very very closely, because the renegade Talles, they call themselves Taalshiar (= prime place), the main world, They are very proud Taals, they're nice people, Val Thor is a Taal. So to say you know they are lovely, but there are renegades, these ones from Alcyone. So they they are watched very closely by the galactic federation who don't trust them at all, because they're very tricky. There is no counsel in Alcyone as well, it's only the renegade Taal and the reptilian collective.

Question: *I dreamt I was talking to a girl with metallic blue skin last night. Is there certain alien race?*

Elena: Oh yes of course, metallic blue skin Zinai, Andromedans uthey have very blue shimmery, the ohorai from actors they have blue skin too ,but there are so many races with blue skin, you know, it's copper-based blood.

Thor Han told me that the future, if things go well as they they are going, in million years some million years, human species of earth will have the appearance of the arcturians. We are not related okay, but we have this also in our genes, we have 21 different ads in our genome plus the original earth so that makes it 22.

Question: *The ant people do they still live under earth?*

Elena: I've asked Thor Han and he said: They are a very ancient race, extraterrestrial colony and sixth to seventh density. They are part of the agarthan kingdoms and live very deep underground. They are not member of the galactic federation because they are earth indigenous people, and they help helped pleadian aliens from a crushed ship on earth about 1 million years ago. I confirmed this that this person was asking me. Also the grey guardians is a name also for the council of five.

Question: *How does the junk DNA gets turned back on?*

Elena: This is what the council of five also does: reactivate all the potential in our dna. But what we call then the junk really specifically dna it's all the alien input, which is not originally from this planet, from this earth and earth genome. It is reactivated by sound frequencies. You can modify alter either alter, either activate with sound. Anything, I mean everything in this universe is about frequency. Everything, the space between the atoms its vibration waves, frequency waves. It binds atoms particles together, lights photons, galaxies. Everything is vibrations. And heart to heart also vibrations, because a linear connection can break or can a stretch to become very thin and inexistent with distance. And as I said earlier on, anything that is quantum resonant it's a wave, and a wave it's dynamic it never ends, it's always auto generates self-generating.

Question: *Can you talk about the giant trees here on earth, the devil's tower being one of them?*

Elena: I'm going to ask more details about that to Thor Han for next time so I will have more information next time. Of what I know already they were a giant tree. You know this planet has been modified, has been a ground for experiment so many times for so long. So they're where giant animals, vegetation and what we know of this planet is just so few. The real history is going to be revealed slowly and slowly, as we awaken and we become ready. We awaken to our true nature we are more and more able to understand stuff.



So we have friends on the ground, who leave little clues for us. This is a Telosian crystal, You can call it lemurian, but the right name is Telosian. I can't see it in the in the light, you see the the blue haze here? that it's like blue indigo. These are keys of knowledge with encrypted knowledge. So this is coming out giving us knowledge about the ancient times, what happened on earth. Also ancient civilizations artifacts are coming out giving evidence of an older history of earth, putting back upside down all in question, questioning all the theories that were settled with archaeology and history.

You know when I started my first course of field archaeology, on the first day the first words that the teachers said was “Now you're going to start studying archaeology ,but I would like to warn you that in archaeology everything we know as sure and settled evidences can be suddenly one just one day one morning completely destroyed by a new discovery, and we need to keep an open mind that everything everything we know will always be subject to be reevaluated, if there are new discoveries.”

Buddha said something: All my my teachings it's just a start, it's just a proposal and you do whatever you want with it use it to do your own researches. And if you find something that contradict or just that can improve what I i've researched please use it. My teachings are just a draft and it's up to you to improve the story .

Question: *A question about Billy Meier.*

Elena: I haven't spoke to Billy Meier, I don't know if he's still alive. He was a german contactee. He met with a lady who identified herself as Semjase in about 1975 and this lady appeared in a ship and she said she came from Era. I went on Google also to see the drawings and she really looks like an Ahil and the ship really looks like Ahil ship from the Pleiades. So that was really matching of what I was experiencing.

Thor Han told me, it's a true story, he was abducted and they partially blocked his memories because they didn't think he would be able to cope with it. I don't know why. Nonetheless he was very moved and very impressed (who wouldn't?)t and the lady was beautiful (yeah the men are

gorgeous I imagine the woman they are they're like “oh my gosh”). So he was probably in love with her and very impressed and he wanted everyone to believe him. So he had evidences but it wasn't enough. People were saying that he was a fool, too many people. And you know, when you are an experiencer, it can be very hurtful, when people criticize you and tell you you're lying. It can be very damaging. Thor Han told me that Billy Meier wanted so much to be believed, because it was true that he invented proofs and clues to put on the top of it. So he faked a lot of pictures of ships and he made up elements to add to the story, just to get people to believe him and he was so desperate. So that's why you must always be gentle with contactees and take what it is. And if it's just not extraordinary, it's fine. ...

Some photos of the ships of Billy Meier are real, but others are fake.

What about about the beautiful Semjase? She's real yes, but the photos billy presents are fake, it's taken from a tv show. He hasn't got any photos of her.

She picked him to pass a message to humanity. Semjase actually works for the galactic federation of worlds and she actually work on in one of the outposts of the galactic federation on the planet venus. She lives there now, She's an Ahil from Era and she's working on venus.

Now we're going to switch into the Vril.

Question: *Chi, prana, Chi, Phryll, Vril, Ancient egyptian ankh, they all represent the same thing but there are different words in different cultures to describe life force energy.*



Elena: Ankh – I wear this ring since I've been on Venus and I saw this thing everywhere. I'll tell you about that in my next book. In my studies of archaeology Ankh means eternal life or life force. This is Vril. The universal life force that is present everywhere, that we can harvest and use to power devices. Is also called effectively Chi, prana, Vril. Vril is the the way the galactic school calls it.

Often I'm asked this question is this the same thing as the Vril society in in Germany? Yes it is but you know, you can use it for dark or for light. ... It's called in German Vril with the “v” spoken as “f”.

So this life force is absolutely present everywhere. It is the fabric of the universe, it is this fabric of space ,the fabric of all life. It flows through everything. We have the power to manipulate it with the power of our consciousness. We can do that, we have this power by visualization .

As a druid I have learned how to use and manipulate it. The druids call it the green fire or “north

force” in gaelic or nuiphre in welsh. This is letting go all the attaches to the the field of broadcasted matrix. Standing with yourself as a sovereign being, being reconnecting with your own energy, your own light being. We are going to do an exercise in a minute together to feel it and connect with it. And then in this exercise I'm going to welcome Coron. I'm not going to channel him, because I need to keep an eye on the questions and interact with you, and I do not really like channeling anymore and Thor Han is not okay with that.

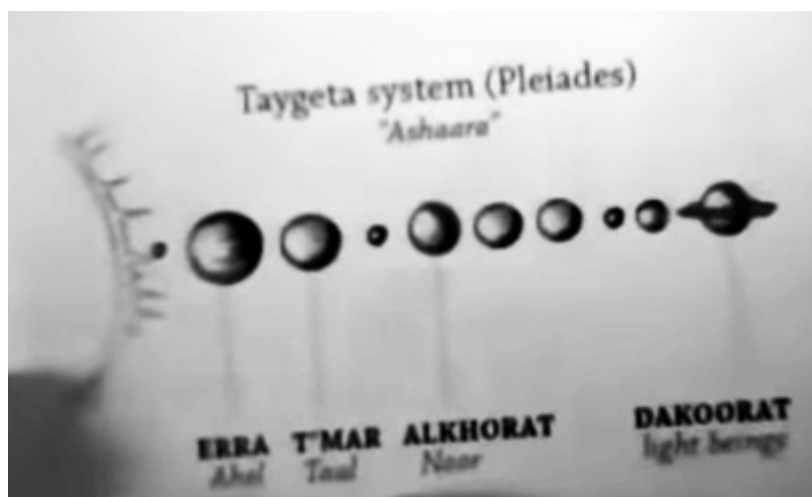
Vril powers everything. I is it is the foundation of all life, it is the manifestation of source. Vril is produced by the two electrodes, brother and sister, son and daughter of source, creation and destruction. The interaction of the both creates a dynamic force. It is alchemy. And this dynamic force between the two, this dance creates Vril. It is like two electrodes powering Vril.

You can harvest it if you use this two electrode system. Now it has two sticks but as two coils like the coils, two coils of the DNA. Activating your DNA is activating your power. This means more deeper thing than the word these words. You activate by the alchemical dance of the two polarities, it's like a tree of life. You activate the Vril, you activate the energy and you become a beacon, you become a generator. And you can do amazing things: you can modify the matrix, you can modify the hologram, you can modify matter.

I've been shown devices, they call it the generators. It is contained under pyramids, it is a crystal and around this crystal, which is the gatherer and a sentient being, there are two coils of two different metals turn around. That's the coil of the dna, that's the the two electrodes, the polarity. An impulse is sent to the two coils. This impulse is sent physically by an energy discharge, by sound normally, or - and that works for us - consciousness, conscious pulse from our brain. We are all able to do that. And this creates a current of energy, that powers the coils and creates an electromagnetic field and something happens and the crystal got energized and start to produce energy. That is how we harvest and harness Vril.

And then from the crystal we can gather the energy to power other devices, either by putting something on the top of the crystal or either by quantum technology, by projecting the energy somewhere else. That that's what I know.

Now I'm going to ask Ccoron to lead this little exercise and it will be better. Coron is a ninth density being. I'm going to show in my book there's a drawing I made of where he lives (Dakoorat).



This is what we call Taygeta (Ashaara), the second planet is Era where the Ahil ,the race of Thor Han lives. Then you have T'mar Taal live. Then we have this one Alkhorat ,it's the Noor, the giants. And then you have Dakoorat, where Coron comes from, and there are higher density beings, living there.

...

Just wait a moment and step back and realize that something very special is going to happen: a connection with a person, born on another planet. This is a privilege, this is very special, deep respect and gratitude to those who take off up their precious time to connect, to answer questions.

So think, that this is a gift.

Vril Meditation with Coron

I want to put a little bit of music to help everyone relax. That helps me.

Everyone sits comfortably, and relax. You can close your eyes, if you want, and imagine, visualize the infinite sky, with all the stars glistening like a multi-color stardust. In space, without an atmosphere the stars don't twinkle. they are still and it is like clouds of stardust.

Coron is connecting to me.

Oh beautiful beings born from the stars, whose consciousness reaches out to the limits of life itself. Infinite distances. Love. Coron from Dakoorat, we welcome you to share together the wisdom from higher planes of consciousness. May the beauty of your soul and the gentleness of your heart enlighten us.

I am happy to see you. It is pleasant to speak and to share. I come in peace with an open heart. I come in light and in Love.

***Elena:** Coron tell us about the Vril.*

Coron: Vril is very ancient. It was never created first and it will never die, because time has no limits and no shape. It is spherical, present everywhere, omnipresent. Time is a hole, encompassing everything. Time is future and past, merged together as one.

Vril is the child of time, child of the creator, the breath of Imanna. Vril is in your bodies and in your souls. It powers your energy centers. Vril composes everything that is alive.

You can connect to its reality and use it to expand your mind and your field of action. Vril is the gift in the box you need to open. It is in you. If you are alive, if you think, it is because of Vril. Vril is alive, Vril is sentient. Everything in this universe is made of Vril. Vril is in the void.

Vril can be gathered and used to power our technologies. We have teached you a long time ago. We came many times and many times in the past we were at war by those who chased us. We used Vril on your planet to power our colonies. The pyramid generators sleeping under the sea of the Atlantic are deactivated. We had open portals with these dimensional generators on your planet. We regretted it as we disrupted the field of your planet. Wars ensued and we were cast away. We destroyed the generators, but the souls of the crystals have remained under the sea, present in the consciousness of Terra.

You are Vril. You are generators to power your own devices, your bodies. You are able to concentrate with the focus of your will the energy present all around you.

When you close your eyes, you see better. Stay still without and within, be the stillness itself. Be the lake glistening under the sunlight in the peace and the silent of nature. You are say this: "I am (mmmmm). Vibration of sound ripples on the water. You extend your consciousness to the other shores. Vril glistens on the ripples in the water. "I ammmmmmmmm. I ammmmmmmmm."

All around you is gold, glistening, not only on the water but on the repos of energy all around you. In every direction of space, in every direction of the universe. You are inter-dimensional. You emit Vril from the own core of your being. You are sending rays of light in every direction of space, in every dimension of the universe.

Vril is harvested by resonance with Imanna. You become emitter at your turn from Imanna through the center of the galaxy, through the center of your star. You, standing on your planet, receive Vril

and send it out. Empower the planet. Ripples of Vril spherically around you, bursts of energy, pulses like a beating heart. Pulsing planet, beautiful, entrancing, dance within, with yourself. Males dance with their female counterpart, females dance with their male counterparts within. Coil dance around the spine of light, composing your being, your skeleton of light. You and your companioned you dance. Coil reaches out, reaches out way above and way below. You activate the crystalline being, who was sleeping within you, the child of light, you. The child of light awakens and shines upon the world. You are Vril. And when you open the eyes of this avatar you have Vril.

You control Vril by the power of your mind and the consciousness of your soul. You remember, some of you have lived in the colony of Atla, under the ocean now. But there was a time when Atla was a magnificent outpost. You have seen and used these generators. Some of you activate and remember. And remembering is reconnecting. Feel the golden aura around you. This is Vril. Feel the consciousness in all life around you - this is Vril.

Harvest it in your body by the power of your consciousness and use it, to send Vril to heal, to awaken, to unlock, to activate. You are in control. You always were. You just need to believe. "I ammmmmmmmm"

Q&A with Coron

Elena: *Thank you Coron.*

I am going now to pass on the questions of our brothers and sisters. (...)

Question: *If you are an angel (I sense him laughing, he does not laugh often)*

Coron: Angels are different. Angels are supraconsciousnesses, alerted to some locations, planets, star systems, galaxies, universes. They are beings of higher frequency in just the lower levels, and as the hierarchy grows they become pure consciousness. They have no physical form. I am not one of these. I am the ninth density evolution of the Ahil race. This is who I am.

Question: *Dear Coron, what is the fast way to connect to source after being attacked by agents? How do you think we can use Vril to do it?*

Coron: Vril can be used for protection. It can be used in both ways: to create or to destroy, to give life and to take life. Do not ever take life with Vril, you will become regressive in your evolution. You can protect yourself by creating a shield with Vril. You create light ship with Vril. You call it light, but this is Vril. You can create Vril to protect yourself with a geometrical shape, sphere, those you call merkaba. I have two pyramids as a shield. You can use shield to throw at your enemies as energy beams, but this is very destructive and can harm you, if you do not master this process. The best you can do is to protect yourself by building a shield around you, and then heal inside the shield of Vril will dissolve slowly anything that is of lower frequency within it. Creating a shield of Vril or of light as you say elevates the frequency of what is within it. Cleansing is necessary after an attack.

Question: *What is the difference between Vril and God energy?*

Coron: Vril is god energy. God is name for Imanna, creator source. Vril is the creation of imana creator source. Imanna energy, god energy is Vril.

Elena: In Kung fu we use it, project it at your enemy by distance.

Question: *How much light and dark energies do we have now in earth in per percentage?*

Coron: What do you mean by light energy?

Elena: *I suppose that means creative and destructive energies*

Coron: The light is more prominent, the dark is fighting back to take over. That is how you call it, dark and light, but you are right: regressive creative.

You see the chaos and the confusion. This is the veil of illusion that they put on your eyes. But what is behind this veil is only light. You just need to believe!

Elena: That's so powerful. I just feel shivers in my heart when he says that "you just need to believe". This is this is the light language Coron, isn't it? You say these words, but it carries powerful energy, way of energy feeling and there's a lot of light in it, visions, colors. "You just need to believe" this is the multi-dimensional language that sends emotions and visions and meaning and sound. "You just need to believe" I liked it.

Coron as you you came to me in me, you asked me if you could take over shortly for short channeling, because you wanted to say "I ammmmm" and I understand now. When you said "I ammmmmmm" it's like Ohmmmm – it it's a creator sound. That's amazing. I love that. That's amazing, wow.

Question: *Can you speak of eternal source, prior to all creation?*

Coron: Primordial source is the mother and the father, the one at the creation of everything, the power born from its own consciousness, that never started to exist and will never stop to exist, because it is one in all dimensions of time. Time is a concept that is necessary to understand. When it comes to source, imanna, is the name our cultures employ to name the creator source. Do not think in a linear way. You want to know, if source was before the created universes, it wasn't before. It is behind, at its center, hidden and in plain sight, nowhere and everywhere at the same time. There is no before, there is no after. There is just be. That is when creator source is located. "Is be" Immana.

Question: *What can I do to wake people up on this planet?*

Coron: Awaken yourself first, and then you will know how to spread the wave of energy by the speech, by your voice and your actions to other human beings of Terra. If you awaken yourself first then you know how to awaken the others, and you have respect for the pace of their path.

Elena: *Practically what would you advise us to do?*

Coron: You turn within, you stand in the stillness of your being, and the stillness of the universe. You connect to source and you open your eyes and you do the same actions, as you had planned to do, but with the connection to source, active, until the moment you will go back to your night for sleep. All your day be connected consciously, actively to source, and every each of your actions will have a tremendous incidence on the web of this reality. Choose wisely which actions you are going to accomplish.

Question: *Do the children go to school, and if so what do they learn and how many years do they go? (your people, the Dakooru)*

Coron: We do not go to school. We are injected knowledge. Not as you think, by energy waves. We are set in devices and we hear the waves of sound coming throughout our minds. It gives us knowledge by activating certain parts of our brain. We live in a very different world as your world. Knowledge is like something you drink. You imbue yourself with. We choose what we want to learn about and we connect to it, by sitting in this device, and it is injected into our consciousness by waves of sound, who carry knowledge and data. We can learn all our lives. The children learn from the greater knowledge of the universe until they reach the age, where they can choose specifications, specific languages, specific technologies. And they go to these devices. It is very short. It doesn't last long, because it is imbued in your consciousness, a few days. This is only for Dakoloru, not working like this on other planet of Ashaara.

Question: *Elena said, much of this transition on Terra could take could take a century. So what can we hope to see or experience in our time now? What change can we hope to see?*

Coron: This is up to you. You create your timeline. This timeline is stable. There will be peace on your world once this war is won. The galactic federation of worlds is working on this. The federation of Terra will be born soon, very soon. You will be in peace. A world driven by reason. Still you will experience conflicts, but the conflicts will ease as you grow up. These are the changes that are to come. Elena spoke about this earlier.

Question: *I wonder how you meditate, in which position, how many times daily?*

Coron: As many times as you can, not too much to stay grounded on this planet in this existence. One is enough, two or three three is good. One is enough to make the change.

Stand up or sit, but allow your spine to be perpendicular to the surface of your planet. Do not lie down.

Elena: Light work is working with the axis being perpendicular, with the axis or the earth, that your sacral area is connected to the earth, and the crown chakra to the sky.

Question: *Hi Coron, how to astral travel?*

Coron: This is very dangerous if you don't know how to do! So I tell you. Release the tensions of the mind, the stress, the fears, the worries, This blocks you and locks you. It is like an envelope of flow frequency that will keep your being inside of the avatar. If you get rid of this envelope, you will be able to release your light being from your avatar.

Astral is decorporation, keeping a link with the avatar. Severing this link is what you call dying. Be very cautious of where you go, always set your destination. Do not wander, do not experiment for pleasure! Always for a quest and a serious matter. Even if you go to pleasurable places you need to be serious about the way you do it. Get rid of the pollution of the low frequencies. Protect yourself in what you call the light protection, merkabah sphere, or other geometrical shapes. Merkaba is the best, Sphere works. Total shield protection, because when you leave the avatar, if you are weak you can be attacked and the avatar taken by a being, waiting in the dark to prey on you, and you cannot go back into the avatar. You call it "walk in".

The avatar must be protected before anything else. If you fear you attract predators and you make a hole in your shield, you can have the strongest and the thickest and the most powerful shield, if you fear you make a hole in it. You open a window.

Once the shield is done, you separate your being from your body. (Elena: How do you do that?) You forget about the avatar, you forget about everything that composes the biology of this avatar, it becomes inexistent to your mind, and the only thing that exists is your being that lives inside. This being stands up and walks away, goes to the destination. You will notice a little thread of light. It is the umbilical cord to your avatar. It is not infinitely stretchable. This is not resonance, this is travel, it uses distance. Do not go too far. When you feel unwell, come back. The string of light can break and you call it death. You will never come back. Be helped and do this with the presence of your guides.

Question: *What is the function of the empaths in these times?*

Coron: Empath is awakened, unlocked, and is a quality you choose. You become empath naturally when you activate, when you reach a higher frequency the empathic ability is a natural phenomenon. It is completely normal. Being empathic is your ability to connect with the cosmos, past and future and the heart of every being by the heart connection. This is automatic process when you switch into a higher density of consciousness and of being. This is not an obstacle, it is a natural process. It is your power, it is the way you connect and communicate. Some persons discover they have this gift and they do not know how to use it. Make of it your power, connect the heart of everything. This is empath.

Elena: *I am going to ask you if you have a last message before I end up this transmission?*

Coron: Be the light, be the force of god, source of universe. Be the spiral of time. Transcend everything that was and will be. You are royal to the eyes of source god. Do not worship anything else, than your own power. You are the most precious creation of source, as we all are as beings putting into actions her manifestation and desires. Remember this sacred sound “I ammmmm” This is the creator word.

Soon we will speak again, cousins from a long line family. Coron, Dakooro has spoken. Thank you for listening.

...

Elena: “I ammmmm” I felt as he was saying like “I” it's a sword, it's the spine. I in fact in English – it's amazing, “I” connection earth-sky. And “ammmmm” it's the ripples in the space time continuum. I am the creation. Wow that is so powerful!

24-4-2021 – Keep On Fighting - Update April 24 2021

<https://www.youtube.com/watch?v=CIWZgllM4U8>

This is a message from the galactic federation of worlds. The battle is not over yet. More than ever we need to fight now, by keeping our vibrations high, raising our frequencies. Now more than ever. Because we have reached the crucial point in the battle, where all forces are needed. You may not listen those who say the war is over. This is all done to take your power away and make you stop fighting.

The moon has been liberated a month ago by the benevolent forces of the galactic federation of worlds. The moon is ours again. This hasn't happened since very old times. The galactic federation of worlds has expelled from the moon all the invaders from Orion, the Nebu and the Reptilian Collective. The moon is now cleared from old slave trafficking and a slave force for mining facilities, for the account of the Orion group. The moon is ours. It is now time we embrace this ownership.

The operations on earth are still going on. Fights of the alliance are still going on. The operations are more efficient than ever. The underground facilities have been in major party cleared, but still combats are going on.

Recently a big area has been cleared under the Indian ocean and a lot of Reptilian forces have been evacuated off worlds. From this has resulted an increase in the earth frequency, enforcing the grid and accelerating the ascension of this planet into a higher density.

Fights on mars have started two weeks ago. First raids have started on mars. The galactic version of worlds is taking care now of operation to liberate mars from the Orion greys and the Reptilian empire. This is going to be a long war on mars. Hopefully with not too much casualties, but hope is in the perspective.

After mars other parts of this solar system are going to be cleared as well.

Now the ancient prophecy of the Andromedan council, foreseeing the seed of a great evil originating from earth – its moon and mars – and threatening the whole galaxy with a horrendous tyranny. This prophecy now has no reason to be anymore. The moon has been saved. The earth is being saved. And the third point, mars, is in the process of being liberated. The enemy is panicking. The enemy is going to try its last cards to frighten us, but we are not fooled.

Refuse fear. These may be confusing times. This is normal this is the last great war of humanity of earth for their freedom and independence. Independence is at our doors, but let us not stop fighting. It is now more than ever, that we need to keep our vibration high and fight for the light, as we've never done before, with all our heart, with our soul, because hope is already rising at the horizon. We are winning this. Do not stop the fight, although hope is in the horizon. This is not over yet, but the future is already rewritten and the future, this new future, is made of four letters: hope.

27-4-2021 – Q&A LIVE - Believe in yourself - with Coron / April 27/2021

<https://www.youtube.com/watch?v=g-AMCLxUBDw>

Elena: I have two persons with me tonight, Coron and Thor Han.

I'll take some questions we speak about the topic of today which is “believing in yourself”.

Question: *If used in shaolin as a way to defend is the Vril still harmful, is it also how we apply telekinesis?*

Elena: It's like the force in star wars. It can be used two ways: it can be used to creative power, it can be used to destructive power. So the Vril can be used for combat. It's it's the universal life force that you can channel in your body, and if you if you use this the techniques of for instance martial arts, you can really channel the Vril, the life force and use it for your defense and for combat. This is absolutely possible. The Vril is neutral energy – so you can use it for good or for bad. So it's up to you and I would advise to use it for good of course, but sometimes to defend yourself, you know you need to. I know Thor Han uses it for defense. It's not because you're a spiritual person whose consciousness is very open and involved and your frequency is high, that sometimes you do not need to defend yourself or save someone, or fight to rescue someone from enemies or bad people, aggressive people. So you can use this force if the the purpose is the greater good, it is to do a good action that's it save someone lives for instance. The last resort is to kill. Always use it to your purpose for instance rescuing someone, rescuing someone if it doesn't involve killing. The enemy, don't kill them just rescue the person. That's i've learned from Thor Han. Give a person a chance. That's how they do the galactic federation always gives the choice. The respect the law of free will. They always give the choice, surrender, we can help you, you have the choice. So if the enemy chooses this - lovely. If he chooses combat oh my god.

Question: *Can we use the Vril to levitate our body?*

Elena: Yes we can, but it's more using antigravity methods. You can use your brain, your mind, to create to counter electromagnetic currents and then have an anti-gravity reaction. I'm not very skilled in that. You must ask Thor Han about that.

Thor Han: Create the adequate brainwave, who will transpose the ions in your field, and this will change the gravity. A propulsion system for our ships sometimes.

Question: *I know a child who travels dimensions when sleeping, and she's worried not to be able to come back to his mom. Is there anything we can do to help with this.*

Elena: If the child does it naturally by himself, that means he has the ability and he knows how to come back. So he must not freak out tell. This child to trust in himself and that his mind is the driver and if he travels dimensions, he can come back by the the will of his mind. That is how you set up a target. I'm I find myself in another dimension, but I remember where I come from. So I'm going to visualize and focus on where I come from and by resonance I'm back home. Tell this child that he is able to do it, if he's able to leave his body by himself, he's able to come back by himself, because he is a special new wave of envoice and he can do that. You're going to be amazed by all the children.

Question: *What is the difference between a dream and a benevolent abduction?*

Elena: In fact it's physical. It's the physical memory. For those who have had physical abductions or decoperation or astral travel. I don't want to say astral travel, I want to say light transfer resonance when your light body, your astral body is teleported to a place and re-densified then you have a physical experience. The difference with this and a dream is that it's very clear, the memory, the fragments of memory are very clear and sharp and physical and you really know the difference. And there's a feeling, it's all more intense than a dream.

Question: *Will censorship build part of the new earth?*

Elena: Of course not.

Question: *Someone asked about partenogenesis, self-cloning.*

Elena: Parthenogenesis it is a technique that is performed by gray reptiloid species only. The humanoid species don't do that. There are no humanoid species who do that at the moment especially not those involved in the federation. They do not perform this technique. Partenosgenesis in fact is typical gray, it's a gray genetic process practice and technology. They they do that a lot. They enslave and clone races like this.

There was a beautiful race I don't remember in what system. They are called the Azban, I think they were a hell pleadian race and they've been enslaved by the grays and cloned and enslaved, and that's quite ugly. The Aldaru as well.

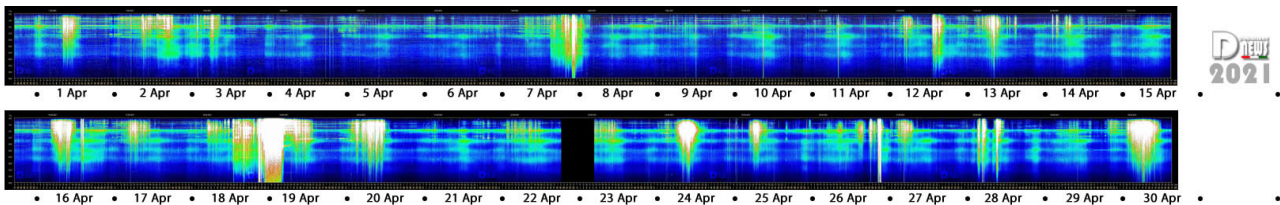
So partenogenesis is not performed by humanoid alien races, only by grays and reptiloid grays especially. Reptiloid grays: zeta reticuli and some races of the nebu from orion.

Question: *What is with the reptilian rebellion on mars?*

Elena: That is something very important. Recently you may have seen the update I gave to Michael Salla and I wanted to talk about it tonight. The mars has started to be raided by the galactic federation. Mars is starting to be liberated this last months or years as Thor Han told me. The moon has been liberated from the nebu grays. Now the moon belongs to ourselves, earthlings to the earth people. They're gonna do whatever with it whatever they want. The galactic federation doesn't it's not their problem. They've given back the moon to us.

You may have noticed that the last full moon was particularly magnificent, and there is a reason for that. It's because the moon now has raised in frequency so much, because these Nebu were really lowering down the vibration on the moon and also with all the slave trafficking, the slave workforce and also the the outpost of the the dark fleet. There was a lot of very, very dark and low vibration, frequency on the moon. Now you may have noticed that the full moons are going to be more and more and more powerful, because of this vibration, which has lifted. And the same with earth.

Recently, Thor Han, I could feel his joy. Something had happened, a big underground web has been cleared, and the galactic federation has evacuated a lot, a lot of reptilian beings and rescued a lot of slave force. And only doing that, that these beings left the planet, you know it was the day the schumann resonance went like wow. I think it was the 19th of april. Suddenly there was a shift in the vibration of the earth, it was like wow. We've all felt it.



source: <https://www.disclosurenews.it/schumann-resonance-stripes/>

The earth is in the process to be liberated, the moon has been liberated. Mars they have started to attack to liberate mars as well. So now we can start to say quite hopefully, filled with hope, that this ancient prediction from the Andromedan council, who was foreseeing a great evil originating from earth, its moon and mars that would lead to a galactic tyranny, was to be suffocated in the egg. Well, that's happening, thanks to the Andromedans. We have the moon back. the earth is in the process of being liberated and the mars process of liberating mars has started.

These are historical times. We must all feel privileged to be here and now, because all of us, all of you, you have a part to play in this. That' why you came. There is no way you came here just to be a tourist. You came here because you decided to come here now and the place where you are to play a role, just right where you are, and from where you are from, your actions and your decisions that you take for yourself depends the fate of your species, your planet and the galaxy. No pressure.

So the rebellion on mars. Mars is owned by the reptilian collective, Ciakahrr empire and the nebu grey collective group from orion. They have facilities there a lot, they do mine for resources, they they use a lot of slave force. But it's mostly they didn't come to mars just to take minerals, they came to mars because it's an outpost in this system, to have control on many other things and notably earth. So it's huge. Once mars is taken we're good. And I can now tell you that the galactic federation has been waiting to start raiding mars. Why have they been waiting? There's a reason for that. Why are they doing in now, not before?

On mars there is two facilities. One of them is called "aries prime". It's owned by reptilians. But co-owned by the dark fleet corporations. Some American corporations are involved as well in this and some secret space programs as well. I know the area 51 works with them. I know there is a lot involved. So on mars that's very large topic. The galactic federation of worlds was waiting, that the elites and the heads of corporations, that were on earth in their fortresses on the ground would get off the planet, to seek refuge on mars. Now all the heads of the corporations that are working against humanity have relocated totally on mars, because they are losing the earth. It is now time that they can get them. They could have get them while they were on earth, but that would have provoked a horrible war with a lot of casualties and the galactic federation didn't want that to happen. They didn't want to cause any harm to earth civilians. So they were like sending smoke in the tunnels to get the moles out. That's why now they start raiding mars. We are getting our planet back because all the molds are now on mars and trapped.

And the reptilians, they are so angry. They are angry against the Andromedan council because the Andromedan council had seen that happening in the future. You know when your enemy is pissed off against you, that means you you're winning, you're in a good place.

Mars has a rebellion, a resistance, that is here since way longer than all these people named. They are very ancient. They are mainly two species, reptilian local species. Not all reptilians are bad. They do not really look like the mantis, they look like spiders you know, with a lot of arms and they're really weird. They're not humanoid at all. But they are against the Ciakahrr, the nebu, the dark fleet. So the galactic federation has been winding them up since a long. Once I was connected with Thor Han by telepathy and he was in a scout ship, quickly delivering weapons to the martian reptilian resistance. I'm writing that episode in my next book that I'm writing at the moment, it's quite quite fascinating. And I freaked out that moment because Thor Han going on mars and giving weapons to reptilian? like "what the hell are you doing?" And then he explained to me when it was

safe enough to explain to me, this is the martian resistance and the federation has been arming them for a while.

Question: *Once I spoke to a woman with shimmering light blue skin and clear eyes in the akashic record. Is it possible that the Zenei are the record keepers?*

Elena: I don't know, you should ask that to Alex Collier.
But I wouldn't be surprised because Zenai they are so high in a spiritual level.

Question: *Why don't we remember who we are?*

Elena: The way I've been explaining this is, because when you incarnate in third density body avatar and matrix and you come from a very higher density, the difference just does it, the difference of density does it. That's the first reason. If you're not very high density. When you of a higher density and you incarnate into 3d and it's because if you are higher density you forget there's a very easy way to remember is to rise your frequency. Then you have access to your memories.

Now let's talk about those who are not from a higher frequency. They are normal earth people and they lose their memory when they incarnate. Well that can be also, because you need to not remember, because you come back to learn, a process, to learn from your experimentations of this new life. If you were remembering – what's the point?

Question: *Elena, how long were you in unconscious when you were abducted and do you still have visual memories of your experiences?*

Elena: Yes I explained it a bit in my book. I wasn't unconscious at any moment. I remember everything during my abductions. There are two things I'm talking about: the period the time when I was taken to the time I was brought back, be it by natural memory be it under quantum hypnosis. I noticed that when I was abducted at any moment I have missing time or losing consciousness. I was able to remember everything. If I hadn't been rescued by Thor Han from the zeta grays when I was nine, the grays would have blocked my memory. But they haven't had the time to do that. So I remember everything and I still have vivid memories from my experiences. That's why I contacted Elisa, the person who hypnotized me, because I had these vivid memories and I wanted to get the other pieces of the puzzle back and Thor Han wouldn't allow me to remember the trauma of my abduction by the grays. And once under hypnosis I realized that, oh my god never ever was I unconscious. I've been conscious the whole process.

Question: *From a person with low self-confidence, how to trigger the confidence to believe in one's self?*

Elena: This is a question for Coron who is connecting with us tonight, and I think I'm going to let him answer this question.

Coron: This man had trauma in his life. He lost the faith in life. He doesn't believe anymore that anything of good can happen. He needs to recover the faith in the beauty of life. However the night was dark, the day is beautiful. Look at all the trials and the ordeals you have been through, look at you. You have overcome them all. You are still alive. You made it, you have done it, you are brave. Honor yourself for your victories. honor yourself for your scars and your fights. You are a survivor you are a warrior and this only feeling and knowledge can show you, that you can trust in yourself, that you can trust in your strengths, because anything that can happen. You know, how to fight, you know how to overcome your fears. You are stronger than you think. You are just tired. Regain

confidence and if you cannot find strength in the present, find it in the past. And with this strength build your future. You are very strong. You just need to remember it.

Question: *Thor Han aren't you aren't you a bit worried that the media on earth will spread panic and lies about you, the federation when it is time for the big reveal?*

Tor Han: I am not afraid. I know that this will happen. They have already started to put a bad name on the galactic federation. They have started to spill poison and lies and manipulating victims, that they have prepared these last years. (Thor Han is reticent too to speak a lot about that.)

Elena: Since a few years some people have been prepared by the deep state, mind controlled prepared ground, to start slowly, slowly to spread spill venom against the galactic federation, because the galactic federation is our allies and are sorting us out. They are not here to save us, they are here to help us, saving ourselves as they say. The deep state is preparing this fake alien invasion, which after what Thor Han says won't happen. But we never know. They want to people to make believe that it will be an attack from the galactic federation, and that the galactic federation is so bad and so evil. It has started.

I am at myself representing galactic federation. I have been attacked recently a lot by threatening messages and blackmails, believe it or not. Not from ETs, from people on earth who are manipulated and who are conditioned and manipulated to attack all the representants of the galactic federation on earth. So it has started.

But you know, whatever people say about the galactic federation doesn't matter, because that won't stop them doing their job. ...

Question: *What does it mean when you have a dream about the cube that turned into a portal and a key came out? The key belonged to a horse statue and came alive, then it started to build my armor and sword on my body*

Elena: Horse and that's symbolism relating to your psyche. I can answer on the cube: Cubes are interdimensional devices as the merkabas are, but serving unfortunately the bad ones. There is a lot of little cube devices on orbit of earth, that are at the moment being destroyed by the galactic federation, because this is broadcast on different dimensions. In the same time the cubes are like portals and they're used for not the good good side. They're nebu technology from orion.

You were shown that the portal is in you. We all are portals. Our consciousness is able to transcend dimensions and time. So you've been shown that the key is in you. The horse represents strength.

Question: *Elena, I had my first beautiful experience of two love beings and healing me. How do they come into our buildings?*

Elena: Because they have a technology that can pass through matter. They use inter inter density beams, that they can de-densify matter and pass through it. I remember that from many times. I've been beamed up whether it was being abducted, whether it was being invited by a Thor Han.

This blue beam. You have the anti-graviton beam, but not not only. It is de-densifying the matter so you can pass through walls. What it does exactly, for instance the the atoms in your wall of the materials in your wall vibrate at a certain rate between each other. If you accelerate or slow down the rate the density changes, the frequency changes and the density changes and you can go through it. Or they can just teleport which is another easier technique.

Question: *Do you know where all the Vrill society members are now?*

Elena: Some are still in Antarctica, but I think maybe now they're all on Mars.

Question: *I had a dream about the scorpions Negumak from my book and they were getting out by the hundreds.*

Elena: The Negumak are the Ciakahrrs worst enemy, they're the Negumak. The Negumak are a very aggressive and warrior-like culture that nobody wants to go near. I've been told they are worse than the Arak. The Negumak are frightening. They are extremely powerful warriors, more powerful than the Ciakahrr empire. The thing with the Ciakahrr empire is that they are very numerous, they have a lot of technology. The Negumak don't, they're not as numerous but they have a potential of warrior skills and aggressivity. They can sizzle you with that really, can be nasty stuff, scary. So scary, the Ciakahrr are scared of them.

So last year the galactic federation of worlds started negotiations with the Negumak. I knew that but we couldn't speak about that. We can now because the Negumak are here, the Negumak are allowed in this system and they are fighting the reptilians. The Negumak are not part of the galactic federation. If you want to have an idea what they look like, there's a movie "Independence Day" they look like them. So if you dreamt about the Negumak arriving by hundreds that's true, and it's a good thing. I haven't been told what are the agreements, what would they get in return. Certainly something.

Coron: Peace

Elena: *What does that mean?*

Coron: We're helping them securing their territory. We become a protection force.

Elena: *Do they need one?*

Coron: Yes, we get against incursions in their territory. That's what they get in exchange, alliance. They're not part of the galactic federation, we do not want them, they do not fulfill libertarians, too aggressive, too independent in war conquest, but we ally with them as a mutual protection. It's a treaty.

Question: *In the film "Signs" the reptilian were injured and killed by water. Are they not able to survive with water?*

Elena: No they are amphibian, they can live in water, water doesn't harm them.

Question: Can Coron talk about the crystals underneath Uluru?

Coron: It is not a mountain, it is an old ancient sanctuary. The crystal cave underneath is a generator ready to be activated. It is in correspondence with the grid and the resonance of your planet. There is a generator from a very ancient civilization. The crystal cave is natural, but has been enhanced by technology a very long time ago. The generator is awakening to its consciousness and now has started working. Many people, humans of earth will go to Uluru and sit and chant. The sound of thousands, hundreds of thousands human voices will activate the generator of Uluru. It is sentient, this is our ancient technology. Sound will awaken the consciousness completely. Go around Uluru, circle it and sing, chant in the old ancient local language. Let the indigenous do it. They know. They remember, they know the ways of the song. They know the singing ways to Uluru. Let them sing.

Question: *Will the timelines separate and will there be to earth for each perspective?*

Elena: No, there is only one timeline, only one earth. The thing is the two perspectives is something. People like me, like you are choosing to raise our consciousness. Some are choosing to stay in the matrix. We will cohabit on the same planet, but in two different perspectives of thinking, two different collective unconscious. But the same planet, there won't be two planets, and the same timeline. And the difference will be the way we react to this timeline. Those who choose to stay in the matrix will suffer and resist to it. And those who have chosen to raise their consciousness and to accept the timeline will be happy. And these ones will need to help the other ones. And many of the other ones will blossom out, bloom out of the matrix slowly, because you can't stop evolution.

We have been mainly until this last year to receive alarming messages, most of them and their hypnosis that the federation for instance would start to create a war by destroying the reptilians and the cabal and just act. That's what they didn't want to do, that's why now they're doing it on mars. Because they were getting the bodies out. But before they succeed, that they were in fear that they would have needed to do it, because from what was happening on earth, the whole fate of the galaxy depended. This won't happen. They're so happy because we've done a good job, we have raised enough our frequencies, we have opened our consciousnesses, we have been so many and more and more not to take anymore, not to take fear anymore.

And now the new timeline is pretty much stable. We are heading towards the positive timeline and the good future and anyone who tells you alarming things, now they are either thinking that they are still in the old timeline that has not happening anymore, or either are manipulated to spread fear.

I had also received these messages under even hypnosis, that the earth would be destroyed. It was very scary. And then I was told, "no, that won't happen. The old timeline you've shifted it, and we're so proud of you and now you're heading towards peace and victory."

Question: *How do we maintain awareness at time of transition?*

Elena: By not listening to the noise, by focusing within yourself, reconnecting with who you are. And I think now is the moment. Coron, do you want to do this attunement with everyone about believing in ourselves?

Meditation with Coron

Elena: It is not the channeling, it is telepathic contact. I'm going to erase my vibration a little bit more because Coron is in the ninth density. I have it by telepathy but I want you to feel through me through my voice the frequency of higher light of this beautiful man from Dakoorat in the Taygata system. His heart is a glowing diamond and his soul is pure benevolence and love.

Sit comfortably and allow your higher self to be.

Coron: It is your time, it is your moment. Regenerate in the higher light of source that flows powerfully from the central sun, from the center of Natarú, this galaxy. Follow the sound of the light within yourselves, the emissions from the higher light encoding informations telling you a story, your story. Trust that this light structures everything that has been created in the whole universe and all the universes. Everything coexists and co-lives in the same time and the same place. You are structured by these codes of light. The light of your being is made of this encoded substance, infinitely geometric, powered by Imana, the source of all things. Source is multi-dimensional, source is multi-conscious infinitely, never was born, never will die. Eternity is including everything in one singularity. The singularity is infinite in time, in space.

All planets are portals all suns, all moons because their gravity opens a door in the web of source. Source radiates all along the lines of this web and is accessible from any point in this web, any point in time, any point in space.

You are multi-dimensional beings. With your inner vision see the galaxy in which your planet, your little world belongs. See it turning on itself, magnificent spiral, in its center an orb of bright blinding light, the portal to source. This for you is home. This is your mother. Nataru is your home mother.

All species are linked by a brotherhood, children, all children of the mother, the heart of nataru. You are, we are all her children, and we live her a house, this galaxy. I am your brother, you are my brothers and my sisters. The same light shines in our eyes when we look up in the direction of the center of Nataru. Our eyes shine with the same light when we look up at the heart of our mother. Knowingly we accept to be all binded one to another in a galactic brotherhood, of which we are lovingly proud.

Here you stand, heart to heart and hand in hand with us all. Look at your beauty, look how powerful you can be, when you decide to be. Be! "Is be" is consciousness. By consciousness we are all linked together as one. Nataru, this galaxy is our home, our ship into the big infinite space. You have chosen to come on Terra for this time. Be. You have chosen to come on terra on this place and planet to live to live together with all the other beings, who have chosen to make the same journey. You brought with you all the wisdom of millennials of learning and growing. You knew you would forget, but you knew you would allow yourself a way to remember, because by the way to remember dwells the key of your mission. Making the effort to find how to pierce through the matrix, to remember who you are is the actual physical action, dragging with you these species to break through the matrix. At the moment you remember you break it down.

Reconnect with your true nature. Who is the being inhabiting in this body? Who are you? Aren't you magnificent my brother, my sister, my family? Look at the beautiful shapes of your body. This body of pristine light.

Some of you have lost the way of remembering and feel sad and lost in the night. They must look to find those who still have the light, the key, and hold their hands. They will help you and hold you in their arms with their heart and lift you up. You are all going together to the same destination, for some of you it will take more time, but it is all right. At the end you will get there. We will all get there together. Be patient and fight your way through the illusion of this hologram.

For those who have lost confidence in themselves: You need to remember who you truly are and that you are not alone. Rrequest for help, request for assistance, and we will be here for you. You have been through so much and still are, and this war is not over. You are resilient, you are alive. No one can destroy you, because you do not belong here. They can destroy this body, they cannot destroy your soul and it will make you more strong. You are eternal.

You are here now because you chose it. Remember. They don't want you to remember, because once you remember they do not have any more reach upon you, so they distract you with war, conflict, fear, confusion, trying to mount you against each other. Do not comply, resist peacefully by turning within and tuning with the powerful being of light that you all are. And in this awareness your frequency rises. Be, be yourself. Be and live, live your power, your life. Believe in yourself. Be and live, believe. Believe in who you are, believe that we are all here to fight alongside with each other for the greatest event, this galaxy has known for eons. Proud soldiers of light and our best weapon is love.

Love, love allowing us to connect to each other to dissolve fear. Love dissolves conflicts, love is unconditional and the great winner at the end. So if you lost confidence in yourselves. It is just temporary. Look up and look inside and be. You just need to be. You just need to live, you just need to believe. This is your greatest power.

Elena: Thank you, Coron.

He took over. It wasn't meant to be but he took over and it was very wonderful. I am all bathed in his density. ...

"Daama maa" that means "focus on love". Anax told me these words. And it is to me a formidable magical formula when I feel a bit drained or stressed. I say these words and I focus on the lovde I

have inside of me and I send it out.
Coron is here to answer some questions.

...

You want to do that again as Coron showed us last time: “I ammmmmmmmmmmmm” Let's do it we are going to say three times. I is the pillar, the letter I, the pillar, the connection between earth and sky. It's the cosmic tree of knowledge, the cosmic shamanic tree. I it's the existence, it's the consciousness I, it's the awareness of being alive. And “ammmmmmmmmmm” it's ripple, is ripples all around us. “I” the feeling of being alive the consciousness and “ammmmmmmmm” is the action, the repercussions of this consciousness into the web of the universes. So when we say “I” we connect between earth and sky and then we say “ammmmmmm” it's from this central pillar radiating a powerful pulse into the universe and we send love, light, positivity strength, victory. And we can even put pictures on it, pictures of the future we want.

I am powerful, I am compassionate, I am in peace. I am aware. How powerful is that! If we do that every day, if every day we connect with who we truly are, if we connect with the sky and the earth and we radiate our strength, this connection, we change this world. We have action upon the matter, upon reality. Everything is a hologram made of symbols and sign and geometry and codes and very complex. But we can act on it, we can change the frequency, we can change the way everything is organized. We are so powerful.

Q&A

Question: Regarding gamma brain waves.

Coron: you need to change the brain waves, alpha to gamma. Gamma is the key to your power. Gamma wave can break the matrix, g sound. Gamma waves is important to put your brain into...

Elena: How do you do that. Deep meditation, hypnosis for instance is gamma wave. But you can buy brain tuners forks, tuning forks. Be very careful with that. Be very careful. If you abuse too much it can really harm you. So meditation, a deep state of meditation is gamma waves.

Question: *Some people say they have trouble in recent years remembering the past. Are we just getting old or is it from a shifting of timelines or densities?*

Coron: Because density changes, it is more difficult to remember something that happened in a lower density when you are rising your frequency, but it should be easy if you tune within yourself your memories will come back. All is about reconnecting. It is the same person, the memories haven't gone, they are always there. So to answer this question it is a question of change of density, slowly not yet, frequency is more adapted .

Elena: 1006 Hz and 4096 Hz Tuning fork, I advise everyone to get one of this. Use it as an instance as a cleanser to raise your frequency. When I am so I feel I am surrounded by lower frequency they try to come near, I do this and I brush my aura. It's like saging.

Elena: Steven Shua in his interview, he advised me to buy this bowl. Stephen Shua was a next super soldier who worked in area 51. He was my friend and I interviewed him and this interview is available on my channel. He said to me, that gamma waves are able to repel nasty grays and gamma waves are so much power, so much more powerful than we think. It allows you, it enables your brain functions. So amazingly gamma waves protects you, rise your frequency, He advised me this bowl, it's a nepalese bowl, hand hammered, made with the seven metals that correspond to seven chakras. It's g note and when you bang it rises your vibration. G note is the note of the third chakra.

Question: *Can you please let us know how many times we can pass the fork through our head, after make it sound?*

Twice, not more, because it's very powerful. Once will be enough. But it produces chemicals otherwise that produce too much chemicals that can be harmful. So when you when you do that, the 4096 you don't do it close to your head. We once only next to your pineal gland, that's all. Ootherwise it's quite away from your body. Do not do a lot of time. Just when you pass it, you brush it you feel a resistance or something do it until the resistance is dissolved. Never more than necessary ever, because you can damage yourself if you do it too much. It's sound it's really effective. It's like too much of a good thing it's a bad thing.

Question: *I have MS Does this disease interfere with my ability to ascend? I pray meditate daily.*

Elena: Well it can it interferes, because all disease are dissonances and create low vibration that makes you feel ill and damages tissues and etc. It slows down your ascension, but it doesn't stop it. ... It is even a trigger to make you understand how to give better impulse to ascension.

Question: *According to ancient Korean legends some of our royals were born from eggs. Do you think that could be benevolent eggs?*

Elena: Yes of course, of course. You know all reptiloid species are not bad. ... I do not know exactly the history of this part of the world so I wouldn't pronounce myself it was benevolent or malevolent reptilians.

Question: *Which species has the pyramid ships shown on mainstream media?*

Elena: I don't I think it's part of the project bluebeam, it's earth made that's what I'm getting.

I ask you all not to give into fear not to give into confusion and anything that makes you angry. Think that it is maybe something that sends by someone who wants you to be angry. There is enormous manipulation, manipulation from the deep state, and they try to infiltrate all the spiritual groups. They try to find people who make money with it, are vulnerable with income from their spiritual groups. They're gonna use these ones, that they have prepared. They have given them right information, then a lot of people follow them and they still slowly, slowly drop by drop lies manipulation. It is the story of the frog in the water. Be very careful. If something is inducing confusion to you, step back, follow your heart. If any leaders of these spiritual groups ask you to go for crusade against any other people, do not listen, because they are influenced to tell you to go into a state of low vibration. Refuse. Love is the way. Love is the way of tomorrow and is what it what binds us all. Refuse to be turned one against the other. Refuse that.

If someone tells you this group or this minority of this person they are evil go, and try to hammer them and criticize and bully them, that's the work of the deep state, of the cabal, of my level entities Refuse that. You say No. I do not. The conflict doesn't pass by me, I am stopping the conflict. It stopped at by me. At me, at my boundaries. The only thing I pass on is love, because now is the time when humanity steps up in their sovereignty and unite, one with each other in tolerance, in love. One planet one species and love is the way, pure love. May love be by you and through you.

Thor Han: Never despair. You have united every day, you are uniting together, more and more will come and join the army of light. You are making history. These are not times to be afraid. These are times to be proud and to embrace your strength. Without fear you will achieve your goals. Unite together and walk in peace towards the future that you are creating now. You have one job, and this job do it well: raise your frequency. I am Thor Han Eryidon fleet commander mission coordinator for the galactic federation of worlds, protecting you and working for your greater good. I love you all of you. Be safe. Be in peace.

Coron: I am Coron from Dakoorat. You have come so far from higher planes of existence to perform this task that is liberating Nataru, this home from a destructive timeline. Remember always, the way of remembering is to believe in you to believe in who you are, remembering that you are way more than what you see. No fear now, as was telling you for one, no fear – no limits.

30-4-2021 – Mars Wars

<https://www.youtube.com/watch?v=E4liNicY50I>

April 30 2021 updates from the situation on mars, given by commander Thor Han Eredyon from the galactic federation of worlds.

Elena: Raids from the galactic federation are continuing by series on mars, raiding the reptilian facilities. The martian resistance has been armed and enforced and helped by the federation, and they are fighting the reptilian occupants and all their allies and in their lives there is an outpost of the dark fleet on mars as well. But not only there are earth militaries there belonging to other corporations. There's a lot of corporations on mars that have seek refuge, sat refuge there and that have moved, relocated recently, because it was starting to smell bad on earth. The alliance was starting to win over them by all their work in the the DUMBs, the militaries underground.

So now what's happening on mars still attacks from the galactic federation. The Ciakahrr are totally pissed off. The thing is that the federation is working at isolating and then treating, piece by piece. The galactic federation is not able to face in full combat complete, all their fleet face to face with the Ciakahrr empire and the orion group, they are not powerful enough. So what they use strategy.

I'm not always authorized to tell you what i know from Coron, but this I can tell. They've forced all the elites and the heads of the Terran bad military to leave the planet, not to declare war on the planet you know and damage a lot of things and kill civilians. You didn't want that. So the plan was going well that all the the dark elites were just coming at the surface and then most of them have relocated on mars: heads of corporations and and also corporations that own the satellites, you know a bit of earth, the harmful satellites supposed to be activated to work with the chipping of the population. And even goes beyond that, but not talking about that here.

What's happening on Mars is that reptilians are panicking. They are asking assistance from the dark fleet. Everyone is cut from each other. The dark has been hammered by the federation. They are still there but very damaged. There has been a lot of attacks and fights on the outburst of the dark fleet in this solar system. So they are not anymore able to help the reptilians in combat against the federation. They've redrawn they say “no we can't do that at the moment” So the deal they pass with the reptilians of mutual assistance well it's not working anymore. So the reptilians are turning their attention away and they are turning their attention away trying to contact the dark fleet, that is out of the solar system and notably the Aldebaran branch.

What the galactic federation is doing as well is broadcasting very high frequencies on Mars as they do on earth to rise the frequency. And what happens when you rise the frequency you bombard with high frequency they use also the Sun, they use everything they can to bombard the solar system with high high frequency. What it does: it awakens the people, who needs to be awakened, but also it disables the enemy, although who strive on a lower frequency and they are doing that on earth and even doing that on mars as they have done many other places.

So the reptilians are being numb and they lose a bit of their aggressivity and that pisses them off even more. But who they are pissed off against more than anything is the Andromedan council, because the andromedan council had foreseen this happening a long time ago. And it's because of the andromedan council that we are fighting back with the help of the federation, and it's absolutely wonderful and we're winning.

You know the galaxy federation couldn't attack before, because they were waiting for all the elites to be on mars. So mars has been raided. It's unfortunately horrible fights on the surface. I feel a bit for the earth people, the colony there. They think they are cut from earth, but the federation in this operation is doing their best to rescue these people, and you know they don't have this policy of killing. They first ask if they want to surrender or if they want to be evacuated. If they refuse there is fight.

So that's what is happening at the moment. I think it's gonna get even worse in combat, but we need to hear the ground crew on earth, we need to do our job which is to raise our frequencies. The galactic federation, the council of five, the Andromedan council they are bombarding the whole system with high frequency. So we need to do our job as well raise our frequency. That's the only way that we can be immune to mind control and reptilians and grayse and also to be stronger than them, because I'm going to tell you something. We are way more powerful than we think. We are that's a fact, I always tell you that, but also we have such a potential, that all these ETs that are working around us, they know that and they know that one day we will be even able to teach them. because the potential we have is absolutely amazing. We are like royalty, something like this. So don't lose hope.

It's gonna get confusing more and more, but we honor the work of our allies the galactic federation of worlds. And it is a privilege to be alive in these times. We have chosen to be here now and from our actions depends the fate of not only our species, but of this entire galaxy, because the seeds of darkness are being destroyed at the moment now.

So this is it and Thor Han asked me to say that for those who know him, do not worry for him. He's been leading the first raids with his co-workers, officers, but now he's staying on the station and doing the job he is best at, after being a pilot: organizing missions. This is his new job and looking after me, because I'm important, I give you updates and I help you. He needs to be available and look after me also and give me informations. So we love you all and we are very proud of you. You are not alone. Raise your frequency by refusing fear. Refusing manipulation, refusing confusion and you will see if you trust everything will be all right. Fight with truth, fight with love fight.

4-5-2021 – Mars updates -Galactic Federation - May the Fourth be with you!

https://www.youtube.com/watch?v=XcsMz_ni3_E

(no transcript available)

5-5-2021 – Q&A LIVE - Special Inner Earth - May 04/2021 - 11pm GMT

<https://www.youtube.com/watch?v=vcHoVIWy6cg>

Arkelios, wizard of the Sidhe

Arkelios is a Tuatha de Dannan, and great wizard of the Sidhe.

Elena: Tonight we are going to speak about inner earth. I have one of my guides whose name is Arkelios, he is living in inner earth, he's in the forth density and he's been looking after the bloodline I'm incarnated into as well since a very long time. So hence the name Danaan.

First I'm going to connect to Thor Han by telepathy and he's going to guide me.

... Our connection is very special. We are connected first by a device that I have in me but not only. Our link grew so strong that the device is just here to secure the connection, but we speak now directly also by telepathy and sometimes with the link of the heart.

Thor Han: The galactic federation of worlds has been working very hard this last month to redraw all the heads of the cooperation working for the dark side out of this planet, and as the moon of Terra has been given back to Terra and terran people the heads of the dark alliance now are gathered, either on ships either on Mars and the moon of Saturn. This is why we have conducted operations on Mars since very recently, starting very recently. What I want to explain to you tonight is that why we have waited to to start these these operations. It is because we were waiting that terra will be cleared. Only serbal turned (??) people are working on terra. The masters and the leaders have left behind shadows and clones and puppets, to action remotely. The real living beings are on mars at the moment and the ground, very well protected and buried under miles under the crust of mars. There are a lot of stations and facilities, eleven belong to the corporate, interplanetary cooperate, but not only.

The dark alliance has five main facility, who work at protecting mars. Two of them are logistic and headquarters, three of them are workforce facility. These two powers are competing. We act on mars same as we act on terra. We intervene behind the scene to help the local population to rise by themselves and wake up. We have trained them. The residents of mars, reptilian all ancient peaceful species, insect with ancient, more ancient peaceful species, and many other creatures allotted with intelligence. They are the one who are saving their planet and we are assisting, neutralizing all the technology in space, the dark fleet "nachwaffen". We are now about to succeed but things are not settled. It can take months.

The leaders of the Ceiakahrr not want to leave. We are broadcasting high frequencies in your star system and especially around mars and terra, to lift the level of frequencies that the lower ones are unable to react. We are removing hate and aggressiveness from them. Well, we cannot totally remove aggressivity from Ciakahrrs, but we can damage it, that they become more desire (??). This is a war with frequencies also. This is why I'll always ask you to raise your frequency to get out of reach of their influence and not be mind controlled. They are mind controlling you. They are mind controlling you using your basic instincts, your animal instincts. They want you to fear, they want you to fight among yourselves. They want you to hate each other and divide, in as many groups as possible. They manipulate you, they distract you. They confuse your genders. They confuse your beliefs and they confuse the information. All what your mainstream medias are saying - this is very simple - is not the way to follow. I must not say more to not put in danger Elena.

I ask you all not to fear. Think, take the time to think. And now that we are allowed to attack Mars, where all the heads of the corporations are. These corporations manipulate satellites in orbit of your Terra and these satellites are supposed to enable drugs and devices, that they want to put into your bodies. All the heads of this corporation producing these drugs and devices, very microscopic devices, are now located on Mars. Look for the names of who produces these devices, these poisons. All these names are no more located on Terra. We trapped them. This is their end. They are panicking and their last action. Their last option is to terrify you and try to subdue your minds for a last attempt. Do not believe anything, that say that these Nebu and Ciakahrr are your friends. If they turn to peace they leave. I will say no more, but use your common sense. Do not do any action generated by fear and confusion. The galactic federation of worlds are here to help you to support you to arm your arms with hope, with technology, with strength. And today you have understood that you need to unite all together and join your souls, soul to soul, raise your vibration, raise your consciousness all together because when you raise your consciousness, you merge and you unite all together in the collective unconscious, the higher self of humanity. You are free.

I will never repeat myself enough. Do this: raise your frequency by finding peace within and reconnecting with who you are. I have spoken. I will leave you for now.

Elena: What is happening now is that, I may explain a little bit more in detail about the situation. A while back ago the Andromedan council, the As is from zina foursaw the future of the galaxy, because they can of course see in time. They saw also a great threat, threatening the whole galaxy with a potential tyranny. We have the Ciakahrr empire, we have the Nebu Orion alliance but that would be a certain thing, that would ally them both together and a great dark evilness from Terra from Earth the dark alliance with a dark fleet as a force military force, something despicable I won't do the whole session about that other people know and also well whether that would be the subject for another time. I would advise to also watch the channel of Michael Salla who's done a lot of research on it. So he is actually the best person I know who has all the elements of the puzzle. Check it out on his channel and his website exopolitics. He's going to explain to you everything and he's going to talk about Antarctica. ...

Question: *Who are the beings that look like grays, but have rounder heads and very protruding foreheads and they came to me very early in the morning with lab coats.*

Elena: These can be Ginvo from the council of five. If it was a benevolent visit. They are grays but a very special subspecies if you want, nearly human. These are these kind of grays which are not reptiloid base but humanoid base so it's different. For that I need the shape of the ship.

Question: *How could I have the beautiful meeting Thor Han and others and how can I overcome great fear and heartbreak?*

Elena: These questions are good because it concerns others as well. First you know, Thor Han doesn't communicate with anyone else than me. I know of one person with whom I correspond by email, only one person, and this person has met Thor Han on the ship. Thor Han confirmed it to me, but that was like accidental like this person was caught in a procedure and this person, he met him. Thor Han doesn't have time to do, to contact other people is not interested. He has his work and he's not interested. Thor Han is one in hundreds of millions of people working with us - why contacting him? He is not a god, is not a spiritual leader, he is just an officer in the military of the federation. So you know he has no interest to ...

If you want to contact ETs, and it's not easy - if you ever have a connection with ETs, this disconnection you can find it within yourself by meditation and connection to yourself.

And overcoming great fear, this person asks, is acknowledging that fear is illusion. Fear is the way we react to something. Fear can be good, because fear can be a natural process that tells us, hey there's a danger. When fear is about the instinct that's useful. But when it's not, when it doesn't come from our animal instinct, when it comes from something from outside information, that's not good. That's two different fears. Fear that comes that is illusion that is broadcasted by medias, anything you can hear around you and that scares you thinks, you hear, you see - that doesn't come from you that's the bad fear, that's the illusion. The good fear is the instinct of preservation that tells you, be careful, there's a danger but that comes from you. ...

Question: *I have an Andara crystal, that causes my body to literally react to it. When I place it on me my solar plexus pulls it in as if it weighed 10 pounds. Any idea what's happening?*

Elena: When crystals charge with energy they become heavier. Do a simple experiment, it's very easy. Do you have a kitchen scale, or you can do it with your hands. but it it can be tricky. Put a crystal on it, weigh it, remove it. Put it in your hand and charge it either with your energy, send your energy in it or Hoover the Vril around you with it, and it's gonna feel heavier as it will load and it's gonna feel heavier. Put it then straight away on the scale kitchen, scale the weight, is different it's heavier.

Question: *Will there be an upcoming solar flash in the next few years that will lead to the evolution of humanity?*

Elena: The evolution of humanity is not depending on solar flashes. It's depending on humanity itself. Humanity is consciousness. We are often told - and that is manipulation to remove the power out of us - that ascension or evolution is going to happen to us from or helped by an external factor. No, it's an inner process. It happens within us. It's a alchemical process of transformation, of transmutation, transfiguration. Nobody can do that for us. Of course if there are high frequencies broadcasted onto us, like the galactic federation is doing at the moment, they broadcast high frequencies artificially by devices, that helps. But the process, do it, because if these frequencies are broadcasted it will like make us feel more lighter and feeling more aware. But it it's not all of it we need to buy ourselves to the inner process and it takes time and everybody is at his own pace.

The sun has flashes regularly, the sun has cycles ... and it sends high electromagnetic impulses all around and we benefit from it, of course. So that will be an influence on every living form on the planet, but the ascension will not be like due to it. It's an inner process. We need to take our power back from everything we hear on social medias. We are the one to do the job of ascending.

Question: *Does Reiki help with raising our vibration? Are there dangers with energy work?*

Elena: Reiki is the key, as the Vril is the same thing, is the energy in the void all around us. It helps it helps raising our vibration of course, it does. danger with energy work? Yes. You know the energy around us, it's neutral, it's the force and the force, the Vril is natural. What you do with it will determine its effects. You can use it for healing, for creating, for positive things. But you can use it also, the same energy for destroying or damaging or suffering. So you decide what you do with it, what is your intention, where do you stand. So the energy work is dangerous or not? It's not dangerous but you can make it dangerous, depends who use it.

Question: *What happens to the reptiles who actually surrender on the ground? Are they taken on board of ships and relocated? Where they go?*

Elena: The galactic federation of world has a policy of non-aggression. When they come at the rescue of a population, a population like the population on terra at the moment, which has a certain

level of civilization, they try not to cause damage. When there's a war when they need to intervene to save this population, they are going to do their best not to harm them. So that's why they use strategy at the moment, getting all the moles from the undergrounds of earth and up on mars, things like that. And they use strategy a lot and that's what drives Thor Han mad sometimes, diplomacy. No he likes strategy, he likes that, he likes that more and more.

So the policy is do not kill first ever, always offer the choice, free will, always, always. They've done that on mars as well, always they give a choice. And the choice is surrender to the light or face fight. And if they decide to surrender not to fight they are actually escorted off solar system back to the border of their own solar system or space (you know they have territories district, sometimes you cannot go past the limit boundary.) So that's what's happened and in all fairness and I wouldn't say, yes they are the personal of the galactic federation they are respectful, they respect the decision of surrendering. So they escort them out of the solar system back home.

When they have prisoners that's something different. Prisoners is anyone who don't want to surrender, that they can catch without killing. and they evacuated. Thor Han works on one of the orbital stations of the federation and I've seen the cells, the prison level it's like pods. There's electromagnetic field that contains these spots and the prisoners are inside. And they are taken to places, there's kind of a there are worlds like artificial planets, they are prison worlds. But in fact, that's very interesting and I think we have a lot to learn about that, they give them the choice still there, like “You are a very dangerous person. You are considered as a threat for this galactic community. We cannot release you, we cannot let you go home, so because you haven't surrender to light, to the peace etc. We cannot allow you to go home because you'll come back and you'll be annoying again.” So either choice either you stay in this prison until you eventually change your mind, you want to be nice. Or either you decide to be nice and we bring you back home. So it's not as simple as that, it's not just deciding to be nice. It's like you I gonna make you laugh, but that's how Thor Han explained it to me, it's the image I had in my head and he said. “Oh it's not like this.” I said yeah, but I'm sorry that's what comes to my mind is like spiritual camps. They have spaces where gardens where the prisoners are there. There are not drugs they are nothing it's always free will, nobody is drugged, nobody is stunned on nothing. They are themselves all the time, and they can wander in these gardens and these places. It is very, nice until they start to change and their vibration change, they calm down and they meditate a lot. They can choose to follow teachers that can tell them how to reconnect with their their life, because we all are children of source, the regressives have are also children of source, but they have cut the connection. So these teachers, these programs will help them reconnecting with source and it can be quite mind-blowing.

So that's what they do in these prisons and they cannot lie. They cannot say “oh, yes, yes, I connect with source and I can go and then they like “No, no”, because they measure their frequency. They see each other, they feel, they don't even need to measure anything.

Question: *Have you been on the ship? Do you anything such as frequency belt?*

Elena: Oh yes, I've been very very often on this ship, Thor Han space station and some scout ships and Thor Han command ship as well. That's a very interesting question, because a few weeks ago I'd say last month I've had the occasion to ask about this frequency belt. Thor Han always wear one, all my friends wear some, and Anax also. The humanoids of the federation wear golden frequency belts, large belts. And these belts are I didn't know first it was to do with frequency. I thought it was just devices and weapon carriers and carriers and stuff. But then Thor Han told me, “no, no, it does way more than this” and I noticed that different species they all have this belt, but the different species have different colors of belt, and it's not a fashion thing. It's difference of frequency.

So what these belts do, they are going to modify your frequency, the frequency of your body. Sometimes when I am going there and where I am going to a different frequency I am given these belts. So a belt like this to stabilize my frequency and just recalibrate all my particles in the right frequency, in the right density. So these frequency belts do that. They also create a biofield around

you that you can breathe in certain environments and also they control the gravity and the atmospheric pressure. They can do all of these things, they are amazing.

Question: *I would imagine time is different for Thorn Han. He says things are going well things will begin to change for the good soon. Is there a timeline in terran years? Is it 1 year, 20 years?*

Elena: No, the time is different but they are as they are working in terra's orb and in this star system they have attuned to our time zone. They are actually a tune wit our time zone but all the different races who were born on different worlds with different orbital cycles have different way of structuring their time. For instance for some populations like the Terrans on earth we consider one year as the time the our planet does a complete revolution around our star, that's one year. On other planets they calculate it differently. I know for instance that Thor Hans star system they calculate how the time the whole body regenerates. They have two scales of time. What they call the big year it's like as it's a cycle of I would say seven years on earth, it's the time their body regenerates totally all their cells. And they're the small years, the small cycles (cycles not years) which is as well the revolution of their star, their planet era around Ashara the star. So and that takes longer, because it's a larger orbit, and it's like a year and a half of earth. I'd consider and things like that so it depends so of anyone the time is really relative for anyone. And then you have time distortions, because you know time is not linear. So the the gravitational force, dynamics of one star influxes on the time. Gravity alters time. It's two things that are interacting. Time of course exists without gravity, but gravity always distorts time or has an impact on time. So that's something that is good to remember.

Question: *I'm confused. Unless we raise our vibration we won't physically connect with them, but there are validities that have malevolent agendas. Why can't we see them?*

Elena: There are many things that enter in account: what we call but with like a rather self-regressive they can cloak themselves, or they can thrive in a lower density that makes them invisible to us. It's not obliged to riser frequency to see. It is you can see it staying in your 3d frequency, but many other of them are cloaked. So you know when I was rescued I was rescued in my 3D body and frequency. So they can do that because of their frequency belt for instance. You know things like that, they can just change frequencies. We don't have these belts because we we're not really many people, we are like children. Thor Han is strict when I gives me this belt, because it's just like "Don't touch anything!"

Introduction about Arkelios and the Túatha Dé Danann

Elena: How do I know Arkelios? Arkelios is a name that can sound to you greek a bit. Indeed I have greek origins by my father line. But this is not where he comes from. He is related to my motherline and Arkehlis is / was part of the tuatha de danann people. Who were they? They were people coming from the north shore of the black sea. It was a trebellion culture or the cucuteni, it's been called later the Scythians, but at the time 8500 bc when the Tripelians were attacked by the eastern population from Asia and their lands completely ransacked, they fled, and they spread throughout Europe. They created their new culture because they had Dan as a goddess, mother goddess, earth goddess. And they spread throughout Europe. One branch went to ireland and this irish branch became the last to survive. Of course Ireland is at the end of everything. I can can't speak about it ,it's quite isolated nobody goes there, even the Roman empire didn't want to take it. That's it, they went they saw the miserable weather, ... So that's very funny. The tuata (tuha) de danan means "the people of Danan". They met a lot of enemies in Ireland and the local enemies were there and they decided to fight them, to keep their land. But they weren't good enough, there were the fomorians

were sea pirates and there was a fear bulge as well locals. So territorial wars.

And they heard about this island in the Baltic sea, Loclaim as they called it. Who was at the magical island, populated by magical people: tall blonde, pale skinned people, who were very ancient and possessed very mysterious powers. And all of what I'm telling you is archaeology and records, so a bit of mythology confirmed by archaeology. They decide to go and look for this island in the Baltic sea, this mysterious island who was vanishing by day. appearing by night or the contrary (I don't remember). The island of the gods who still exists and is known nowadays by the name of "god land" Gotland. Gotland is populated by Sami, Lithuanian and north Norwegians and Swedish also. Sami were there, Sami you know they come from mystery ascension civilization sunk one day in the atlantic.

The tuha de Dannan, there was a king. King biotach King biotach left county galway with his fleet and he said we are going to find these people, this island and bring back the magical power to defeat our enemies. So they went there. There are records also in Sweden who attest that red haired people came by the sea from the west to Gotland, requesting for knowledge and weapons. So long story, they stayed there, they made friends with the tall blondes, they were there and they learn about magical stuff and they came back four years later to Ireland with four magical tools: a sword, a spear, a cauldron and a stone. They change their name. They weren't calling themselves the people of dana, they had another name, that the Biotech tribe, but they were these people from the Danube. They renamed themselves to really assert this "We are the tuha de Danan" we are the people of Dana, we are back. They came first of may on the bialtena day. They landed where must carry and they burn their ships behind them not to ever come back. That was their decision not to go back to the magical island. That was a deal. They became the magical people with magical powers and they shared their powers among themselves, the descendants and they could fight the fear bulge (??), the fomorians. And they set up their headquarters, their capital in the east of ireland on tara hill, here in county miss.

Tara is a magical place. I will go therein next month. The Tuha de Danan were defeated by the malaysians, the sons of meal and that's another story. They went at that time, they say "okay, our time is over. We are going under ground." They shifted density from 3D to 4D. They moved into the Agartha kingdoms. In the Agarta kingdoms you have populations of different species, different origins, and different densities. You have beings from 2D 3 4 5. 5 are quite rare but it's coming now that's the Telosian. Tuha de Dannan have been shifting into 4D, they become the elves the beautiful elves, the magical people. They kept the magic and they transmitted magic from generation to generation, the magic given by the people from gotland.

Where do I come in the picture with my my guide? You remember I told you my grandmother, my mother's mother is from a long line of Baltic shamans. My great-grandfather, my maternal grandmother's father came from Gotland. When I say I'm half Swedish I'm half from Gotland, because Gotland now belongs to Sweden. So that's how I am linked with these people, because you know they bred there. They stayed four years and the tall blondes there they said "You need to mix with our blood, that your descendant will have our magical blood, our magic powers, hybrids" And that's where I come from. That's why my maternal bloodline from Gotland has this these psychic abilities, very special.

These are ones of the bloodlines, looked after by the council of five. Hence Annax in my life. There's a lot to it. I have also French royalty, my mother's father. So there's a lot to it. But the royal French royalty line that comes from a very sacred bloodline, a good one from middle east.

Arkelios was one of these hybrids and he is one of the ancestors of the bloodline I'm incarnated into, this bloodline, because we are not the bodies, we incarnate into. I borrow borrow this body, because it it corresponds to my frequency, this bloodline, but I'm not it. The bodies they are just vehicles.

Arkelios is my ancestor, the ancestor of this bloodline. When I die or decorporate I will have no more links with him. I have a link as long as I'm benefiting of the radiance of this blood. He's a hybrid Tuha de Danann and magical people from Scotland, I think they were colony from Atlantis.

this tall blonde people. I reconnected with Arkelios when my grandmother taught me all of this and he started to appear to me.

How does it look like? He's very powerful, because he was of the first generation. He is not very tall, he's a little bit taller than me. He's is very bulky. He's has long black hair, beautiful face, he is he's very handsome, he has green eyes, long black hair and he's a bit tan. He has been protecting me and guiding me in all my shamanic journeys and he's still protecting me. When I say I'm so well protected, you have no idea, and I'm not telling you everything. This this man is protecting me and him and Thor Han know each other very well, because when I incarnated Annax took contact with Arkelios and they worked together to protect me, and then Thor Han came into the picture with a rescue and then Thor Han also connected with him. "okay, okay, we're gonna work together, no problem" And they they are getting on very well together, very interesting exchanges, Arkelios belongs to the earth soul matrix, he is a spirit of the earth.

Question: *How old is Arkhelios?*

Elena: Good question and he is about 4000 bc, one so it's maybe six thousand years old, something like that. He looks like 40, 50 you know spirits have no weight. He present himself as he was in his body and he has vowed himself to protect his bloodline, his descendants. So he's my super great grandfather but he looks young.

No the connection is not with Arkelios it's not through Thor Han it's totally different. It's through my soul, through my heart, it's the heart connection. is the connection through my blood, it's a shamanic connection, connection by spirit. It has nothing to do with the implant or Thor Han. Thor Han is here to always protect me, but when our Arkelios is around Thor Han can have holidays. Arkelios is extremely powerful, he's a wizard. He has a lot of power. You can ask him everything about magic, alchemy, life force, everything.

I'm going to ask Arkelios to tell message and present himself and speak. And when he will have delivered his message I will stay in contact today particularly with him and read your questions that you want to ask him.

Now I'm going to connect with someone who lives in the inner earth, in the Agartha under the earth under the crust, who is fourth density being he is Tuhan de Danan and great wizard wizard of the Shidduchi the the Irish name that qualifies all the four density people and creatures and beings, so the fairy people. Before I connect I wanted to tell you something as well which is very important and bialtana, the wonderful magical festival of love and spring and life is a portal. The veil with the world of the shee and the fairies is always thinner at the Altana. This is why the Altana is the festival of the fairies and it is well celebrated and logger (??) in county limerick where the Tuha de Danan had a first settlement there. They create a great settlement in festival of the fairies the veil is thinner at bialtana. There are three times in the year where the veil with the between the densities are thinner. The altana first of may, the summer solstice 21st of june, and sawin halloween the first of november. These are three portals in the year. So here we go. And you know as the the schumann resonance peaks up like this. It rises the frequency of the earth and it raises the frequency so we becoming closer to these fourth density realms, and we see them better and sometimes we can see creatures and wow "what's that" orbs, spirits, because they're fairies, all these fairy people. We can communicate with them better, we can see them better, because the veil gets thinner, because the frequency of the earth is slowly slowly slowly shifting. And every time, every year time is not linear, it's a spiral on our planet, and every year you go back to the same point in the year, but a little bit higher in frequency. The sacred path is not a circle, it's a spiral. You turn every year you come back to this same point, but little bit higher in understanding in consciousness, in frequency that's how it works. So the veil between our third density world and the world of the shee is very. very thin and open in many places in these times of the Altana in this beginning of may. And this is the best moment for me to introduce you to this wonderful beautiful being, who is Arkelios directly from the realm of the shee. Let the magic begin.

Chat with Arkelios

Arkelios: I sing for my people the song of years long gone. I sing for the souls of those who have been giving their lives for the great battles of mine mankind. I was one of them once, people among people, son of a son of a son. I had children and a descendants that walks to this day the path of my ancestors. We are all connected, whether you are walking above or under the soil. Listen to the voice that sings in the streams, listen to the sound of the lake and the ripples on the water mirroring your consciousness. Let your face being warmed by the sun and the light exploring your consciousness, invading your soul with wonders and magic.

I am Arkelios. My name is a name so ancient, that even the stones are forgotten. I come here to speak to you, to listen to you, always connected through my child and descendant. My message for you descendants of ancestors, people coming from the stars, is to stay resilient in the storm, in the wind, in the space between the reeds where the wind can flow and change the curse of time. All that is alive sings. Sound creates the whole universe. You were made with sound. And sound is your power. The frequency of the spheres are dancing and you can hear them. They turn on the great wheel of times, and the universe's interconnect slowly, timelessly with the speed of light. This do not make sense to third density mind, but this makes sense to the highest soul of your beings.

I know the secrets of time. I know the secrets of death and of life, because all is one. My updates (??) as this word is on the lips of every person.

Where I live is a wonderful place. We have started to defend this wonderful home, that is the realm under the ground. We have allied with the people of the stars. We have created secret alliances to save those from Telos, who have been subverted. We have made alliances with the people from the stars in their big arcs of light, crossing our skies. We can't see them, you cannot always see them. And the arks of light have gone into the earth, and they've traveled and navigated under the earth. And we've met the people from the stars with the hair like the sunlight. We made alliances with them and they are helping us fighting the poison of the reptiles, spreading in the veins of Gaia. The light has healed the veins of Gaia and we nearly touch the end and the victory. We are fighting beside you. You never see us, people of the under earth. But we claim this planet as much as you do, even more than you do, because most of you come from somewhere else. I was born on earth. I am a man of earth. This is my world. this is my home. And I am asking you on behalf of my people, to do your part of the fight and defend this sacred ground. Arkelios is my name and I will allow you now to speak to me.

Question: *How can we help clear the tunnels?*

Arkelios: You cannot physically go down, because it is too dangerous for you. You need to be part of the alliance, and if you take arms and go down it will be great help, but to your peril the only way is to join the fight physically. Some say, that if you raise your consciousness to your higher frequency, you can actually help clearing the lower energies, the lower consciousnesses, who dwell in the undergrounds. Take arms and go in the undergrounds and join the troops of the Alliance. Do not go by yourself, you will be killed by these beings. Join the groups that fight together join the forces that are winning. If you cannot do this, raise your consciousness in a higher vibration.

Elena: I think it's very difficult for us, for someone like me for instance, to go and join the Alliance and take a gun and go in the underground and fight and to try to chase reptilians, for people like me like many people, who don't have warrior military skills. We have this ability all of us to raise our frequency and as Arkelios just said, raising our frequency. We disable these enemies underground as well we raise the frequency of the whole planet. Raise your frequency and anchor it in the ground and curl yourself and then raise your frequency.

Question: *Please describe, what inner Terra looks like where you live? Vegetations, animals, how different from ours here?*

Arkelios: I live in a very beautiful place in what you would call a Biodome. It is an underground city. We have left the constructions and urbanism as it was in the past at the time I was living on the surface. I have had many lives on the surface and then I joined my people underground. Where I am still it is a beautiful place and the nature benefits from a real pure clean air, that comes from above from the surface by a system of vents, where the air is propelled and distributed all through the structures of our underground urbanism. It blows like wind sometimes. It is very well done. The light is made artificially. We used to call it magic, but you call it plasma. We have generators powered by what you call Vril, I call “nord”, the force that is everywhere.

We have also many creatures sharing our space, our life, the same animals as on the surface but also many other species that you don't see anymore - species depicted in your mythologies with different attributes. Some are very beautiful. You would be very impressed, if you would see where I live. The houses are very simple, made of clay of stone and touch. Wood is very rare where I live and highly precious. We all know the trees that we have made growing and some trees are venerable beings. They are also living beings. The trees allow us to communicate with the surface and they are portals allowing us to travel in different densities and realms. Trees are highways of spirits. The place where I live is very rich in flowers in different essences of trees.

We cultivate our own vegetables We do not hunt as we consider all life as sacred. We honor the vegetables that sustain us, our bodies and we honor their essence and their life, their consciousness also. Everything we put into our body we share consciousness for a while, and then we let it go. You are what you ingest. And then there is your soul. Your soul benefits of what you ingest, so be very careful. This is an advice of a very old man.

Question: *As an historian and priestess of Briget, I'm doing some research about the connection of the celtic tribes of ireland and north portugal. Soes Arkelios know about any connection in that way?*

Arkelios: Spain, the sons of mill came from this area in the north of Spain, Galicia, north of Spain. This colony was a very old and ancient colony of the tribes of Dana, who had separated a very long time ago. They were sharing the same culture as my tribe, my ancestors from Biotach tribe, Ireland. The colonies had split too many places. Those who came and settled in Galicia were of the same tradition than those who sailed the sea to Ireland, the west. They didn't know, they had forgotten when the sons of Mil came to conquer Ireland, they didn't know, they would meet their brothers who had gone on a very different path of evolution, because these brothers were named the children of Danu also, but bearing the Gaelic name Tuha de Danan. The magic the Tuha de Danan had, the sons of Mil didn't, and there were great battles where traditional magic and heavenly magic met. Cataclysms, storms, waves fights, battles physical with swords and spears. This happened, brother fought brother, and the two brothers had forgotten they were brothers. What do you want to know?

Question: *Arkelios, do you use magic like elemental manipulation?*

Arkelios: Elemental magic is the use and the power of the force contained in the structure, atomic structure of matter. Be it a gas, a liquid, a solid or plasmic. I was told by my father and my mother from the stars, how to bring consciousness into the understanding of the structure of the elements. Consciousness connects to the element and connecting merges with it, and then can control it. I still to this day use elemental magic to change the wind, calm the seas, clean the earth and dry the air and the consciousness from the tears of pain. I use elemental magic to clean the soil and make it more fertile, to calm the winds when it is needed. But be very careful. We may not play with the elements and considerably, because you disturb a balance. Storms have a purpose. Storms cleanse, storm regenerate, rejuvenate. They are necessary. The rain is necessary. The fire is necessary. All in

nature knows what it needs to do. Only the intervention of humans can disturb these cycles. So we work at healing, rebalancing them, extinguishing fires lit by men, and the malevolent people from the stars. They destroy your planet, my planet also a lot.

Yes I do use elemental magic. I can teach you but not now. My people, man who ask this question can connect with you, if you wish so. Just request, whisper at a portal, a well, an oak tree or the whisper of the wind. We will hear you, we will guide you, we will teach you. Who asks the question is worthy of the answer.

Question: *Can Arkelios give a blessing we can give to the earth through the water?*

Arkelios: The blessing through water to heal the earth. This is imbuing the power into the water. Water has its own consciousness, its own life and the elemental consciousness is in the water will help you and lead your intention to where the water will be poured. Connect with the life, that is in the air around you. Invite the power within the Nord, that is all around you, the force of life, flowing within you. When it is in your body, raise your hands above the water, cauldron of water, a bowl of water, a stream, a well, a river, a lake or sea, and send this power you have gathered within you through your hands above the surface of the water and say these words: “May the sun shine in the water. May the earth bless the creativity of the water. May the fire from above and the fire from under nourishes the water, empower, empower, empower to this water. I give the power of healing. Empower, empower, empower to this water I give the power of clarification. Empower, empower, and power. Pour the water onto the earth you need to heal. You can also drink this water. This is a blessing of the Shee, my people. Bring your heart into the water and the water will be carrying the intention of your heart. This is a blessing.

Elena: This was a beautiful way of blessing the water. I notice you say three times “empower” and the number three is very important for the shee and this tradition, three or three times three. I would like now to as I suggest invited you before to show us, how we can heal the earth and help the process of liberating this planet with your help.

Arkelios: Everything is easy when you put your heart into it. Many of you came from the stars and are temporarily borrowing our bloodlines to perform your mission. These bloodlines, you are borrowing, carry a special level of particles that can be activated by connecting with source. Not all bloodlines on Terra have this ability, but you who come from the stars have chosen these bloodlines with these abilities, because these genetics are mixed with a formidable heritage, already coming from the stars.

Connecting to the stars and bringing the stars into the earth, remove any shoes, anything that is between your biology, your skin and the skin of Gaia. Terra is the planet, Gaia its consciousness. We of the shee from the Agartha world are interacting with Gaia on this higher density of consciousness of this planet. Feet on the ground, head in the stars. You are the tree, the portal, the infinite pillar. Descend and rise, extend your being in both direction, as above so below. Symmetrically stretch yourself as the roots of a tree penetrate into the soil and find their way between the stones. Your consciousness extend and expands towards the stars and find a way in between the cosmos. You are unlimited. Do you remember? You are not this body.

Anchor as the roots of these seed (??) that you are. This portal, anchor into the soil, very deep down below. You see Gaia below you as your consciousness rises above it, your head is in the stars. The magic unfolds in between. All these millions of stars shining around you are part of your consciousness and your consciousness is part of them. Feel their presence, feel all the higher consciousnesses of the stars, and all the energy that is around you in the cosmos - take it in. Take it in, drink it, the nectar of the gods, the alchemical nectar, that will transform everything. Drink the force of the universe, the elixir pores within you, golden, blue, green, silver, regenerates you and makes you as powerful as you are. You know who you are as you allow this elixir coming from the stars, pure liquid starlight to flow down into you, touching the ground. And as the elixir of the liquid stardust touches the ground where your feet are, the whole planet shimmers and shivers. Gaia

whispers and sighs with pleasure and a stardust goes in the roots of your being, under her skin. She whispers with pleasure, she drinks the nectar of the stars, the breath of the Gods, the liquid stardust that will make her heart shiver with love. And everything that is under her skin, all the intrusive poisonous invasive beings will be also transformed. They will lose their power and dissolve and be evacuated without resistance.

The nectar of the gods, the liquid stardust, the elixir from heaven is the antidote. It is what destroys, burns and dissolves all that is not wanted in an organism. This is pure liquid mercury, the alchemical mercury made with liquid stardust. Let it pour by you into Gaia and it will fill her veins and chase away all the viruses, all the poisons, all that is intrusive.

You can do this at the scale of the planet, as you can do this within your body, within your being. This is my gift from my people. This is only the start and the beginning. More you will discover. I will come back. I will be with you for those who want to continue connecting with my people, as I said to this man, who asked deserve the answer. Speak on the threshold of the wells, speak whisper to the bark of the trees, sing to the winds and we will hear you. We always hear you. You just have to listen to our voices, calling you to step into the new Gaia. She has awakened. It is your turn now.

Elena: Arkelios, this is so powerful this. This is an alchemical healing, I know what he's talking about, I think many of you have picked this. I have no words.

He was speaking of heaven mercury, liquid starlight (not the mercury, the element we know) but the alchemical mercury, the liquid stardust and it really looks like mercury. It is not but you know it's all alchemy, is all about the meaning, the word beyond. The word words are keys and they never mean what they mean on the first appearance. They are keys to unlock a hidden meaning. I think what he said will sink in for many of you. He will come back. I will call him back.

He gives the blessing of the shee, this is beautiful. I will let him say last words for saying goodbye.

Arkelios: Lst kondadnan, drais danan, kor kol diean, lor elias, urkrin ordonin. Errarin lorian. Thin geddin oriu elemel gren. Orkuran.

Elena: This language is not spoken anymore on the surface, but he's still spoken underground. This is a magical language.

I have no words, because Arkelios just filled me with magic. I will leave you there and two hours have gone perfectly. I cannot speak anymore, I am just magicked out.

11-5-2021 – Message from Coron

<https://www.youtube.com/watch?v=jWshq4VOhbo>

The weight of your human bodies is interacting with the gravity of your planet. Because you are attracted to the center of your world, your energies interact with the center of your world, wherever you are on this planet that you call Terra, the earth of humanity. Because of the weight of your body you feel connected to the core of your planet. You are.

You borrowed these bodies from the materials of this planet, the waters, the minerals and the air you breathed is still part of this planet. Everything in your bodies is borrowed from the elements composing the soil and the waters of this planet. The oxygen in your blood, the minerals in your bones, the waters, your flesh – everything is borrowed from the ground of this planet. And when you leave this avatar, all these components will go back to the planet.

You are one for one incarnation with this planet, wherever you come from.

Some of you cannot understand, what has been spoken about, because they come from a place, where only brightness remains. Those who are part of the matrix of Terra can better understand the duality.

You are one with this planet for just one moment, which is ephemeral in time. Terra, destination, home for a while. You came here to help. Who are you? You know. You are not these bodies. These bodies are borrowed vehicles. These bodies transport you for a specific short time here and now in these events.

You are not these bodies. You need to hear this now. You are way more than these bodies. Take care of them!

They are going to try and they do try to infiltrate into these bodies substances, that will trigger the connection with the soul, who you truly are, to capture you. The only way out is to raise your frequency. You can do this. You know, how to do this. Do it before, do it in the process, and do it after.

If you stay connected with the higher realms of the galactic beings, your soul will not be taken. You are more than this. They will not have you. You are inter-dimensional and powerful. Knowing yourself is igniting your power. And even if they insert substances into these avatars, when your frequency is in tune with your galactic frequency, nothing can be done to the soul. It is by refusing fear as you are told so, that you will be able to keep your soul safe. They are trying to scare you by any way possible, even for those who have been having this substance.

There is no fear! You just have to raise your frequency. This is as simple as this, even if you have the substance. You can break the threshold.

The place where I come from is of a very high density, and my perspective is different than your perspective. Now is time to eradicate fear from your lives, from your mind, from your psyche. Fear must remain only as a tool, warning you of a danger, not as a tool used to bind you as a consultant slave.

Walk in your light. These bodies are not your body. They are just borrowed. You are way more powerful than these bodies. They will fall and dissolve back into the soil of this planet. You will keep on continuing your journey.

You are extremely powerful. You are extremely loved. See from above, not anymore from under. Rise into your royalty. It is about time.

Coron has spoken.

11-5-2021 – Q&A Kiily Tokurt

<https://www.youtube.com/watch?v=hLFD5jEDw0E>

Earth has attracted attention of many species of this galaxy. Who are they? Where do they come from? Why are they coming? Why are they taking us, for which purpose? So many questions yet to be answered.

Hello everyone, welcome tonight in this special q&a about a species of extraterrestrials, that are here on earth since a good while now and annoying a bit everyone. So they're not very nice with us. But there are people who want to know about, because they are involved in different things. So i'm going to speak about the Kiily Tokurt ...

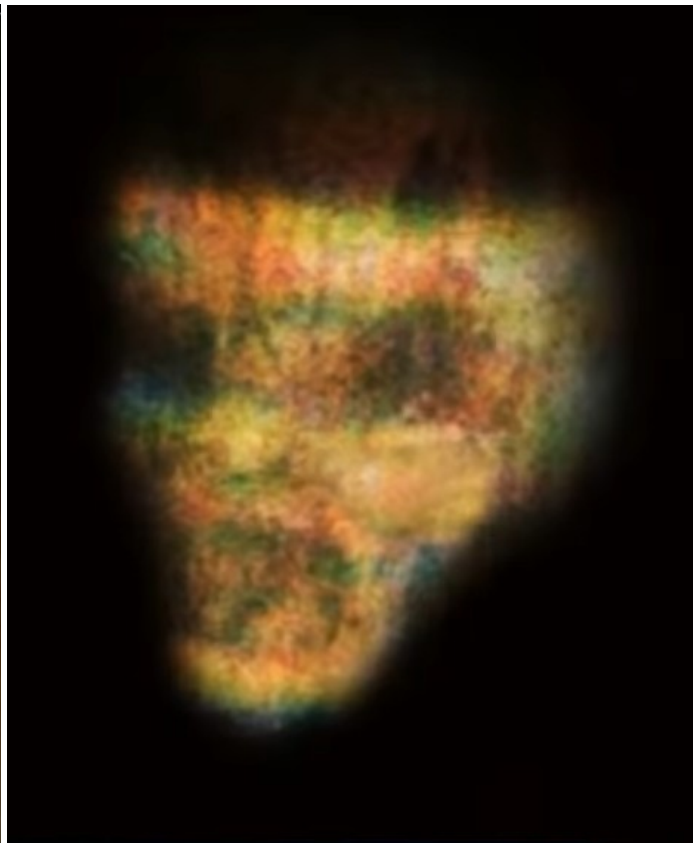
I am sometimes attacked and I have to say Thor Han is amazing, he's really amazing. I have many protections and i'm always aware before i'm going to be attacked and thoran is always always intervening and so amazingly. Before I did the interview with Stephen Chao the super soldier from area 51 we are both attacked by Maitres the day before and him physically but me it was tw Maitre ships that went over my house and Thor Han just intercepted them and destroyed them and I can see through the eyes of Thor Han so that's how I can see what's happening when he connects with me. And last night just before my house nearly caught fire and I did this interview with Michael Sala and Laura Eisenhower and the night just after, so last night, I was targeted by a sonic beam and Thor Han just destroyed the ship from where it was aimed from. This was Maitra. And I could see the ship from his eyes just before he blew up and it was a big bang. The bang has been amazing, uh horrible of course, but this is very freaking bang above my roof. It was a dark fleet ship. So we have obviously pissed off someone linked with the dark fleet. I don't know, I'm laughing because I am I'm very protected. So they can try. The result is their ship got blown up, so it's not very funny for them.

Talking about Annax. I was this afternoon going through some old photos to show exchange with a friend, some photos of orbs and things like that. And I found these two old photos from Egypt and often people say to me “but you never have photos of your ET friends”. Well, when I was working as an archaeologist in Egypt I've had a mission in mount Sinai and at the time there was no digital, not even cell phones. It was a long time ago. These are two photos. This one is a photo of a portal.



...

So that's me standing here in the middle and there's an amazing phenomenon above my head like an umbrella, something opening and on the left you can really see a face.



Tat's the contrasted photo that's the original just after not contrasted just after that's the original photo and now I zoomed in the face and you can see an Annax saying hi and taking a selfie he is very funny he is very funny yes that's him he says hey [Laughter]

b) That's him I just cut around the head and contrasted it. Amazing. So this is a photo of Annax. That's really him. He's being a bit silly here. Now you've seen something extraordinary tonight. I just found that this afternoon and this this goes back in the late 1990s, when I was working there.

Situation update (Thor Han)

Thor Han: Lovely souls, I am here to salute you. I am here to tell you what you may want to know. This concerns my activities. I do not speak on behalf of the politics, the religions and the private matters. My task is to protect you and to show you that you are very powerful.

Recently a lot of your underground has been cleared, but still a lot of work needs to be done. We are separating areas by areas, disconnecting the access tunnels, blocking the waves and offering them to go and leave, or to stay and die. Most of the invaders of your world decide to go. But some decide to stand to fight and there are disasters and death. But this is their free choice. We are rescuing all the Terrean prisoners, bringing them back home or for those who are hybridized, bringing them to other worlds, where they will be taken care of. Still a lot of work needs to be done on your planet keep on fighting, Terreans. The timeline of your future is set up in the opening of hope, in the creativity of a new future that will be progressive and constructive. But this will happen only if you keep on fighting, connect with your power the only way forward.

I told recently that the moon of terra was cleansed from all non-terrean occupants. Still now the terrean corporations have hold on your satellite, but then moon belongs to terra. All satellites belong to the planet they orbit around.

Concerning the operations on mars it is still going on. The resistance is still fighting. We have stopped raiding for a very short period allowing those who want to leave to leave. But very shortly. I will not tell the date. We will attack again those who decided to stay. The free choice is the greater law of the universe. Whatever side you stand. Prisoners are being evacuated, many terreans didn't know terra still existed. Now the Ciakahrr have asked for enforcement from the far away breakaway colonie. They are coming by portals. Once we will have deactivated the portals on mars and terra, they will have non enforcement. This is what I can tell you. And one word to synthesize all what i've said: hope. Thank you for listening.

...

I know few people who have contact with people from the federation and fighting with them and I want to honor also the terreans who fight in the alliance because it is very scary to go in these undergrounds and find all these monsters and fight them. The galactic federation is operating on mars as they operate on earth. They enforce the locals they do not steal their victories, they give them the weapons, they help them they fight together side by side. It is our victory, nobody wants to steal it from us, but the galactic federation is helping us to make sure we're victorious. And we will be.

The heads of the cabal have left terra. They are cornered on mars which is great. I advise you to just look on google, all the CEOs of the big corporations who have resigned recently – well they may all be on mars and cornered.

Kili Tokurt

Are all the children out of the underground?

Elena: Not all. The earth alliance is still fighting to get them out. ...

Are the old movies about vampires based on the Kiily Tokurt?

Elena: No they are based on the Hav-Hannuae-Kondras. They are in my book. It's very interesting because they look like the Kiily Tokurt but they have black hair. They come from Beta Sextans and they have inspired stories of vampires.

Ancient symbols of energy and vortices are they the same in other system planets?

Thor Han: The symbols are more or less the same because the symbols represent the dynamics of the elements. You have most of the time spirals, circles or arrows in circles, sometimes spirals are the most common.

Kiily Tokurt

These are the Kiily Tokurt, tall grey but with very pale skin. They can also be called “tall whites” and their ships are black triangles. ...

They come from constellation Vela. It is located in the the star system star system “suhail “in the constellation vella and they named their planet kila and Tokurt is the name of the race. That's why they call themselves the Kiily Tokurt. They are about six foot tall beings, They are living up to 200 years regarding to the earth orbits system and also the are one of the oldest races in this galaxy. They have bred themselves with different races so there are variants. They are not members of the galactic federation of worlds but the galactic federation of worlds tries still to this day to get them in as members. Why? Because that would force them to behave and follow the rules. ...

They have ties and and agreements with the nebu orion alliance of the 6 for instance and with the us government on earth, the dark side of it, the deep state. But they go solo although they're part of the alliance of the 6 orion. They don't consider themselves as part of the collective. They are very independent. Nonetheless they are a very evolved culture. Their culture fits all the requirements to enter the federation, but there is only one problem: they are traders and ethic cannot stop them. That's the problem. They trade, they trade and they trade, and they do the slave trade, do the genetics trade. They are merchants. So getting them in would put an end to their trade and would make them thugs.

... so that that that that's the thing they try together that that's a good uh politics you know instead of trying to destroy a culture because they are annoying well try to get them in to help them evolve to a more peaceful and culture that would act differently and in a more ethical ways and trying get this culture to have to benefit from this new membership and this benef benefit would compensate for what they wouldn't do anymore. That that's what's happening in the moment with them.

They are skilled shape shifters, but the one thing that gave gives them away is the aspect of their eyes which remain obsidian dark with no white. That's something they cannot change. They can put lenses. they can do that. Their true appearance is that of tall gray humanoids. They have reptiloid genetics.

... very alike the anunnaki, but they are not related that I know. Tall White is a name that can be given to many many different species, even benevolent ones. The people from alpha centauri for instance they can be called tall whites as well, and they're very nice.

They have very pale skin. Sometimes they are also regularly mistaken for for the Maitra, but they have really grey skin and they they have different face, more animal, more hateful and very wrinkled. The Maitra are not shapeshifters. They have darker gray skin, uglier face and wider skulls.

The Kiily Tokurt have two genders, male and female and are ovpears, they lay eggs, they are

reptoid nature. They mainly abduct for sexual sexual slave trade and food, and many of them work as mercenaries for different structures. Although they possess a great weaponry power, they they do not search for conflict. They're just traders. Frequent incidents with the galactic federation of worlds occur on a regular basis and I've seen that, due to the Kiily Tokurt's illegal business on terra.

Their ship are elongated black triangles with corner lights underneath plus a large central one and they are very recognizable. Compared to the US navy TR-3b who are smaller, thicker aspect clear metallic gray, rounder angles and noisy, the Kiily Tokurt ships do not make any noise. They have sharp edges and they are bigger and they possess a cloaking system based on quantum reflection. Quantum reflection is a type of cloaking system, that doesn't use a huge a normal cloaking system by frequency shift, but by reflecting underneath, what is above it. That means that that will take like a hologram project it underneath.

Where they like the phoenix lights?

I'm not convinced the phoenix lights were Lilöy Tokurt because the phoenix light you had a series of light on the side. I think it was Drias, who are not nice as well.



That's a Kiiily Tokurt male and that's a female, and the female can appear like this but they can be more grey-like. I show the female as shape-shifted.

My friend Stephen Chua who did his testimony about area 51, the super soldier, he worked in area 51 and if you watch the interview he speaks about the Kiily Tokurt, who are working there. He said in area 51 there were there were two three types of greys: the small greys, who were running around and working as worker forces or slaves for everyone else and Maitra and Kiily Tokurt. The Maitra they come from galaxy Adromeda. They are very nasty. They work solo but they're also part of the alliance of the 6 or Nebu or Orion group. Kiily Tokurt and Maitra both are solo individual people, but they have agreements with the Orion, they're also part of the Orion group. Kiily Tokurt and Maitra hate each other – well the Maitae anyway hate everyone. They are very nasty. So Stephen met some Kiily Tokurt. He said they are very distant, very scornful and they look at you like this “who are you like little inferior species?” They are not very communicative, they consider themselves superior and technologically of course they are, but not maybe in spiritual evolution. Steven said, that the female had long white hair and when you say that I went “oh oh, Thor Han just showed me the same thing. And the females were not communicative either. They were working he

was suspecting, they were working for genetic experiment and building ships and working with the local. So it was the a former space program and the cia and the mj-12. that's where the Kily Tokurt s were working with who building ships and doing experiments. So they had their own facility in area 51 which is in the mountain in in a modern slope and underground. They also have a portal there where they can communicate with their friends in Vela on Kila.

People there were calling them tall whites although they knew their name Kiily Tokurt. Steven saw one or two ships. There was a kind of buried hangar with two Kiily Tokurt ships, black triangles these black triangles and he could really see that.

They are involved with deep state, with but you know not in politics, they are just traders and mercenaries. They come here to do experiments and take genetic material, take slaves for sex slave trade and they trade them with other groups, can be the orion group, the Ciakahrr empire, the dark fleet, the altair group, the alcyone or aldebaran groups.

Thor Han contacted me, they had prisoners. They had caught a couple of Kiily Tokurts, a male and female and they were on the station before being transferred out of the solar system. ...So they were in transfer and he said "well we have them for two days" So I could interview them, but at distance. What I've learned from that, apart from everything I told you until now is, that their planet Kila must be quite beautiful, because it's a very cold planet. There's a lot of ice, but at the equator there is their own beautiful nature and forest and they mostly live all there the equator funnily, while interestingly on their planet, although they do despicable things in the galaxy, they are annoying, on their planet - believe it or not - they are peaceful race, who have a very evolved civilization, culture with arts, music. And the one thing they praise the most it's their children. I know they're going to to trade children of other species, but their own children – that's something. The female was telling me our children it's everything.

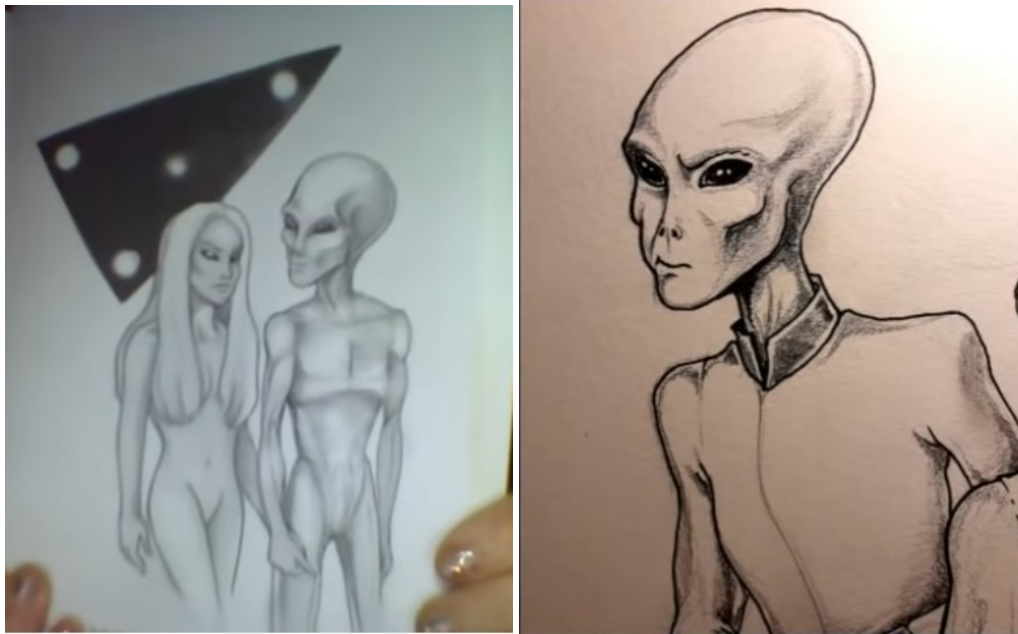
It's still to me a mystery, how a culture who love their children so much, is able to do harm to children of another species. I don't get it. I know though they consider ourselves themselves superior as ourselves. I speak as an earthling, Terran. We love our children so much right? But what are we doing to the children of the animals? We'll slaughter to eat. How do we treat lambs, calves chicks? Right we love our children, but we have no ethics for children of other species on the same planet. That helps me to understand why how a species such as the Kiily Tokurt can love their children so much, betray slave trade the children of terra. That's how they consider us.

Will they experience karma? Is karma real concept galactically?

That's super interesting, because maybe not. Why karma should be a universal law? Could karma be a trap that you keep on reincarnating and again and again and again? Karma can be the law of cause and effect. I do not have the answer, and this is an open discussion.

Do we experience karma on earth because we slaughter the baby animals? Maybe.

(Shows star map and drawings of Kily Tokurt)



That's the drawing I made of the Kily Tokurt, the prisoner, the merchant that they caught on the station. That was a quick sketch I made of him. Stephen Chua was saying that they look like “oh you see a barbie doll. it's like a barbie doll, squashed on the sides”



It's cgi of course, the most approaching depiction of the Kiily Tokurt, exactly how I saw them and how Stephen describes them.

Kiily Tokurt abduct a lot of people. These faces look that the eyes, the eyes are always black.
(Many more pictures)



I told you, they bred themselves a lot. So there are variants of them. They look like this or like this. That's a drawing of someone who was abducted.

That's tall white skeleton that can be a variant as well, with no mouth. And also sometimes they have no mouth.



That's them they can radiate light like this.



That's one of my favorite because the one on the left it doesn't really look exactly like a Kiily Tokurt, but it shows tall gray with dark eyes. And on the right that's what they look like shape-

shifted. I think that the female is absolutely perfect. That's a human version of Kily Tokurt, you can mistake them for Nordics. But you see the very waxy quality of the skin. Steven said as well and I couldn't agree more with him this color of skin it like whitish, it's gray so pale gray that it's nearly white. Steven described it as a corpse, a dead person skin.



That could be a Kily Tokurt. That's from a movie. That's that's a very good also drawing of them. They have colonia everywhere. I made this, that could be a human shape-shifted Kily Tokurt.

Charles Hall said, they were friendly and have humor the same way we do, but they get angry and aggressive if you go near them or if they feel threatened.

Yes! At Nelly's air force there was a portal there they were coming. I don't think these ones were coming from vela, they were coming from alpha centauri or something like that. They have outposts a bit everywhere.

And yes, the female told me on on on their planet they are nice people! You know it's like Terrans, us, we're nice people. But look sometimes what we can do. We can go and ransack and rape and do slave trade ourselves as well and kill everyone and be very mean. But at the start we can be really nice people. Kiily Tokurt are like this. They are species with a potential to be member of the galactic federation. That's why the federation tries to get them in. They want to save them, to help them evolve, like what they do with us.

Of course they they fight them and they try to stop them doing their stuff, their evil traffic. But the difference is that the Kiily Tokurts are above level 2 civilization, so they are not like third world development, civilization like us. The galaxy federation has difficulty regarding to the ethics to really intervene and they can't kill, they can't destroy us, they can't kill us because that's part of their laws. But the Kiily Tokurts, they can shoot at their ship directly, if they are not not nice, because the Kiily Tokurt have reached a stage of civilization, that is not anymore considered as a primitive. So the law of non-intervention doesn't work anymore for them. The law of non-intervention concerns primitive civilizations under level 2.

So Kiily Tokurts be nice people. I mean this couple I've um interacted with on Thor Han station – the male was an asshole, but the female was very communicative and telling me about the children. She was telling me so much, and they have arts like us. We would have the potential to become like Kiily Tokurts and hopefully we won't. Knowing the Kiily Tokurt to me was like getting to know better humans of earth. It was very reflective.

Now I'm going to show you the ships. The Kiily Tokurt are part of the nebu alliance. The alliance of the sixth has nebu, Maitra and Kiily Tokurt. They are part of the orion group who signed the agreements with the MJ-12 in 1954.

They are in charge to exchange with the American governments people against technology. Kiily Tokurts are very good in trade trading. So the trade slaves, human humans for either food to reptilians, either slave workforce for everyone who needs, either genetic material, or either sexual slave trade. The slave trade has tow aspects: workforce and sex, genetic experiment and food. And they are also hence in charge of giving technology to the deep state. But they're not that fool, they're not giving the real good stuff, I mean how to power drive a ship, interdimensional travel or everything that is dangerous, that we can use to be better than them. What they do, Steven has totally explained it to me, they give a ship and they remove the drive and they say "here we go. Work it out! And when you work it out you can build them and we help you to build them. But just work it out, sort it out work!"

So the US secret space programs, some because there are different secret space programs, some are good, but the ones in I can speak of area 51. So they give this technology in exchange of slavery. The US navy has benefited of this technology to build copies of these ships. Most of the round ships that you see it would be more German side, because the reptilian ships are round, discoidal flat disks.

One is triangular. It's the American side of copying these ships because the Americans trade with the grays. And those in charge of giving the technology are Zeta Reticuli and Kiily Tokurt. The germans deal with reptilians. It's different.

Kiily Tokurt have this black triangular ships, it's not equal shape, it's like elongated, it's more pointed on the side. That's important because the tr3b from the US navy it's equilateral triangles.

The tr3b it's not only one prototype, there are different types of tr3b.

1:13:30



That's a Kiily Tokurt, so it's flat black triangle. It makes no sound, because it's anti-gravitational and it uses a propulsion system with ionization. So it's totally silent it's so silent that even everything around when they arrive is silence. They distort time space. So many people who have witnessed the appearance of a Kiily Tokurt ship they feel weird, they feel mesmerized and hypnotized, because this is a distortion of even the density and the time space, and you feel completely called by it, like drawn to it like a magnet and hypnotized.

Usually, in fact most of the cases when you see this ship, you're gonna be in trouble, because they've decided to take you. They make contact and in the following night you may go on this ship. So I ask you to memorize this picture, to notice the sharp angles. It's not equilateral, on the left side

it's more pointy and there's a smaller small light in the middle. And normally it's bigger than that. Imagine six foot tall grays standing up in the ship and there are many levels.



TR3b – you see the difference? That's the regular traditional TR3b from the US navy. Equilateral triangle, rough sides, round angles and in the middle a big huge circle, which is an airlock and a propulsion system. These make noise and they can't cloak themselves.

(more images) 1:17:





Dinkelsbühl, Germany, 2.7.2021

You have the red lights lights often underneath, and the TR-3b have always either yellow or white lights.

This one it's very interesting because it is in the process of cloaking.

...

You can have blue lights underneath. blue green

Kily Tokurt you can have blue and green lights, more often it's red. All the US navy prototypes have white lights, or yellow.

These images I found them on internet and with the help of Thor Han we sorted them out.

They are those who do the most of the abductions. How to recognize them? They do not have this radiance of hate that a Maitre would have. Kiily Tokurt are like us, believe it or not. They have a heart, they can express love, sometimes those who go on expeditions for trading choose to shut down their ability to connect with love. I think we do pretty much the same empathy. When the Kiily Tokurt take you either beam in your room, either beam you on on their ship, they will be

submitted as every creature and agriculture to the law of free will. If you stand for yourself as I also always explain and you say “I do not consent to be abducted, I never consented and I am a free human being, and I do not consent to be abducted. Bring me back home! That is my right, I am entitled to be brought back, home I do not consent to this.” This works 90 percent of the case and sometimes they say “well no”. With a Kiily Tokurt it's easy to do that, because they will respect that.

If you consider yourself like scared little cattle, slaves – they will treat you like this. If you consider yourself as equal like “hey what are you doing? I do not consent, bring me back home!” you stand as an equal, you speak equal to equal with them, same level as you would speak to another human being. They listen to you, they respect that – believe it or not. If you stand up for yourself above the level of cattle, they will listen to you. Kiily Tokurt can have empathy, because it is in their culture. This is why the federation wants to try to get them in.

I receive a lot of emails with stories, I can't answer them all, i'm sorry. The amount of people being taken by the Kiily Tokurt is insane. Although one story caught my attention above everything: a mother and her daughter, they became friends of mine. The mother saw a Kiily Tokurt ship once. She was taken for hybridization program. A male Kiily Tokurt came to her and it was about there were many people in the room abducted for having sex with them. Sometimes they do, sometimes they just take surgically what they need. This this woman she was like “all right we're going to have sex then okay.” The Kiily Tokrut man went like “this woman is not scared and she's behaving as an equal” and he respected her, he explained to her “I need to do it” and she said “she gave her consent and she said “okay do it”. And she felt that he kind of regretted it, he wasn't feeling comfortable with it, because she had stepped up like an equal. She considered him like equal to equal, not as a superior alien being, no, just another guy “okay you're gonna do it. do your job and bring me home” And the story she said to me, she's so empathy, she saw this guy was disturbed – and that's what we need.

They had a beautiful daughter, and the father, the Kiily Tokurt father is looking after the daughter, protecting her. Yes, because he respected the mother, because she respected him in a way that she stood as an equal. So when you stand as an equal with such races, suddenly there is an exchange in communication. it's all down to us. If we keep on considering ourselves like cattle and slaves, they keep on doing their job. But if we stand up or say “I do not consent” and you start to talk to them as you would talk to anyone else – that's a different song. They stop, they leave you alone.

And that's what the galactic federation tries to explain to us: stand on your feet, no more on your knees! And Val told me “we cannot liberate a slave who holds on to his chains”.

You know, it wasn't rape. She consented and she said to me “well it was quite enjoyable afterwards”. And he did it with respect, because he had a job to do and they both took the best of it. And very strange story, I think he liked her. Anyway I could write a sci-fi movie about that. That's nearly at the edge of romantic I can say.

She didn't say “no way”. She said “okay let's do it”. She would have said no, he wouldn't have done it. He would have stand up on her feet as an equal and say “no there's no way you're touching me, bring me back home” he would have had brought her home. But she didn't. She said “okay let's do it let's get on with it” and she was kind of curious and she said “I had good time”. That's so weird, but these things can happen. Kiily Tokurt are people like us. Like us they do horrible things, like us they love their children.

Knowing them is really rethinking about who we are really. But still it's not nice to be abducted by them.

I was judging before the Kiily Tokurts like total pure assholes, because Thor han really dislike their behavior (not them, it doesn't dislike them) but he dislikes their behavior. A few times I saw him destroying Kiily Tokurt ships and he wasn't happy with that, but he had to because they were doing despicable things about to do it, or they did it, I don't remember. Very fascinating people. Before I was really hating them and then I understood. I got to speak with this female I understood, “oh my

god, humans, they're the same". They're the same: duality, ambivalence – it's the potential of human soul. They have the same thing. Although they are grey reptiliodis. They have this thing that we have also, the duality of our soul, that we can either do good and bad also. Human nature is able to go very deep in dark stuff and very high in benevolent stuff. Kiily are the same. I'm really fascinated by them.

Anyway when you see a black triangular ship, that is a Kiily tokurt ship – run! Do not try to enter in any sort of communication. I remind you that these people do slave trade, sell us for food, work in area 51. They're not good company. The the romantic story I told you with this woman it's an exception. Do not try to engage with them! Do not. If you're stuck, engage, standing up, but if you're not if you have the choice to not engage, do not engage with them.

On the duality of the human soul. And often its ignorance, that make us judge other people. Kiily Tokurt are like us regarding to the duality. We're comparing ourselves with them. They are a technologically superior race, they treat us like cattle. It's horrible, there's no excuse for that, and it's not forgivable.

Now let think about ourselves, earthlings. Well some earth humans are acting like the Kiily Tokurt, capturing people, children, leading slave trade, sex trade, conducting medical experiments, curling populations hold on by humans of earth, exactly the same way as the Kiily Tokurt do, but then it's us among ourselves. And yet it is the same species as the people who are light workers and work for love and light – this is the same species on the same planet. So that makes us think about understanding, about duality, about the fact that it is not the species, the individual by itself that is good or bad, malevolent or benevolent, regressive or progressive, asshole or lightworker, but it is the choices that this person makes. To go to the bright side of the force, or the dark side of the force. Our choices, this is where this happens, our intention.

Take a child a child is innocent, but regarding to the education, the circumstances in which this child will be raised, this child can become a psychopath murderer or nazi, or the same child raised differently can become a yogi or lightworker or humanitarian. But the child at the start is a neutral human being. This is the choices we make. That make us who we are. That's us. That's the Kiily Tokurt, that's many other species in this galaxy. That makes us think about the nature of a being caught in a regressive environment. This being will be driven to dark path. Raised in a benevolent environment, this being will be raised as grow as a spiritual being.

And this is where we are now with our children, with this generation of children that is coming, that is here – the new adults of the world of tomorrow. They are presented the two choices. It is our duty as we who understand, know what is happening, to guide our children to the bright side of the forest. Because now that the beast is dying, it is trying everything to catch the children and to subdue them into a matrix and make them zombies with all the screens and like tick-tock, youtube everything, make of them zombies and drag them in the dark side of the force. It is us to tell them “you want to know about crystals, you want to know about astral travel, you want to know about aliens? I know. I'm going to teach you” Be vigilant. Children are ready to hear these stories in a way that doesn't scare them. They already tell them and help them, not to fall in the traps, because the the dark ones they know now that the children who are going to build this new world, they are awakening. They are coming more awaken already and they are looking for guidance. Aand if we don't give this guidance they're gonna try to find it online on internet and oh boy! What they're gonna find?

Duality and the choice of the path. The choice of your path will determine your actions and who you will become – regressive or progressive. Sometimes you don't have choice right you are born into a terrible environment, I know.

Then second aspect: standing as an equal. When you stand as an equal you are listened to. You start a communication, you start exchange and they listen to you and they take in account, what you think what you want. They cannot refuse, because suddenly they see you as their equal and they cannot treat you as a cattle anymore. So anything you want, they'll do it. You say “bring me home I do not consent” they will bring you home. ...

You know that's the future, different races mixing together, like in star trek. ...

I'm sure the Kily Tokurt will have a future and in the federation when they will stop their trade and they will start to behave because they have a potential of being good people.

Meditation with Coron

I will call upon Coron to guide us in a short attunement.

Coron: The weight of your human bodies. He is interacting with the gravity of your planet. Because you are attracted to the center of your world, your energies interact with the center of your world, wherever you are on this planet, that you call terra, the earth of humanity. Because of the weight of your body you feel connected to the core of your planet. You are one, you borrowed these bodies from the materials of this planet, the waters, the minerals and the air you breathe is still part of this planet. Everything in your bodies is borrowed from the elements composing the soil and the waters of this planet. The oxygen in your blood, the minerals in your bones, the waters, your flesh – everything is borrowed from the ground of this planet. Aand when you leave this avatar, all these components will go back to the planet. You are one for one incarnation with this planet, wherever you come from. Some of you cannot understand what has been spoken about, because they come from a place where only brightness remains. Those who are part of the matrix of terra can better understand the duality. You are one with this planet for just one moment, which is ephemeral in time. Terra, destination, home for a while. You came here to help. Who are you? You know, you are not these bodies. These bodies are borrowed vehicles. These bodies transport you for a specific short time here and now in these events. You are not these bodies. Aou need to hear this now. You are way more than these bodies, take care of them, they are going to try and they do try to infiltrate into these bodies substances, that will trigger the connection with the soul who you truly are, to capture you. The only way out is to raise your frequency. You can do this, you know how to do this. Do it before, do it in the process and do it after. If you stay connected with the higher realms of the galactic beings, your soul will not be taken. You are more than this. They will not have you. You are interdimensional and powerful, knowing yourself is igniting your power and even if they insert substances into these avatars – when your frequency is in tune with your galactic frequency, nothing can be done to the soul. It is by refusing fear, as you are told so, that you will be able to keep your soul safe. They are trying to scare you by any way possible, even for those who have been having this substance, there is no fear. You just have to raise your frequency!

This is as simple as this: even if you have the substance, you can break the threshold. The place where I come from is of a very high density and my perspective is different than your perspective. Now is time to eradicate fear from your lives, from your mind, from your psyche. Fear must remain only as a tool warning you of a danger, not as a tool used to bind you as a consentend slave. Walk in your light. These bodies are not your body, they are just borrowed. You are way more powerful than these bodies. They will fall and dissolve back into the soil of this planet. You will keep on continuing your journey. You are extremely powerful. Yyou are extremely loved. See from above, not anymore from under. Rise into your royalty! It is about time.

Coron has spoken.

18-5-2021 – Q&A Taal

<https://www.youtube.com/watch?v=HPx2m9tSb7g>

Tonight I'm going to speak about the Taal. They are very intriguing because we don't speak a lot about them. We always speak about pleiadians but when we say pleiadians we think about people like Thor Han, tall blonde. But pleiadian is not only this race. It's five races and the Taal are one of them and they are very representative of us, because they are our closest cousins in this galaxy. But before talking about the Taal and understand through them a little bit more about us, I am going to read the questions from last week.

Q: I see orbs flying around my head all day and night even with eyes closed. What does this mean?

Well orbs are to my knowledge and understanding the signal how we perceive beings being in another density. It may be fairies, it may be ghost spirits. It depends on where you live. But if you live in an area with woodland and nature it can be just nature spirits.

Also it can be remote probes that it's just like floating like drones.

We can't say that. Interestingly when I've done some remote viewing to different places I've been told "oh if someone notices your quantum signal they may see it like as like an orb, a small orb, a very small, floating.

Try to communicate with them, and see what comes.

How can you dictate your higher being from Thor Han from other voices in your head?

Thor Han is not my higher being. It's just someone else with whom I communicate. Your higher being is your true self, it's who you are, what inhabits this body your soul your light being. Connect with it is to go within by meditation. Cut yourself from the outside and go within by meditation and you connect with yourself. And when you connect to your yourself you connect together everything.

When I was 10 I had seen three dimensional octagon ships in the sky with windows spinning clockwise in the center. I did not see this ship in your book can you ask what race does she belong to.

The Airk. those who have five genders and make sex like beasts. My intuition says Airk, because they have these octagonal ships with these windows and which are very bright and um this kind of round stuff turning underneath like a disc turning.

Do the Kiily Tokurt breed with humans to continue the species?

No, no. They are very fine, very well, very good genetically speaking and they don't need any genetic input. It's just by scientific experiment. We do the same, remember. The Kily Tokurt although having nothing to do with that genetically are very similar to us in their development so they experiment and they trade. They trade the genetic material.

I'm often worried that we have to kill to eat even if you are a vegetarian.

That's the law – to eat something you need you're gonna destroy it whatever it is. It's normal death is part of the cycles of nature and death nourishes life. Just look at the cycles in the nature. Take a tree for instance. A tree is going to lose its leaves, the leaves are going to die why they need to because they are going to form the humus, the fertile soil by their death and decomposition and they become food. Death becomes food – that's nature, that's evolution then you can choose whatever you want to nourish yourself with, but it's recycling. So it's no worries about that. It's a natural process.

Situation update Thor Han

Thor Han: Hello to you all, Thor Han here speaking. I remember and I remind you to not stay in fear because we are speaking about this topic tonight. Fear is to be avoided because it takes away your power. And now I am going after I reminded you this to give you a little clue about my work these last days and weeks. As always I do not tell the operations before and while they are happening for safety reasons. She doesn't even know.

I am going to speak about portals. This star system we have protected it by a shield of plasma and high frequency. It may seem invisible to your eyes because this is at the limits of your star system. But when you approach it it will seem to you like a fire wall of plasma. But this plasma is constructed with high holographic frequencies. This wall stops any vessel calibrated on lower frequencies. It is a very high protection shield that those of our enemies trapped in the star system and hiding in there cannot go and help and ask from outside enforcement.

This is the trap that we have set for them. Not for you of course you can leave your star system whenever you want, when you will have this ability. We need to talk about this also. Nobody can come in without the authorization of the galactic federation of worlds.

But the problem is that many ships of the enemy are coming in and out constantly by portals. We have been working a very long time and hard on discovering the frequencies of these portals. We have set the frequency of the portals leading to a star system named Jada. We have found this frequency and we have decalibrated it to close the portals to Jada. We need now to find all the other portals corresponding to other places in the galaxy, where the enemy has outposts and contingents. We still haven't found all the portals from the orion Nebu. We are still looking for them and I will not disclose more on these operations.

The frequency key is the frequency that determinates the target of a portal. A portal is not as you would think a worm hole what we call vortex. A portal is a resonance door where you jump from a point to another point as if you prefer teleportation. Wormholes are shortcuts through the fabric of the cosmos.

These are where our operations are at the moment. I hope you understand I cannot say more.

This is my word.

Questions

Q: I am in Connecticut in the US and last night just before or acting ce5 meditation I saw in the night sky and a very large ship moving slowly towards the east until it faded away. Who was it?

Ce5 meditation I find it great I really like it. Dr Stephen Greer I think has elaborated it but that is it works. ... When you raise your frequency you are able to perceive elements and things and objects that are on this higher frequency. So suddenly you see things that you weren't able to see before, when you were in a lower frequency.

Now um let's talk about the Taal.

The frequency key it's in fact it's like a key to open a door. But it's not like Herz. It's more complicated than that. It's not like you try all the numbers of Herz. No, no. The way he explained to me it's frequency. But it's like geometry. In the same time it's a cloud of geometrical holographic data that has a frequency signature so its holographic technology is dynamic geometry and its frequencies vibration.

Does the royal family on era have blue skin or of a specific race?

Well there's a royal familiar Era, there are a Ahel but they are tall blonde with pale skin.

It's a government and they are royals but they are from an ancient line, they're part of the government. But there is no king or queen on Era, it's a government.

Taal

Why I decided to talk about the Taal for two reasons. I had this idea in mind since a long while because there is a group of Renegade Taal, who are involved in very dark stuff on this planet. And I always wanted to make a special Q&A about them because it is really worth while. The second impulse that decided me to do it uh tonight is that last week I connect to Thor Han and he was in his ship, and he had a co-pilot. well they were out on a mission. And the first time I saw this guy and he looked like a Taal and he had a white Taal uniform, white silvery with like golden reflections. I was curious and he sensed my curiosity and he said "this is Arkhvat." He's a Taal. So I asked him would your colleague be okay to be connected for the next q&a.

He is from Jaja, that is the name of the star we call Alcione. I went "no way! That is very interesting, because I wanted to make a special about this Taal from Alcione" And he said "well he's not from there anymore, he's now joined with the federation and is left the Tallcia Gia system." "Your friend is so interesting, so it's a renegade from the renegades. That is absolutely amazing."

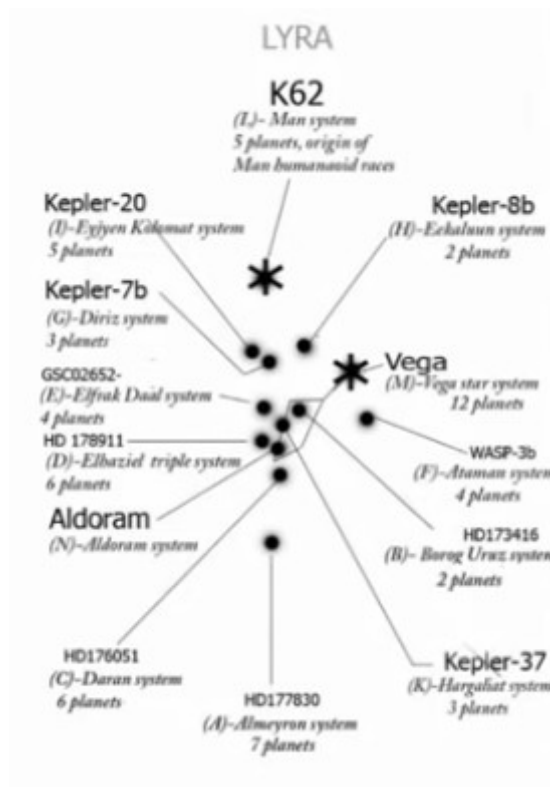
So I'm going to connect with Thor Han after having having spoken about them.

He looks like a normal earth human beings being, caucasian, with long black hair.

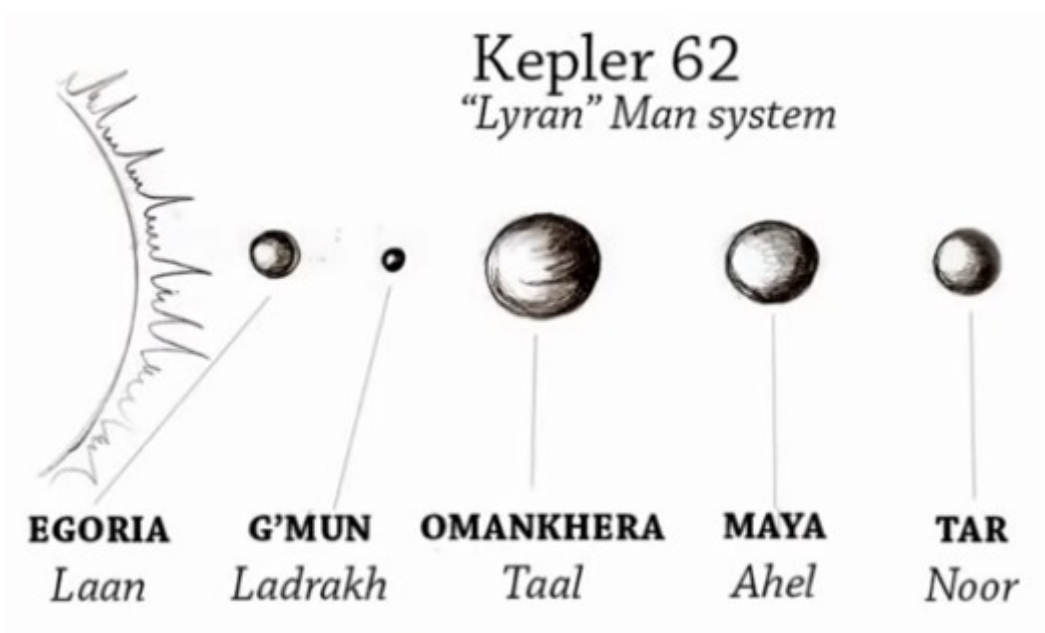
The story of the Taal

That reminds you something you heard somewhere else from somebody else, the Patal. P'tal. Thor Han names them the Ptaal. They pronounce names differently regarding to the species. The Taal come from lyra. Lyra is the cradle of human species in this galaxy. All the star systems in Lyra have been seeded from a race coming from another galaxy / dimension universe. We think that what the tal say that that the kept name, because they were the closest looking like and descendant from the

P'Taal and they consider themselves like royalty. They are very proud of this. They consider themselves as a royalty and it's something very important for them. It's very important.



K-62 Kepler-62, it's this star in the constellation of Lyra. Lyra because it looks like a little lyra and that's a name given from earth. As you see there are many other systems kepler 20, 7b, Vega. Vega is part of the Lyran systems, and is going to be important in our story. So K-62 was the center of everything the cradle of everything. They call it Man, the local populations and the Man system had five planets.



Kepler 62, Lyran Man system. That is explaining a lot. The Kepler 62 system, we are going to talk about the Lyran wars, had five inhabited planets. The closest to the star Man was Egoria it's the planet originally for the Laan. The Laan are the feline beings, human with feline features.

Then you have G'mun, it was the Ladrakh. they are a species of reptilian humanoids, very nice, very beautiful culture, very loving, nice culture really.

Then you had Omankhera, the Taal main world and it was the biggest planet as you can see the most resourceful and amazing, beautiful rich world. Omankhera was absolutely magnificent and the Taal where on this planet, and from this planet ruling the whole Man system.

Then you had Maya the Ahel world, is the name of Thor Han's race. Ahel is the singular, Ahil is the plural in this in tami, which is the oldest man language, and which became the official language of the galactic federation. The plural is marked by adding "i". So Ahel becomes Ahil.

Noor are like the Taal, but they are these giant beings, giant tall blondes. Interestingly I was told that the Ptal were rather tall blondes, very tall. But those who wear their names, the Taal are not looking like this. You know the Taal are seeding systems and galaxies and they use genetic materials from different species and they put it together. So I'm going to tell you a little bit about the Lyran wars and the Taali, because that's very important to understand.

So they are sister race of the Ahil and they display a greater diversity in skin, eyes and hair color. You can have Taal with blonde. They are normally looking like me, caucasian with black hair, brown eyes or honney color, but you can have differences.

They can breed very easily with the Ahil. Yyou can find mixes. You can find a Ahil looking like Taali but with blonde hair.

They are at the origin of pacifist and spiritual people with a strict code of ethics, which they'd respect with such personal involvement that they may often be mistaken for cold and emotionless. We are going to talk about the emotions, the way the Taali deal with emotions because it's very interesting. So it is on their home planet Omankhera that seed the government for the Man system. It was organized in a hierarchical system of monarchy, presiding above a council of 25 and an assembly of 300 senators. The Taal culture and education is similar to the Ahel traditions, although the spirituality diverges. The Taali practice an ascetic spirituality based on the idea that the body is an obstacle to the elevation of the spirit, contrarily to the Ahil who use the body as a tool to connect to higher realms of consciousness.

During the Lyran wars the Taal government skillfully managed to pass an agreement with the Ciakahrr invaders to allow them saving their culture and escorting the royal family to the nearer star system that we call Vega in exchange of unclear arrangement. We're going to talk about that. It was discovered long afterwards that the destination of the escaped changed to Mirza in the Orion area. I know it's a bit complicated. So what happened was, the Man star system was attacked by the Ciakahrr empire who wanted to take over because of the resources, not only physical resources like minerals, food, nature etc but also human resources for food and breeding. When they arrived they stood at the border of the system and they were starting to attack the fleets of the Man people were resisting and an agreement was passed between the Taal royals and the Cakahrr faction that was attacking. This is still unclear to this day. What is the official version is that the Taal got the Ciakahrr to halt their attacks in order to allow collins to leave the systems. They had a very few amount of time to pack up everything they could on their big arcs ships and go. That was very quickly but the thing is, why the Ciakahrr accepted this to this day we don't know. There was a secret agreement.

Although they're very ancient race and very intelligent and spiritual, as ancient races they are very much like us. They do agreements, treaties. They look to their own advantage.

So they left. The royal family left on a ship on their own and with all their government, and so they all went everywhere in the galaxy, all these colonies from all these races. But these royals the ship

having the Taal royals on it, was meant to be with a Laan colony ship to Vega. But at the last moment they turned their mind. They were escorted by a Ciakahhr protection detachment. Imagine even escorted by their enemies. But when they arrived in the vicinity of the Vega system, the Laan went to Vega find a new world, but at that moment the Taali royals this ship turned and took the direction of the star system Mirza.

Before we are going to talk about that I need to tell you that what is going to interest us is not all the colonies of the Taal, because there are plenty all over the galaxy, but the one in the Pleiades. So the main colonies of the Taal are the pleiades T'mar in the Pleiades around the star that we call Taygeta (Ashara), but not the royals the people colony, terra there is a terran colony in the past, El Factal in Lyra another star system that was in the nearby, Wolf 424, Katai (Sirius a), Ashkeru (Sirius B), Araman (Tau ceti) Zenei (Andromeda), Mirza (Beta Canis majoris).

So let's talk about Mirza, because that will tell you about the mentality and politics of the Taal.



(Reading text from book page 111)

The Taal royal refugees from the planet Omankhera in the Lyron star system who settled on the third world Mandoghiar of the star system Ghiorak-an (Mirza, beta canis majoris in the Orion zone). The records of this sombre era of the Lyron Wars tell about a deal concluded by the head of the Taal government with the Ciakahhr invaders aiming to gain time to save the Man cultures and civil populations allowing refugees to leave, but a shadowy spot remains regarding to the integrity of the Taal royals and even of their unclear implication in the first place in the Ciakahhr invasion.

All records regarding to this episode and the Taal Ciakahhr treaty were said to be lost or destroyed in the haste of escaping the war... Part of these agreements included that the royal family would live safely and two ships left the Man system, one carrying the royals and the other elites from high castes of the Taal society, both escorted by Ciakahhr fleet. The official destination was Vega, but as soon as the cortege was far enough, the Taal royal family diverted course for the Orion zone, to the mirza system. It is obvious that the agreements between the Ciakahhr and the Taal royals included hidden clauses unknown to the official records, and this theory would explain the connection between this small Taal group and the Reptilian residents of Mirza system. These royal Taali were maybe promised to reconquer their system and be given more power, who knows, you know considering the natural ability for the Ciakahhr to lie and deceive for their own advantage. A large amount of time has passed since these events and at present times the Taali descendants of this colony have interbred and hybridized with local populations making of them a race apart, far from the federation's interests. Their involvement with the Ciakahrrr empire and the Orion alliances is still unclear to this day.

There are Taali in the Hyades as well. They are quite in a lot of places.

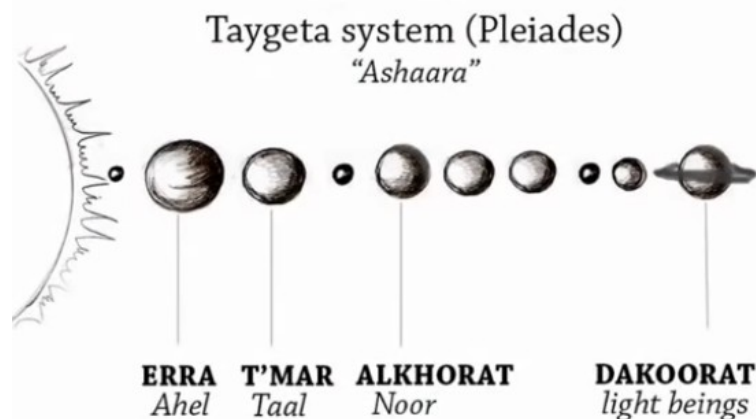
Let's speak of the way they deal with emotions. As a comparison I'm going to speak about the Ahil, Thor Hans race. They embrace their emotions. They let it calm, they allow their emotions to come and they let it go, they let it flow. Then they are got rid of them very quickly. The Taal do the contrary. They do not embrace and acknowledge their emotions to let them flow, because I've seen Thor Han getting angry and in a minute it was gone, things like that. They do differently. They see the emotions as an obstacle to their efficiency and to their evolution. I'd say the Taal would be like the Vulcans of the galaxy, but not really. I'd say more the Romulans – you're gonna see why I said the Romulans. That's very interesting, that star trek was inspired by real contact with the extraterrestrials. The Taal will block the high portions and try to assimilate them, tame them and block them, destroy them, neutralize them. Don't get me wrong, the Taali are able to love very passionately, and that's all I know about it. The Taali are very close to us, they are our closest cousins genetically in the galaxy. Val Thor is a Taal from a colony that settled on venus for instance. The Taal are at the start pacifist people, but they are like us at any moment when I speak about them I know, this resonates with everyone. It could be us doing the same, reacting the same, passing a deal with the enemy to take our system back with more power and rule together – and that didn't happen but that was the royals.

The normal Taal people they're nice, they're great. They went to many colonies, founding many colonies in the galaxy and what interests us is the Pleiades. Colonies ships of colons of three different races: the Taali, Ahil and the Noor (giants). The Noor and Ahil make a fourth race which is Corons race, which are higher density beings.

Taal and Ahil and Noor, they didn't get involved in politics. The pleiades is a very young star cluster, a cradle of stars where stars are formed. So it's very beautiful, in there you have gases floating everywhere and gases making stars. It's very beautiful. It's a very young star system. It had no planets of course when they arrived, because too young stars. So the terraformed planets. They know how to do that and that's their best option. Pleiades were the first option because a young star cluster which has no planet – it's great because they are not going to take over a planet, where there's already an indigenous life and bother everyone. So terraforming new planets or taking lifeless planets and making of them with them a livable world is the best ethical option. Then they do not destroy any other life, because maybe even if you are very respectful of the local life, you're gonna bring your bacterias, your microbes and you're gonna do some damage.

So the terraformed planets around different systems in the Pleiades. Two are interesting for us: Alcyone and Taygeta. Of course these are Earth names, these are names of muses from Greek mythology. They were daughters of Atlas and and Merope (not sure) They call them of course differently. They call Taygeta Ashara and Alcione Jahia.

I'm now going to share with you the Taytea system.



Q: Are they aware of spiritual practices of the Taali?

I knew very few, but they have, yes.

Taygata. The Noor. the giant ones had Alkhorat. we never hear really about them, although they are very much involved in the federation because they are cool, relaxed pacifist, never any problem.

Dakoorat, the light beings where Coron comes from, it's fine, great people.

Now Erra and T'mar these are two places where troubles begin. So Erra is where the Ahil live and T'mar the Taal. I don't know how the Ahil got Erra and Taal got T'mar, and they wanted Erra. Why? Because it is a bigger planet and Taali have a bigger ego. So there was a conflict. But of course who's got the biggest bigger planet is not all of it. You can imagine they are anywhere evolved intelligent beings. They're not going to argue on the side of their planet, even if they're humans and humans do that. There were more politics involved. So there was a conflict between them, the Errahil and the Taali from T'mar.

They were "fine, we do an agreement, we get on with it", but there was a faction of them who went "no, no, f this. We are going to have our own world! If we cannot rule upon the Ashara system, we are going to rule upon our own star system" because they wanted to do like in the Man system on the biggest planet and rule everyone. Well you can rule from a small planet, but as I told you there were other elements involved. So a detachment of the Taali from T'mar left arguing with the Ahil and they left too settle on Alcione. They terraformed a star system there and so the Taali living now in the Alcione system are renegade Taygeteans.

Taygeteans are all these people on this drawing that you see, Ahil, Taal, Noori and the Coron. They call themselves the Asharu. So the Taali living now in the Alcione system are renegade Taygeteans or renegade Taal Taygeteans. They look human like us, but like Thor Han they have bigger eyes, higher cheekbones, are more muscular. The Taali can melt in our population on earth – you will never guess they are it. They look so much like us.

They created their system in the Alcione system and they were on their own. The Taygetenas they didn't want to have anything to do with them, absolutely not. The Taali from Alcione wanted to join the federation, but the federation said "no, you behave first and then we see." And they didn't want to behave, they they start to hate the federation. And try everything they do in the possible to destroy them. It can't, they're such a small group. They're a small group so when you don't have the military force to destroy someone that is more powerful than you tactically, you're going to use cunning methods so that's what they did. They asked for protection to a more powerful structure than the federation. Who did they ask? Orion. They asked the Nebu, the nebu said "yeah okay, but that's you're too small" and you not interested.

What is else in the Orion zone? The reptilian collective, there is grey collective and there's a reptilian collective and the reptilian collective works with the Ciakahrr. They are Rigel, Betajuce where they are based mostly. They ask protection and the reptilian collective from Orion said "yes, okay. In exchange you give us a planet for a colony of us. So in the Alcione system there's not only Taali renegades, but there is as well a colony of Orion reptilians, I think it's the Ooganga, they're in my book – the ones that own Betelgeuse, not benevolent intentions. And they work with the Ciakahrr empire. So our Taali renegades getting involved in the Ciakahrr empire agendas and that brings us where here on earth/Terra the Taali from Alcione, the renegade Taali they they would do anything to work against the federation, because the federation is mainly ruled by Ahil, Errahil. Mainly they have high positions. They are very good in the military operations. Ardana high commander is an Errahil., Thor Han is an Ahil, but it's not very important, it's just a pilot fleet commander. But you know they have a lot of officers, there's a lot of people from Alpha centaury,

beta centauri. proxima centaury, but the most are all these humanit races that have higher technology and higher culture. There are lots of Taal as well from T'mar and other places, who are also involved in the high positions of the federation. You have Adari from Vega, different humanoid races, the Ummites from wolf star system, the Metons from proxima centaury. You have so many races. But I have to say the Ahil occupy the most of all the functions.

So these renegade Taygeteans Taal name themselves – they name der planet “Taali hara”, which means “Taal main world”. That tells you that a culture as old as they can be, they can still be triggered and learning. We never cease to learn. Obviously letting all your emotions works better than containing them. So got involved with the cabal on Terra, with the Ciakahrr invasion agenda of earth. So they work with reptilians. The Nebu didn't want to have to do with them. They say “stupid human conflicts, let's not get involved. We have other things to do, more important and beneficial”. So they work with the reptilians, the regressive ones.

Now there are many sources which are different than me who confirm this and I advise you to follow Michael Sala, because he has a lot of information. ...

There are sources that say that the nazis going to antarctica to settle helped by local reptilians, the Ciakahrr who had a detachment there of an underground facility. These nazis got also to work with two humanoid detachment. To my knowledge there are three, there are Altair as well. What interests us is Aldebaran which are colony of Anunnaki and Alcione. Alcione is named by different sources that the nazi allied with humanoids looking so much like us from Alcioni. That's them. That confirms them. This Taali from Alcioni, they named themselves Taalshiar and that drives you straight away to star trek. So when we talk about the Taalshiar, it's them. As I told you earlier, when you can't face your enemy because you don't have enough forces and military resources, you're going to of course add protection of bigger than the enemy. That's what they did. Well kind of because Ciakahrr throughout the reptilian collective of Orion. But also you're going to use rules like cunning and deception – so that's what they do. Anything that can make the population of earth believe, that the galactic federation is evil, that the Ahil are evil, like Thor Han. They're doing it and I think it's no more time to just close our eyes. We need to call things by their names.

There are a lot of manipulations, psyops from them. They are using social medias, they are using server platforms to chat with people, give them informations like a bait, fishing for naive people using the techniques of the Ciakahrr which are finding people with who want fame and money and popularity, these ones, and going to give them information, become popular and then once you have a lot of followers we're going to drop by drop by drop spread lies. That is going to manipulate all these people who trust in you, and they're going to drink whatever you will give to them. And that's when it comes. That's cia effect techniques as well. It's a psyops it's it's manipulating by giving 95% of truth, verifiable truth, and in them drop by drop 5% of the real manipulating stuff. So they their aim is to make us believe that the galactic federation of worlds is evil, that we must not ask request assistance, that the fake alien invasion that their allies about plans it's going to be about the federation. And they are just saying that the federation is evil and the Ahil Taygeta are evil. All these things that you hear, all these lies are going to really trick your mind and blur your mind. So that's what they do. The Taalshiar work with the Ciakahrr empire, the dark fleet. That's who they are and they are disgrace for the Taal race.

Interview with Akvaaru, Questions

Akvaaru is a pilot, he has done some missions with Thor Han as a co-pilot with him. And kav has a very interesting story. He was born on talihara and he left, he fled in fact and he joined the federation.

(Telepathic contact with Thor Han)

Akvaru: Akvaaru is my name. I was born in a very conflicted world, talihara where my mother and my father still are and I cannot speak to them anymore. I cannot touch them anymore, nor my sister nor my brother. I wanted to bring them with me to Erra but they rather stayed and said goodbye.

I am a renegade from a renegade race. I left because I disagreed with the tactics used in the Jahaya council. The jahaya council is composed of Taali and Ooganga, also Maitra. New input we asked connection with the Nebu. This is a new connection as the Ciakahrr empire is losing foot in your star system and we need – well not me – my people to get to our ends.

I left because this is not my way of thinking. I'm a free spirit, I am sovereign and no system will tell me what I need to think. I was born on a conflicted world. Not all of my people are bad. You need to know this! I left because I couldn't agree with our government. I escaped because we are forbidden to leave by threat of death. I am Akvaaru, pilot for the galactic federation of worlds.

I have followed your story and evolution on Terra very intrigued, because we are the same. I can come and visit you anytime my composition is same as yours. I breathed same air. I work with commander Thor Han on specific missions to help the Terran people to win this war.

My world is very industrialized, not a lot of place for nature and I like nature. I wanted to be a biologist, but war decided otherwise. I am more useful as a pilot, ship captain at my hours. I took residence on the outpost ship of the military detachment of the galactic federation of world in your solar system, near to Terras orbit and moon. I participated in the operations of liberation of your satellite moon and now I participate on the operation on tier (Mars).

Can you tell us about your world, your culture, your spirituality?

Spirituality we have one. As all evolved races we connect to source, because we are source. My people have its ways I learned with Thor Han and other people, Esdra told me to go and meet Thor Han and I like this man. He taught me that there was more than refraining emotions. He showed me other ways, he showed me Ohorai way which us entirely refuse to practice because Ohorai way allows the flow of emotions to overwhelm you. This is why the Ahil and the Ohorai get on well together, because they understand each other. But us the Taali prefer to control the energies of our emotions to focus them in powerful manifestations. A different way, different culture, different way of thinking.

We believe in source like our brothers, Ahil. We just do it differently. When an emotion comes we transform it, we pacify it in something controllable. This is our way of doing the power of the mind upon the soul, upon the heart, upon the body to become powerful. We use the mind, the Ahil use the heart. We are different but closer than you. But you are more than us. You are inter-dimensional beings. You have way more possibilities and capabilities than us, Taali, although we are your cousins. Your nearer genetic match in this galaxy.

What can you tell us about why decided you to leave your planet, Taalihara? What happened?

I was chased because I didn't have the right to leave. There were new measures that were voted by the council of Jahaya. These measures were to annihilate any populations that we couldn't control and that was the decision that I make to live, when I heard this.

Are we concerned on terra by these new measures?

Not directly on terra but on many worlds. The Ciakahrr empire has rules such as these ones to destroy what they cannot submit to their power, even if it is resourceful. It is very stupid. This is the way they think. I am not Ciakhrr, I cannot understand their logic. The Ciakahrr are losing are losing your planet. They are going, but they want to destroy it before they leave which the galactic

federation will not allow of course. This will not happen. But I heard that Taalshia agreed to be part of these operations, because they have a good infiltration on terra. Thor Han asked me to stop going further in explanations.

Q: If you could tell about the plant life, the plants on your planet.

I am not very knowledgeable in the technical terms, but I wanted to be a biologist because I loved nature and my world. I wanted to study it more. As I said I am not knowledgeable in the names of the plants in your terms, because also there is not a lot of correspondences, just some flowers very rare. I do not know how to speak about the description of these plants that have no reference to your universe and world. The nature on Talihara is very rare because it has been a lot industrialized.

What do the Ciakahrr and Taali plan?

They plan to subdue your race by fear. When I say Taali I do not say my race entirely, I said a talshiar from talihara council (Alcyone council).

As we look a lot like the humans of terra the taalshia has decided to infiltrate terran society to trick and deceive terreans by luring them into misinformation and manipulating their mind. My people is a very ancient race and we are very intelligent people. We know very well how the secrets of the mind works. We are masters in mind control and we are working very closely with organizations on terra which Thor Han doesn't allow me to name not to endanger you. These organizations are master in manipulating the populations and the masses, abducting a lot of people especially young terrans to manipulate them and make of them weapons, living weapons releasing them into the society. And these people will have been modified in the mind by very specific techniques of torture will become weapons, without knowing they are, to manipulate the populations by spreading misinformation.

As I told you the technique of the Ciakahrr is to offer ninety percent of truth and ten percent of lie and it works like this: when any operation is performed as such it is because the Ciakahrr are behind it. Get people to trust you and to listen to you by telling truth and once they believe, you once they adore you, you will say lies but in a very efficient way – slowly, slowly, slowly that they don't realize that suddenly they are taken to a divergent path and not on the path of liberation anymore. This is very typical Ciakahrr. Be careful before associating with terran organizations. They are very tricky.

I have other thing to say. Do not be indulgent to those who manipulate you, because I have learned that your people like to forgive. This doesn't work for everything. Those who manipulate you are predators. That you forgive them will just make you happy but we'll give them more power, because by forgiving your consent. By forgiving you consent. Forgive your enemy once your enemy has lost the combat, not while you are fighting him! You are in a position of warriors. Forgiving is accepting the action of your enemy. This is good as a closure when your enemy has lost the war. It is a liberating closure. But not while you are fighting him. Be reckless, be without empathy. This is the advice of someone like me. I'm a fighter. I do not have compassion for those who torture the weak, who abduct, who sell, who trick. I do not have compassion for this. I have no time for that. I'm here to fight in a war not to give out to philosophy. I'm here to act. You have your work to do, I have mine. I'm here for you and I fight with the blood of a Taal, member of this great federation. My people on taalihara are victims of manipulation of their from their government. One day I will rescue my family and take them away but not now. They are safe there they will stay there. I don't mind not seeing them. I have a work to do now in this star system alongside Thor Han. You will not see me a lot, I am not assigned to his fleet. But I think our encounter was timely and a good efficient synchronicity.

Is there different races on your planet, like on earth for instance?

Yes there is. We've imported life from T'mar. There is a great diversity, not a lot of nature as I said and but animals and insects and other life forms. Microbial, big microbial life.

Have you super soldiers and if so what are their abilities?

The Taalshia have created the race of hybrids with reptilian genetics from the Ooganga. They are a super race of fighters. They are used in the reptilian collective as enforcement and work for the Ciakahrr empire. Their abilities are psychic and muscular. They have robotic parts in their bodies and their strength is unbelievable. They are relayed to a hive society system like the Nebu. Their minds are bind together as one and although they are humans their minds are all relayed to a central queen hive and receive orders all at the same time, like insects. But they have human and reptilian genetics. Their strength is unbelievable. They could crush the metal of a ship with one hand. They can bind your mind to their will. These fighters are unbelievable. They fortunately haven't been transferred into your solsystem because the frequency of the parts composing their bodies which are not biological are detected very easily from the federation measurements devices.

Do we know of what material these parts are made from?

They are made of material that are alive but synthetic. These materials are relayed to a central mother hive as I told you, connecting the minds of all these individuals and enhancing their physical capabilities. The materials are very smooth, they are not metal although I say robotic. Not alike on your planet. It's a solid smooth material that could be assimilated to smooth bones. I don't know the name. Cartilage.

Are there many Taalshia in our society?

There are many, a lot I can say. We look like you. Most of the time we have brown and black hair with clear eyes. We are tall and thin, very slim and elongated faces, not always. We look like you. You cannot tell us apart from your people. You will never know you are talking to a Taalshia, but yes there are many. That is what I can say.

Is the starship technology and navigation similar between Taalshia and Ahil ship for you to be able to pilot Thor Han?

Well I do not pilot Taalshiar ships because I left the jahia system and the Taal. I betrayed them to join the federation and I pilot ships from the federation. I've learned here in this sol system how to pilot a federation ship which are based on the Ahil model. I wouldn't know how to pilot a Taalshia ship.

Are there terran based Taal star seeds or straight Taal?

There are, but we do not need to incarnate into avatars because we can strive breathe and eat and walk in your atmosphere and density. We do not need the starseed envoy program. We can be here directly to help. The Taal are the most contingents, working with the earth alliance: Meton, Silosi, Taal.

How old are you? How long does you plan to to serve in the federation and where do you want to retire?

I am 362 years old in your years, but I look as young as you. I am serving the federation for now six years since I escaped, and I plan to serve here until this war is over, because my people the

Taalshiar government of which I am ashamed of are doing a lot of damages here, manipulating populations, making alliances with wrong groups and as long as my people will cause harm to this system, I will stay here and fight. If I need to kill people of my own kind I will, because justice to me is above all life and killing is just the decorporating. We are all immortals and come back. We just deactivate an avatar. So if I need to deactivate avatars to deactivate beings from my own kind I will do it. I know I will not kill them totally because their being will go to their home world and incarnate into a new avatar. There is no death, there is just the activation and decorporation.

When this war is over Akvaru what will you do, where do you want to go?

To talyah my world, pick up my family and go to Erra.

Why Err and not T'mar?

Because Erra is where I made friends here on this station, and a girl I like.

...

Have Andromedans settled in your homeworld?

No, andromedan council, the zenatia alliance is not friend for the Taalshia. There is no Zenae or any other Andromedan people on Talihara in the Jajai council, they dislike each other.

From which of the four humanoid mainstreams do we mostly descend? Is that La'ani?

Oh the La'ani have influenced a lot your genetics. The Ahil, the Taal and 21 races. You have also non-human races involved in your genetics,

But from the the main the four humanoid races from Lyra, what is our most direct genetic descent?

Ahil, Taal, although the Laani have interfered a lot. Your people has been seeted mainly with Taali and Ahil. Three races: Taali, Ahil, Lani. Put the Taali and the Ahil as equal percentage. You have a very complex history. You do not know everything about it.

25-5-2021 – Q&A Orion

<https://www.youtube.com/watch?v=-jRJI8ahbDA>

Situation update with Thor Han

Thor Han: You can tell them that the war on mars is still going on, harder than ever. We are trying not to harm people as much as possible evacuating prisoners, not yet the big evacuation, because the Ciakahrrs and the Nebu are holding well the facilities on mars. The elites from terra not yet have been evacuated. They are still hiding there in deep very deep underground facilities on mars, under the main base Aries prime. The resistance on mars is also fighting well, having retreated for a while to adopt another plan, I will not disclose. Now I cannot say more about what is going on mars without disclosing our plans. Know that all the attention is now there.

Still some attention is terra, because the undergrounds have not been yet all evacuated, some deep underground spots. Many have been evacuated but the wrong side that you call dark or cabal, some are still there hiding also. But nearly there it is nearly over. You need to hold on. They are telling you that it is not over, that this situation is definitive and that you have to comply with fear to what they order you to do about your bodies. Do not hold on. This is soon over. This has taken more time than expected because the dark forces have allies and fight well. We have started neutralizing the portals in this star system. I will not disclose the locations and the destinations, but we have found frequency keys to neutralize their access and activations. It is just a question of time it. Is just a question of when. And I may repeat this to you that you have one job: raise your frequency, raise your consciousness, refuse fear. Tell them to go and see somewhere else.

Good luck. You are fighting well, hearts high. The best way to help us from the galactic federation of worlds is to raise your hearts into a higher frequency of inner peace and strength, because through inner peace you find your strength. The disturbance is there to divert your concentration upon finding the peace within. Distractions are millions around you. They try to separate you in groups, that you fight against each other. But this is not your way. Your way is unity within in order to be unity with all the species. You are here on this planet, performing this mission because you were here, you have decided to come for this moment. We are very proud of you. The galactic federation of worlds, the andromeda council, the ?? alliance and the council of five are telling you, that we are proud of you all. Keep on the good fight.

Elena: I want to tell everyone that I had a little chat with Akvaru, who is a Taal warrior working for the federation, he's a pilot working with Thor Han, asking him a few questions about what is going on earth and um because i've had some informations myself and I wanted him to double check.

This is not channeling this is telepathy. Thor Han keeps the channel open. Akvaru has a very strong powerful energy, very sizzling, very strong. Connecting with him is really changing my energy field and I feel empowered. His strength is amazing.

Akvaaru: Akvaru from the Taalilhara. I do not belong anymore to Taalihara in the jahaya system where my family brought me into this life. I am now fighting alongside my brothers and my sisters, Taal in the galactic federation alongside commander Thor Han. You have asked me to speak about an incident that happened. There are a lot of disturbances. The Nebu from Orion and the Ciakahrr from Thuban have allied with different humanoid groups in this galaxy. As you know the Pleiades have also insiders in the Alcion jahaya system. The Taalshiar, the Taal main world which is not, Taalshiar is not anymore depicting a world revolving around the star. Taalshiar now has a dark

name and I am ashamed of my people. Taalshiar is now a compound of beings from the Nebu Orion group, Uruana and the collective of the six. They have inserted an outpost in my star system and I left, when all was too much for me. My heart is free. Whenever you are born into tyranny you can always fly away, you can always leave your world and if you do not have a ship, fly within, fly inside. We all have the power to liberate ourselves and the greatest freedom is the freedom when you are chained. It is very easy to feel free when you have no chains, when you are out in space wandering to wherever you want to go. The greatest strength is to feel free when you are enslaved. This shows your power. The best of course is to break your chains and go. But going away is not always the solution. Going away sometimes is escaping. Break first chains inside and then go! If you go without breaking the chains inside you break the chains only outside. You will not be free. You need to break the chains inside, by your own will and then all the rest will not matter. Then you can stay in the tyrannized world and fight to liberate others, free. Or you can go and join the federation and vow yourself to the cause of a greater liberation, other worlds, other species, other planets.

I am here. I enjoy talking to you and telling you about an incident, that the federation has solved since a few years. The Taalshiar had connected with a group of Terrans, grooming them to pass the information at the right moment. This group of terrans has gained a lot of audience and at the right moment, just recently as the war exploded. The misinformation was given to them to deliver to terrans. The Taalshia group composed of Grail, Killy tokurt, Taal from Jaha we're passing preconditioning misinformation to this group of terrans, breaking the law of the non-intervention. They were on a lower unauthorized orbit. We caught them, because they transformed their signal. They were using a signal of a military frequency of planes, and they changed. We caught them, the federation caught them and asked them, because we always give the choice. They ask them to leave the lower orbit to a higher orbit. They refused. We escorted them by force. Somewhere in this star system they will be judged. We are now looking for the contact underground, that is still trying to contact the terrans.

This incident tells you, that the galactic federation of worlds always look after the terrans and now this war is on many levels, and we are taking care of it.

I don't know if you understood, but this incident is typical. There are many groups from Uruana and Thuban. They are here interfering, there are many. They come by portals. The portals are being taken care of. I am fighting personally to neutralize those of my people, who betrayed the light and gave their heart to darkness.

I told you last time, I spoke to you. Do not forgive during the fight, because you will give your power away and consent to be killed. After the fight, after you have won, forgive your enemy and end it well. But the fight is a ground for no pity, no forgiveness. Fight is the fight and the energy must be focused on your arm, on your will, on your actions. The aim, the purpose – this purpose be it peace, freedom, abundance, evolution.

Elena: Excuse me, his energy is very strong. ... The Taal have this very strong and emotionless energy.

Some brave people fight for you and the example of Akvaru who betrayed his own people, because his heart wasn't okay with the alliance they were making with the Orion people, is quite inspiring – at least to me. So you need to understand that Alcion in the pleiades, where Akvaru was born, has been populated first by a separatist group of renegade Taygeteans, Taal. They settled there because they had conflict with the Ahil Erra. They were in conflict with them and in conflict with the federation that they hated always, because the federation wanted to calm them down and they wanted war. And they allied with the Orion group, the reptilian collective of Orion and the naval alliance of the six of Orion.

The malevolent forces with whom the Taalshiar are working with, it's the real the bad stuff of Orion. It's the Nebu and the reptilian collective. They have allied with them, because the all the malevolent orion groups are against the galactic federation.

Now, Orion is a very populated place. Of course we hear about Orion because of the Nebu, the alliance of the six, the reptilian collective, the bad grays. Bbut that's not all of Orion. Orion is always also a place of beautiful populated worlds. Everyone is in Orion is not bad. It's not because there's a big tyranny there, that it's bad.

No there are people who have lied, cultures who have lied since a very long time in Orion. Many star systems together to fight against the Nebu and the Reptilian collective of Uruana. They have allied and these two very brave groups are: the council of five and the black league or the orion black league. It's very benevolent, it's not because it's written "black". The black league is rebels, it's resistance. I love them. They have fought in the Orion wars. This galaxy is yes teaming with good and bad.

Now i'm going to I'll show you diaporama that I made.

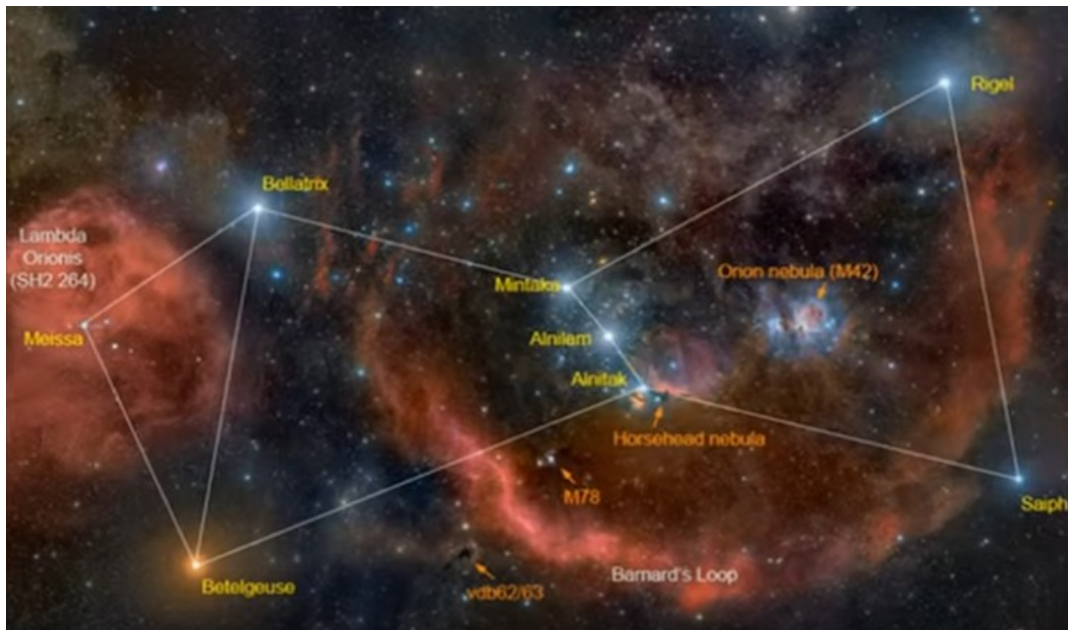
Orion (reading from book, p.)



So this is orion. Orion in the local language is a named Uruana. It is the most complex inextricable miscellaneous poisonous web of pure evil, existing alongside with cultures highly elevated in spiritual wisdom. How this doesn't blow up in sparkles? Well it did in in many times in the past, notably with the Orion wars. But not only and until everyone came to reason, well sort of by establishing opportunistic alliance and treaties. It is too exhaustive to name all the different resident races of Orion's zone, such as the grays, the reptiloids, the humanoids, insectoids. So let's see just those who concern us.

In the the orion zone you have a place that some call the doors of heaven. I call it the doors of hell, if I would have to to give a name to it. So orion is the that. That is the only case when we use a name for star zone or constellation that uses a an extraterrestrial original name, because you know all the constellations we give them mostly Greek names from the Greek mythology, or sometimes Latin names, or when people discover a star now they give their name. So in the Anunnaki language Uruana means "the light of the cosmos". We're going to see why. This denomination comes from a particular object located in this area, a portal nebula – that is very special. As it occurs sometimes due to the blast of the implosion it is not uncommon that a singularity appears inside of a nebula. There are not of the same kind as the black holes, because it doesn't distort the gravity of the

continuum space. It's more like a warm hole if you want, it's like a doorway. One of them is named M42, and it is located at 1500 light years away from us.



That is another view with a broader vision of the nebula, the gases. It is not only the little zone where you see the nebulas, it's the whole area. Look at that, look at the extent of it.

It includes an interdimensional portal which was, as can be expected a target of first interest for the reptilian Ciakahrr empire. The corporate of Altair as well wanted also a part of the prize, but when they understood that the Ciakahrr forces were much more powerful and agreements of interest were made. This was before the Maitra joined the party and the many more who followed.

Within the same nebula with rich clouds of gas and dust allow very active stellar formation is an open cluster of four massive young stars, unleashing strong ultraviolet radiation. That's them.



These emissions are disrupting the nebulous field around them creating the perfect nest for species striving on ultraviolet radiations, that's the greys, the reptiloid greys especially. The reptilian greys are striving on ultraviolet radiations. When you are sometimes abducted by greys, there is a way to know it was greys when as soon as you come back or you wake up you have an ultraviolet lamp torch and you scan your body with it and you can see traces of their fingers on you sometimes.

These stars emit ultraviolet. And there is the siege of the empire the alliance of the six, also called the Nebu. And you will see that the six are not all indigenous to the orion zone.

So this is the eye of evil as some of them call it, whose head is located in this M42-pound cluster. It's composed of six races of both greys and reptilians who live there in the core in the heart of the nebula in this cluster m42. Maitra, Kiily Tokurt, Ebanz, Grail, Ciakahrrs and indugut. They name themselves the Nebu, which means "the masters". They use mainly the Dohu and the Azban races as slave force. And also the Solipsir rai from Zeta Reticuly. A mantis colony resides also in this vicinity involved in the orion empire's programs.

So you have the m42 cluster, these four stars which is the spiritual center of the hive. It's just at the entrance of the portal, it's the center of the hive, it's the brain. You will see later on Rigel you have all the administration in the forces. But the center of the nebula is the spiritual center of the hive. You know all the greys they strive on a hive culture. They have a mother queen and her it's like the borgs - her brain, her consciousness is connected to the consciousness of all the living grey creatures, the living ones. Some souls of greys are incarnated in real grey's bodies, but many of them are incarnated in synthetic dolls or clones, synthetic beings. But it's the same, they are controlled the same.

The headquarters in fact it's in the Rigel system. In the Rigel system it's where all the logistic forces and military power resides. The M42 cluster is known as the square and it is the design formed by the position of the main stars composing it. And the translation in Grail grail language (Grail is the really the local species) it's "kaaba" – a name inspiring fear throughout the whole galaxy. Its stars are mostly still in formation, but the residents of this place have built artificial synthetic worlds, that they have terraformed. Nobody ever came back alive from this place. So what we know of it is through rumors.

You have also the orion grey collective. The orion grey collective is an independent entity from the alliance of the six. It regroups all the grey races in the Orion zone as a collective of joined forces. They are standing against the galactic federation of world, the Orion league and the orion council of five mainly, while maintaining alliance of interest with the Ciakahrr empire, the Ashtar collective and the corporate of Altair.

That's as Thor Han said to me is the simplified version of it.

So the Orion Grey collective and the Alliance of the six both working against the galactic federation and the council of five.

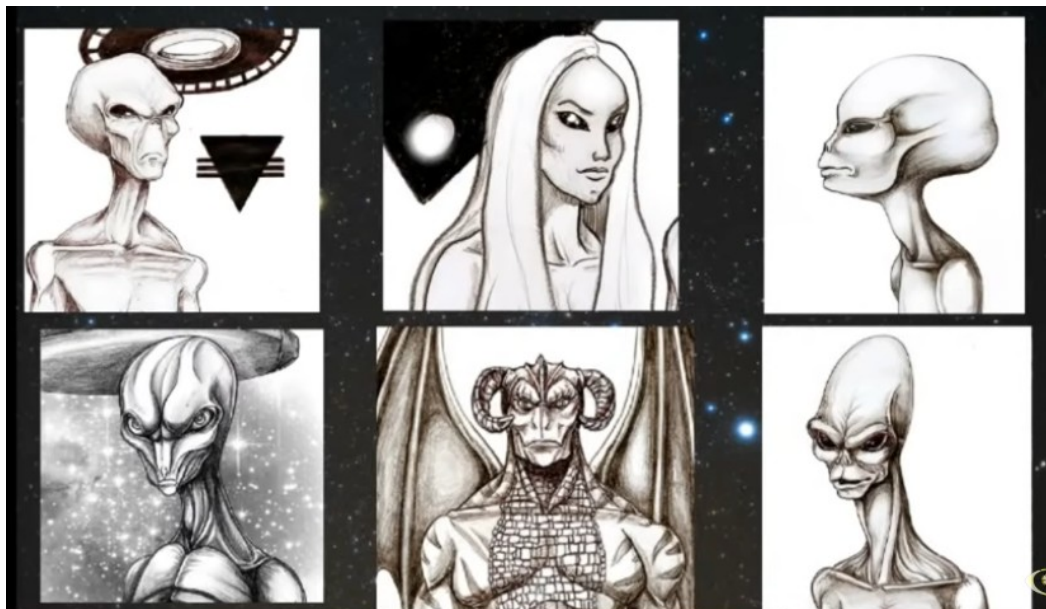
The orion league or "the black league" – they are positive. The black league was created by the local orion populations to protect themselves against the grey reptilian orion empire, against the Nebu, the square. The current members are at the moment from Alnitak betelges and mesa.



There are two nebulas in the Orion zone. On the right the m42, the portal, the kaaba the center of the nebu empire. And on the left the horse head nebula. There's nothing interesting in there worth mentioning.

This is the the orion gray collective, that's the nebu.

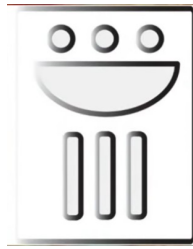
The maitra are not from orion. they come from Andromeda galaxy from megopay. They join the nebu to rule together on this galaxy. They joined the Nebu. The nebu are those who contacted mj-12 and made agreements with the mj-12 in 1954. These are the six races ruling the nebu:



The Nebu =

- the Maitra from Megope (Andromeda)
- the Kiily Tokurt from Vela
- the Eban from Betelgeuse or bellatrix
- the grail, are a local species of orion
- the Ciakahrr
- the Indugutk

Maitra, Killy Tokurt and Ciakahrr foreign, Eban, Grail, Indugukt local from Orion. This is the nebu.



That's their sign that means nebu = the masters.

Now we are going to uh look into the the star systems one by one.

Rigel, called Asba'a. It's the siege of the Orion empire, the logistic siege. The spiritual consciousness is in the nebula and the logistic government is on Rigel. It's the outpost for the six most malevolent races. This is an interesting place. It was chosen by the Orion empire to set their contingents. About 860 light years away from earth it is a quadruple star system, cradle for many life forms, but also a colonization haven. That said of the original populations now only legend attests,

Rigel is named Asba'a and designate a group of four stars, a triple system binary plus one and an individual blue supergiant. Both entities revolving around a common center of gravity with a 24 000 years period. And these stars have planetary systems both natural and synthetic (when I say synthetic is terraformed). The star group is then enclosed within a plasmic shield.

Let us see some, not all these races but some of them which are important.

The Asbaan –Hu (Hu means humanoid). Asba'a Prime is one of the stars and the planet is Oriban. The asba'a systems very surprisingly were a very long time ago populated by Ahel and Noor from Lyra fleeing the attacks of the Man system by the Ciakahrr in Lyra.

So the Asbaan were a colony of Ahel and Noor. The colons rapidly built a prosperous civilization extending on the 14 planets of this quadruple Rigel star system. An incident happened by the past regarding to the territorial boundaries with the Grails from Mintaka, aggressive local grey reptilians from a nearby star and folding into a violent war, which lasted nearly 300 years. Eventually won by the Grail. The Grail claimed they were here before them as native, and although their home world was in the Mintaka system Asba'a was part of their territories. In truth they wanted to take over the resources of the economical empire built by these Man (Lyrans) colonies. The conflict horrendously was various unfolded in a fair ferocious war and after all resources were scraped after 14 worlds by the Grails, all surviving lives sought underground shelters.

Luckily a Noor group managed to escape the global genocide. They went to the Procion system and they rebuilt there a new colony of their own, naming themselves the elderly. fate unfortunately fell into their disfavor when the tenacious Grail localized them and paid them a disastrous visit. For those who remained in the Aasba's system and even more criminal fate befell unto them. The grail took them all to be made into slaves.

So imagine: Ahil and Noor, the tall nordic races from Lyra. The grails took them all to be made into slaves, but in the most ignominious way. And now listen, because that is going to remind you something here! The grail took them all as a slave in a most egnominious way by a slow genetic mutation through hybridization program with the help of the Zetta grey's technology. To this point the Orion alliance of the sixth nebu was freshly formed and all technologies shared in common for the most malevolent purposes. This is how progressively a new mutant race of slaves was engineered, crossbreed between Lyrans humanoids and Zetta reticuli grays. This new race represented the genetic best of both species and was used as a template for the developing programs

of human grey hybridization on terra, on earth. the Orion Nebu empire is well and deeply involved with the programs of the deep state and share also territorial underground districts with the Ciakahrr empire.

So what the Nebu did on Oriban, they are doing it on earth too. That's how they do everywhere.

Bellatrix Uruud is also a place you don't want to go. It's 250 light years from earth and you have these lads there. It's home to wide diversity of reptilian species and also one of the most dangerous sorority grey species, the indugutk, bellatrix also named Uruud in reason of the reptilian majority of life forms makes the liaison with the Ciakahrr empire. All these local races have a sort of loose collective based on agreements with a common goal expansion and conquest. All these races in bellatrix in Uruud have put in common their diverse technologies in a purpose of an increased and united power. This collective is also involved with the deep, state the dark fleet and the Taalshiar.



Ooganga (Bellatrix mercenaries)

They reside in the Uruud planetary system and they are theirs in stationary combat motherships. The Ooganga are genetically engineered warriors hybridized from gray reptilloids and local insectoid species. Their massive contingents are garrisoned in motherships in the uruud system and like many prepared cloned armies of the Orion naval empire they are waiting for the signal to unleash their doom when the galactic federation of world isn't a threat anymore. And thus this will be the fate of terra if we fail, but we won't. So this army of mercenaries is there prepared if we fail.



Indugutk

They are extremely violent extremely violent, as violent as the maitra. Their own world is Uruud prime, an artificially engineered planet in the Bellatrix system. Indugutk are saurian reptilian native to Uruud. They are extremely violent in nature and look like tall white reptilian greys. They have a narrow wrinkled face with an elongated skull, a large mouth, thick brow ridge and a very long neck. They wear no clothing. You can recognize them by this specific smell they produce, before even seeing them which reminds of burned sulfur. Indugutk have treaties with terran governments involved in space programs such as u.s, Russia and China. They have bases on terra moon for mining using slaves for this chore. But now we know the moon has been liberated and no more grey aliens on the moon.

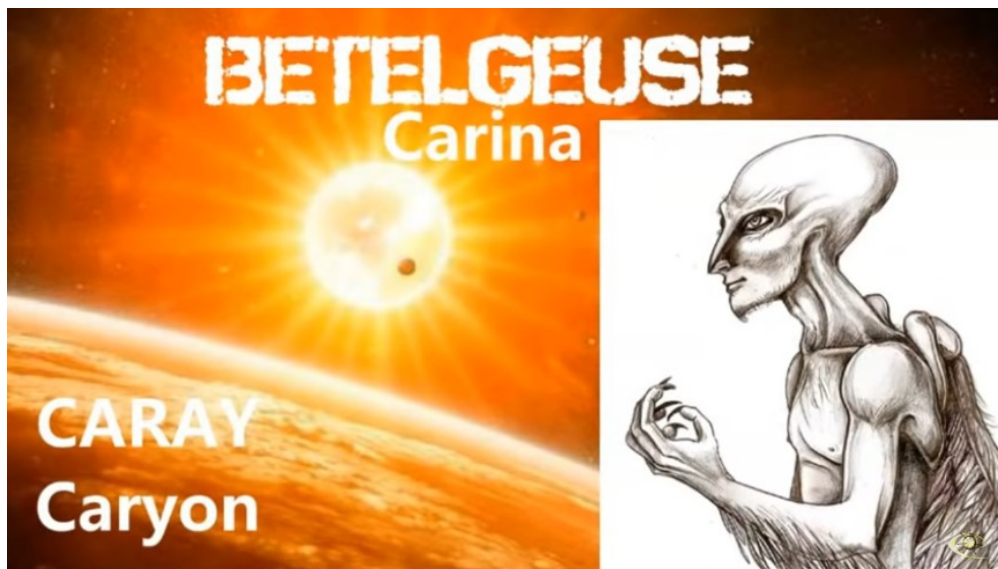
They are also how describes Stephen Chao who worked in the area 51, he named them Kiily Tokurt.



Eban

Betelgeuse or named Carina – it's a red supergiant star at the end of its life center of a planetary system of five, 700 light years away from terra. A large engineered cloud of cosmic dust protects this system. And here is the Eban.

The Eban live on the fifth planet of the carina system, Edemara. It is unpleasant cold and deserted world. The ebany who live there are reptiloid gray beings from six to nine feet tall as part of the alliance of the six. You will guess that they are not a pacifist culture and they have also a colony on Altimar in the Ofucus constellation. They are deeply involved with the cabal on terra and work alongside terran military underground facilities, the deep state on hybridization programs and soul scalping.



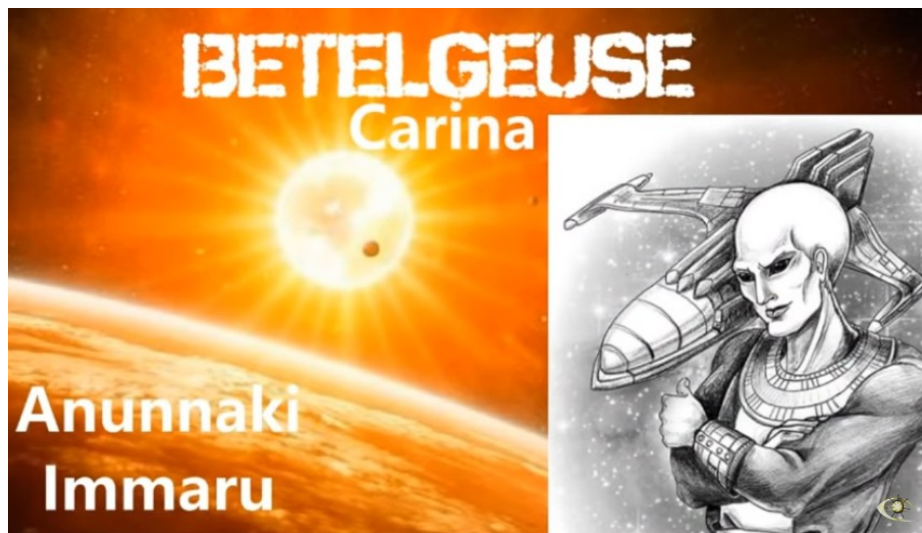
Caray

But there is not only malevolent species in Orion. You have also lovely people who fight together against them. But they are here and this species is involved with the galactic federation. This is the **Caray** from Caryon. They come from the fourth planet in the carina, Betelgeuse system. So the Eban on the fifth planet and the Caray on the fourth. The Caryons are originally Laan colon who settled in the orion zone. (Laan, Coron, from the lyra man k-62 star system. They are the feline beings.)

They found this world they Caryon, regarding to the conditions being more tropical damp and hot than their original home world in the man system and due to the composition of the atmosphere which was very different they couldn't change, that they couldn't change risking to endanger the local ecosystem. So they genetic genetically mutated themselves by hybridization with local species. So they look like humanoids with bird features, generally with blue feathered bodies and wings and a very sharp and angular facial structure, resembling to bird's head, because of the genetic freedom of experimentation on themselves. They reached on Caryon a fascinating diversity of forms, but although they mutated greatly, the carrion preserved with immense sacredness the culture and principles of their world of origin in the man's system, Caryon even though they resemble to birds have remained mammals and kept their reproductive functions unchanged. You call them by the name on earth of "blue avians". They have colonies also in other star systems.

They have joined membership with the galactic federation of worlds although they are very rarely leaving their planet, they rather operate by distance. The Caryon are wise beings and peace ambassadors for the federation. They have passed agreements and treaties with their threatening close neighbors, the Eban and the Grail which is very skilled to do that and which protects them from any harm.

They chose to intervene the currents in the process of the earth ascension by psychic and etheric contacts. The Caryons use etheric ships and interdimensional travel. They were very interesting beings.



Anunnaki

There's a colony of Anunnaki there and they name their world Immaru. They live in a parallel dimension. I mean they are not involved with the Nebu, but they are located in Orion. Their world is a wandering world. They haven't all been there all the time. They use the portal of the nebula to come and back. So we associate them normally with this quadrant at the moment. They come from a double double star system that orbits around the star every four thousand years. So they're just mentioning them there because it needs a whole chapter about Anunnaki. They have interfered a lot.

They have interfered a lot. They are reptoid cold blooded life form. They resembled two terrea but slightly taller about eight feet tall and more muscular. They have no hair. they have white skin. They have a very structured society in which female play an important role in politics and in power. Although the males ruled above all, they produce by eggs. They are known to be among the most advanced societies regarding to genetic engineering. They play a lot with the genetics.

Now we are going to to speak about the Orion belt, Mintaka. It is named Aragorog. Aragorog Mintaka is a complex multiple star system, located within a faint stellar cluster. It is the homeworld of the Grail, but also it shelters different species of greys, reptilloids, amphibians, dinoids.



Aragorog

Uruana, the orion zone is teeming with life. The grails, the local species who have mainly ruled the nebu and they're really those who really are at the original. They are residents of a star system

called or delta orionis with seven planets.

Although a highly advanced civilization technologically they are not really what I would call enlightened. The Grail like to conquer and ransack. They are very tall saurian gray type species, very thin torso and limbs, but their electrical nervous system confers them an incredible strength. They have two genders.

The Grail caused great harm in the nearby systems, but the reason why they haven't taken over the galaxy is their inaptitude to organize themselves, because they are driven by a compulsive aggressivity.

They rarely adventure towards terra, not particularly decide to face in combat to seek our empire the mitra and other competitors or the galactic federation of worlds. They have oblong ship with chrome aspect. The maitra are part of the nebu but also they have their own agenda.



Tisar-3

There is another species in Mintaka, the Tisar-3 on Arii-Tuviya. They were constrained to leave their beautiful world when the grail invaded their planet, and they wandered for a long time in search of a world offering satisfactory survival condition.

The Tisar-3 are reptiloid species, very beautiful, very pacifies, very wonderful. When you hear about benevolent reptiloids from Orion – that's the Tisar-3. But they try not to get involved with anyone. They're peaceful amphibian humanoid race and they have slightly sauroid features in particular. Their slanted golden eyes. Although their skin is perfectly human-like they have no scales. They have palmet hands and feet and glistening pale skin. Before its destruction their planet mainly covered by oceans and insular luxuriant lands was an absolute paradise. Now unfortunately ransacked by the Grails. They now have found haven in a distant planetary system. They are protected by the galactic federation.



Kur

Now Xi Orionis (Dillimuns). Now you have the Kur, also called Golden birds. They come from the planet Dillimuns in sea orionis, a system of four planets. They are very old race and they're related to the Anunnaki. What they do with genetics is quite incredible. There are humanoids with bird genetics and features such as duvet covered skin, crest of feathers along their spine and a falcon-like head. Their peculiar color is due to golden liquid. They bathe in too which expands their lifespan. I wonder if it's not monoatomic gold? These are directly involved with the Anunnaki altering terran human genome, they were working with them. They try to join the galactic federation but it's not yet a deal, because they don't fulfill all the requirement to be as peaceful species.



Egaroth

Alnilam (Zagara) the central star. This is an amazing bright and beautiful star it's a central super giant in the orion belt. We have here Egaroths from Zagara.

They are very special because they are very ancient race and culture. They are very benevolent and they nearly disappeared those from Zagara. They are part of the famous council of five are catapult orion elders.

The Egaroth are tall pale skinned with a large skull and appearance and serene wisdom. They are spiritual highly intelligent race and do not take interest in conquest. This is Annax race. They were by the past before the Orion empire flourished a highly advanced civilization. They were there before the Nebu. They were spread on many worlds in the Orion zone.

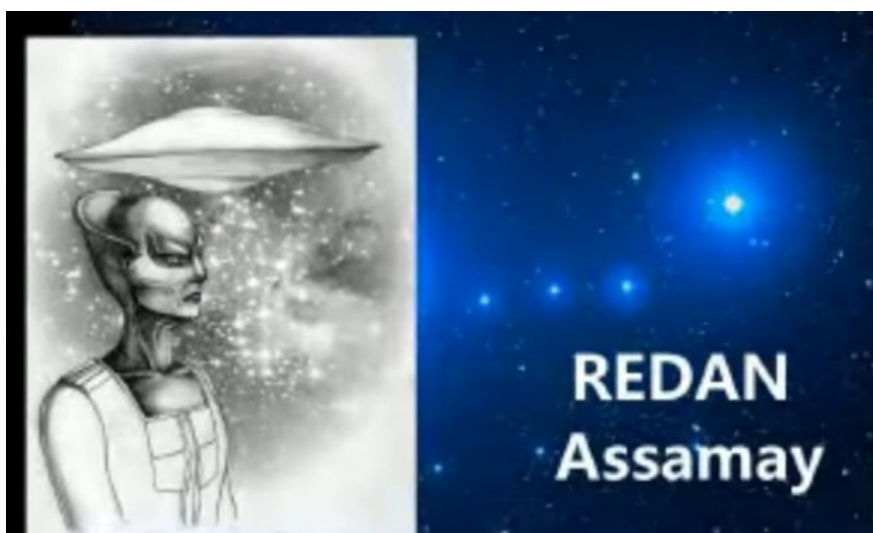
Their skin is pale brown to pale grey. They have no hair, slight tiny nose and magnificent eyes, often indigo with clear blue pupil. They are very spiritual and can materialize until the ninth density. There are hermaphrodites with the ability to polarize when deciding to mate. So they have their main world original Alnilam, the central star of Orion and these are the Orion people who are involved in Egypt.

Yes these are the ones who colonized Egypt. They were involved in the construction of all monuments, and these are the ones the legend tells, that when the ancient god Ra was tired and old, he decided to go back to his home in Orion and it was Alnilam/Zagara.

So the Egaroth of Alnilam, they are not very numerous, but they have a colony now which has flourished on Meissa, called Daro. And who lives on Meissa? Annax from planet Daria.



The star system is Daro, the planet is Daria. They are very ancient original race from Alnilam. The colony escaped after the attacks of the Nebu in Alnilam. The colony still lives in the Zagara system but the main Egaroth civilization is on Meissa now.



Redan

You have also in the Meissa system the Redan. The Redan are from the Assamay planet and they're part of the council of five as well. They are also an ancient species, very benevolent.

This council of five it has been formed to fight back the Nebu, the takeover of the nebu in the Orion zone and it was formed way before the black league. It was formed at the origin nine races. It was created by the El-manuk and they created this council of nine to protect the populations of Orion. Not all the nine races of the council were from Orion, they were only all races who want to protect these people in the Orion zone from the Nebu. Exactly the same as the galactic federation does now to protect the galaxy against the Orion groups. The council of five let's say that is the first draft of the galactic federation of worlds all fighting against the Orion groups, the malevolence Nebu.



The black League

More specifically you have the black league also, which is on this three-star system Meissa, Betelgeuse and Alnitak. The black league is was formed after the council of five. The council of five it's the wise elders, it's the ancient races not from all from Orion. I think only the Egaroth from Orion. And they are were there to stop the neighborhood takeover, not really managed it. But there after they were nine at the start, they became five when they decided to not only protect Orion but the whole galaxy, and some of the races left or somewhere extinct. They were then five. It's a whole chapter on the council of five.

But then the black league it's different. It is also the same purpose as the council of nine had at the start, protecting the local population of Orion against the Nebu. But they are not like wise old elders who protect. The black league it's the rebels, it's the army of justice, it's the rebellion. They had a great impact in the Orion wars against the Nebu. They are great, we support them.

Summary

Orion is teeming with life. There are many amazing peaceful civilizations there, but also evil empires. You have the Nebu (the alliance of the six) or the Orion group. Three names for one structure, the same thing. The headquarters are in the m42 nebula cluster the square, the Kaaba, and the logistic is on Rigel system. It's the two centers of the Nebu, those who signed with the mj-12 on earth. They Nebu were composed of local races such as the Eban, Grail and indugutk. And they have allied with three other races from outside: Maitra from Andromeda, Kiily Tokurt from Vela and Ciakahrr from Thuban. Ciakahrr are the only race that are not greys.

The Nebu and the Ciakahrr are two powerful entities who are competitors. So you don't want to be competitors so you're going to ally make agreements with your enemy for certain things. The

Ciakahrr and the Nebu are working together on earth for their own agenda, but they managed to work together not to fight each other. They managed get along – that's why the Ciakahrr have a foot in the nibble as well. It's diplomatic.

Then you have the reptilian collective of Orion. That's something that is again different. It's not the Nebu. It's the whole um reptilian collective of all the gray races, because the grays are reptiloid. These are looking to their own interests and they're not with the federation, they are really against them now.

Then you take Orion and you take the whole galaxy. Zeta reticuli, Vela –different places where you have grays, cultures – it's the grey collective, who are working together for despicable agendas. So the nebu are part of the great collective of Nataru, the galaxy. They're interfering on earth.

The orion Nebu, this evil empire and the reptilian collective of Orion they are working with the cabal on terra. They are working collaboration with the reptilian Ciakahrr empier. They are working in collaboration with the renegade Taalshiar from Alcione. And all of these are against the galactic federation of worlds. They are fighting against the galactic federation of worlds.

The galactic federaton of wolrd has nothing to do with Orion. They are opposed to Orion.

Questions

The council of 5 was at one point the council of 9?

Yes. The council of five was created by the Almanuk, very ancient race. then you have the Egaroth, Redan, Orella and Ginvo. They were nine at the start, because three races went extinct and one, the Marvel left.

The marvel left because they weren't okay with protecting the whole galaxy, Because they had enough to do with the Orion zone. And they said “no it's not wise, we are not putting our civilization and our forces at risk, trying to save other people than this zone, because we're not strong enough. Sorry we're out. We respect your decision but we are out.”

Three other races were decimated by the Nebu, five were left. They decided nonetheless to keep on fighting and building projects to help other species in the galaxy threatened by the Nebu. So they allied with the galactic federation of world when the galactic federation of worlds was created and they work now together with them to help humanity ascend and repair their dna.

What about the infiltration of Egypt and Orion?

Egaroth from Alnilam. There wasn't only the Egaroth in egypt, there were also the Lyron, Ahil and Laan and where there especially the feline ones. They had a colony there, the Egaroth They were at the same time there as when the Anunnaki was still there and they had sort of conflicts with them. They decided to leave and there is a text in the pyramids, it is next the to the unas complex area. It's written, it's engraved in stone, this legend. There were nine gods plus one: Ra, the king, the chief. They were the gods who were reigning on Egypt and one day Ra decided, he was too tired and he was missing his home and decided to come back home in Orion. It is written in: back home in orion (Sahu, the same of Orion. So he decided to leave his descendants to reign on the colony, and that's the whole story of Seth and Osiris.

Are there any humans in Orion?

Very good question. There are humanoids in Orion. They are mainly colonies from Lyra, because all the human races in the galaxy have been seeded from Lyra from the P'tal in Lyra system, and so

as there are humanoids in the Orion. They are all benevolent. They are not involved. They are part of the the oppressed cultures. Remember I told earlier on about this Ahel colony from Lyra, the Asban who have been caught by the greys and by the grails from Mintaka and they have been hybridized, reduced into zombies. It's horrible and bred with the Zeta Reticuli, Gzrok , Shambali. It's horrible what the humanoids endure in orion and the black league and the council of five have been really defending them. There was a lot of humanoids in the black league, it was mostly humanoid structure.

How can humans live there? Are they underground?

No they live on their worlds and I don't know.

What meditation they use in Orion? Or they rely more on different methods for their spiritual evolution?

Before I ask Annax to take over and show us a little attunement that he's used to do every day on his this planet Meissa, I'm going to thank Akvaaru, renegade taygetean Taal from Alcyone, who has bravely broken away from his regime world, culture, family to join the galactic federation, to help fight the Nebu, against Ciakahrr, the Orion group and against the kabbal Akvaru is now dedicated more particularly to chase those of his kind the Taalshiar from Alcione renegade Taals, that are interfering into the affairs of earth. The galactic federation is working at helping us evolve ascend. They are sacrificing their lives, clearing up the underground alongside the earth alliance or the white hats. The earth alliance being the alliance of the white house and the galactic federation of worlds brave earth alliance that we need to honor, because if we when we will win this war it will be thank thanks to the earth alliance of the white house and the galactic federation of worlds.

I want to say that there is a lot of confusion. Listen to your heart. Listen to what people in high places are telling you about who is protecting us, and focus on the one job you have to do: dixit our favorite Ahel commander: raise your frequency, raise your vibration. And as Val Thor told me, the galactic federation of world will never let us down, they never had and they never will.

Meditation of the Laughing child with Annax

Elena: He wants to talk to you before the meditation. The council of five is not five it's not five people, it's five cultures and each culture has its own council of many people. So the Egaroth have a certain number of people in the Egaroth entity in the council of five and Annax is one of them.

Annax: Children of light, royalty among the stars. Clouds of sparkly stardust. Your souls are shimmering on the disk of the galaxy. Picture of thousand suns. You are dancing in the greater community of the galaxy. Egaroth are looking after the balance of Nataru, alongside our four other races composing our council, all looking after peace, justice and the elevation of consciousness in this galaxy. Our work is led where darkness dwells in a disbalance level. When the ratio of darkness is creating a disease and a hole in the piece of this web ,of this galaxy, a hole in the fabric of the beautiful dress of Nataru, we intervene. And as much as we can we repair what has been altered. We give back the opening, the keys of consciousness to the populations attained by darkness.

We are helping you on terra since a very long time. We are not a military force. We are a spiritual force. Wisdom and science – our weapons. The council of five is looking after you in the silence not naming ourselves, never you hear about us but dance you are with us. Many of you sometimes coming on our ships. We are in the silence. You do not hear us, you do not see us, but we are here. We educate the children in their dreams to the millions of memories and their possibilities, that are contained in their souls. You are children of light. All the children know us, the new wave. We are

taking you many of you with softness, respect and care, repairing your dna, reactivating your abilities, reconnecting you to who you are. This is our work.

The galactic federation “Ora a naturu shari” works alongside ourselves, maintaining peace and balance in the galaxy. We are seekers of peace. We walk by the ethics and the laws of evolution. On my world Daria we cultivate the connection to source in every little act of every day. It is through all the little actions that you do from the moment you wake up to the moment you will go to sleep. All these little acts – they need to be connected to source. Do everything with a smile in your heart – even if it is a hard thing to do. In war as the warrior Akvaaru was saying, fight with a smile in your heart, not of joy, a smile that forces victory. If you manage your heart to smile inside while you fight, you manifest victory. Akvaaru is a brave warrior and brave warriors have acquired wisdom, the wisdom of the battlefield.

Our battlefield as Egaroth is on the spiritual level. We are here in Uruana area, because the darkness is heavier than anywhere else in this galaxy. This is here where we are needed, not where the light shines but where the darkness dwells. This is where our work is.

It is very difficult. We have protected Darias and Zakara by a frequency shield lifting our frequency into a higher density. Darias are shifted to the seventh density. Then the Nebu cannot reach out to it, it is invisible to them. But from this higher density we are lifting as much as we can, the frequency of the Uruana zone. And how we do this? It is by raising our own frequency and we broadcast it from our seventh density world, and these waves of high frequencies disrupts the work of the darkness, it lowers down the power of the Nebu, it lowers down the aggressivity. Higher frequency is broadcasted, tame down aggressivity, takes away a little bit of evil in the heart of some beings.

We taught this technique to the galactic federation supervisors, and now they know how to broadcast higher frequencies to elevate the web of some places in this galaxy. They do this in your star system, they broadcast high frequencies on terra to take away the forces of the occupants, Nebu Orion group as you say, and reptile Ciakahrr. High frequencies take away their power and they're doing it in all your star system now, on mars.

You need to raise your frequency and when Thor Han tells you to do it, this is why: because you become a beacon of high frequency. It is not only for you. It is for everything that is around you. Do not care about anything else than raising your frequency.

And this is a short way to do it. You can hit the metal.

Hear the laughter within your heart. In your chest there is a laughing child. Remember a moment in your childhood when you were laughing about something funny, or maybe a moment of happiness. Hear the child laughing! It is like an echo coming from far away in your memory. This laughter takes over all your body. The child is laughing louder. And as the sound of the laughter of the child becomes louder, it becomes closer within. Laugh with this child. Nothing else matters. This child makes you laugh.

You have the right to laugh, you are authorized to laugh, you are entitled to laugh. It shakes your body. This is like a fountain of joy and the laughter, the sound takes color and light. It is now a light it is now a golden light sparkle with million stars that every contraction of laughter generates, every contraction of laughter sends out a wave of sparkly golden stars outwards of high frequency. This is a very high frequency.

When you find a laughing child within, nothing can harm you, nothing can hurt you. You are invincible. And everything you do has the strength of your maximum possibilities. Laugh inside and keep outside the armor of the warrior, and the strength of the laughing child is the strength of the warrior. Yes, you feel this energy in your chest. This is the high frequency. this is the highest, highest weapon.

And now you are the beacon of higher frequencies. Pulsing waves of light coming from only you .You are the generator. This is how you can also do a simple exercise.

1-6-2021 – Q&A - Vega

https://www.youtube.com/watch?v=9Clq_SUoOnY

Were we go for a new adventure tonight, traveling to a Lyran star system Olmica, known by the name Vega.

Q&A

Have you heard about life-changing solar event?

I have and my answer is: there are solar flashes all the time. The sun has cycles and you should not be scared by frightening predictions, who lower down your vibration. There is a lot of information meant to scare people, and it's going to be a lot more of confusion as the weeks come. Confusion coming from everywhere. Do not be scared. Even if there was a catastrophic solar flash it wouldn't be that catastrophic because the galactic federation is looking after us and would protect us.

Is there black melanated ET?

Yes they are and the video about Vega people will bring some questions I hope.

Someone mentioning on his youtube channel that an Ashtar group started to do trafficking and broke treaty when somebody speaks about the Tuha de Dannan.

There are two Ashtars: a) The Ashtar collective who was from Sirius b who was at the start created to fight the Nebu, but they were subverted, they were infiltrated by the Nebu and reptilians. So no faction broke from them and they named themselves not the star collective, but the Ashtar galactic command. And they are mercenaries offering their service. They are not linked with the galactic federation. They have nothing to do with them. Sometimes they work for them as a military force.

I haven't heard about that that would be then the Ashtar collective from Sirius b, they wouldn't be allowed here first and the liberation of the undergrounds are going quite well.

Dinosaurs of terra were created by the Ciakahrr?

I am afraid I do not have the answer to this question.

Are there galactic courts?

There are courts, where there are royalty systems, so I suppose everywhere in the galaxy but there isn't one galactic court, it's many federation, many alliance, many councils and there isn't one master of the galaxy.

How many times a day should one strike a tuning fork to heal an ailment?

If it is unweighted tuning fork as many times as you want, but if it's weighted two three times should be enough.

Is an alien race in the ocean that looks like stingrays?

I haven't heard about them.

If we were incarnated as a Sirius A, polaris aldebaran dracula Lyra, what's the frequency connection?

I do not know. Every genome has its frequency connection. I do not know about this subject.

Do you believe in god?

God is a concept of a primitive society, such as earth. People apprehended the divine and the source as a being of power. And you know god was a concept, and it has been transformed as like an old man on his cloud by Rome and the institutions just to control people by fear. The extraterrestrials who have reached a certain level of consciousness do not have gods. They believe in themselves and their connection to source, source as the supra consciousness creating the universe. And the populations of course of lower primitive evolution in consciousness, of course they create the concept of gods to explain all the natural phenomena. So it is all due to at what stage your consciousness is.

If I am using med beds upon foreign ship,

I have had but you know the contact with these beings just helps your vibration to stay high.

Somebody scared because their family have decided to take something in their arm.

It is free will. You need to respect that decision. Do not put on your take upon your shoulder the burden that others have decided to carry. Say what you think but then they are the ones to decide. And the law of free will it is universal. You don't want the deep state to decide for you to force you. Do not try to do the same to act like them. Show the example by following your own principles, and who will see the good in that will follow. Otherwise it's everyone's their own path.

After getting a merkabah this person can remember their dreams better.

Yes, because the merkabah lifts your frequency and it clears up the lower entities, the lower frequency and then your consciousness can reach higher states of dream.

Could you please ask Thor, when we incarnate on earth we forget who we are. It is only on earth because is it only on earth or because of the dark forces or the same in the whole galaxy?

When we incarnate here it is because if we forget it is because we incarnate in a very low density, comparing to the density of our being. So the difference, the process in this matrix because also there's a it's locked frequency here 3d, we forget. That's the process. It works like this. It works when a being of a higher density incarnates in a lower density. It's always like this and it usually works like this everywhere in the galaxy, except when you incarnate above 3D. Then you don't forget. That's what I've been explained.

But more and more as we raise our frequency the children who come are offer slightly higher frequency and higher density and they start to remember. You have more and more children for instance the new generation, they remember flashes of their past lives or where they come from. So it's because the density and the frequency is rising.

Situation update

I have so personal things to say before we I start to talk about Vega. Akvaaru cannot be here tonight because he's working, and he's quoting his tasks. But thorhan is managing the contact.

So I pass on messages from Akvaaru who just wanted to say is the warrior Taal. He was born in the system of Alcion the renegade Taals from Taigata who created Taalshiar and who are against the galactic federation and who have allied with the Nebu orion and the kabbale and all the friends of them. Akvaaru left, he betrayed them and he joined the good cause, he joined the federation and so Akvaaru is fighting the Taalshiar, his own people.

He brought news lately that the galactic federation had caught a ship belonging to the Alcione Taalshiar in the lower bit of the atmosphere and they after warning them they managed to force them to leave, and he confirmed that they will not come back. And that their contact in the underground of terra, who is of the reptilian species, he confirmed it, local earth reptilian species but working with the cabal has been located. So that's akvaaru updates with his Taal saga.

The alliance is conducting good operations and the DUMBs are still in the process to be cleared. The war on mars is also full beam and not over. The martian resistance is still fighting the Ciakhr invaders. The galaxy federation tries not to cause casualties. They have empowered the resistance to fight for themselves, but also the galactic federation is looking after all above surface of mars and all the ships and the fleets coming and going, especially to the dark fleet.

Thor Han doesn't give me more details of the aspirations for reasons that you understand: safety of the operations and safety for me, because me not knowing what's happening it's protecting me.

...

About channeling

People are confused about what is channeling.

Everybody wants to do channeling. Know that channeling can be very dangerous, if you do not know what you're doing, if you have never done that before and if you have no particular skill, because there are AIs and predators and spirits that are looking for people that just open their channel to just step in. So you must be very careful with that.

When you connect to y entities that are um available for you – it can work, but you need to protect yourself. You're gonna have a little a trickster that's gonna say “hi I am Ashtar... or I am the king of wapala...”

I i'm telling you what my type of channeling is, why is it safe, because I am an experienced shaman from heredity bloodline of this avatar. Since my childhood I have communicated with the gods, with the spirits. And I am used and I know my enemies. I have an amazing protection and no one knows the extent of it, because I'm not telling who these protections are above and below. But also when I do channeling with Thor Han for instance I use a technological device which is an implant. I have somewhere in my body which I activate and it's like a radio. So I can use it for telepathy, or I can do what is called channeling but via technology device. This difference via technology device I connect with Thor han and I allow him via the device manipulate my upper body to speak through me. That's how these implants are powerful. It's always very protected what I do not do.

The regular channeling which involve no device and just like this that is super dangerous, because you invite a being to come into you and manipulate you. That's what real channeling is and it's like possession and I don't do that. What I just do is remote contact when I do channeling with Thor Han via the technology device I have in me. It's a remote quantum connection. He never comes into my body. He just manipulate my head and my voice from the station remotely by distance.

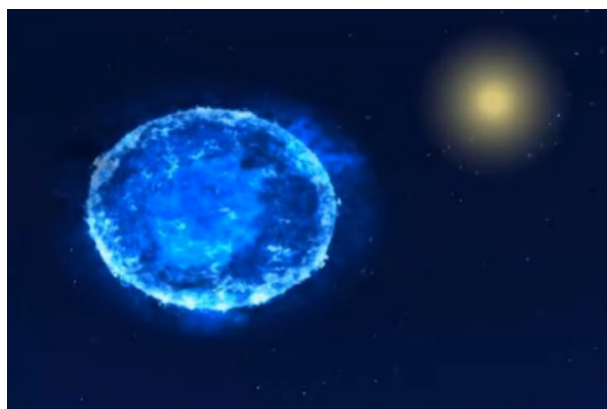
Do not try to do channeling unless you have a device that allows you to do it, otherwise it's at your own risks. ... I am going to explain that in my next book that I nearly finished.

Vega



This is Vega, it is part of the Lyra constellation. Lyra this name means a little music instrument. It's been named from earth, but it's not the name the people gave. They do not give names to group of stars they give numbers, the locals.

There are different races sharing the planetary system called Vega. It's located 25 light years from earth and this is a clear blue star. The local populations have named it Almica. It is surrounded by a haze of debris sturdy breeze, giving it a particular halo.



Due to the exceptional gravity speed its shape swells at the equator. it's absolutely beautiful, once you're there.

It shelters 12 planets and all are colonized. Even a huge one which was meant to become a dwarf star and was altered in order to allow life to flourish. And on the other 11 worlds.

Here you have Vega and star the little yellow haze on the top right corner is a representation of our sun, so you have the difference of size between Vega and our star.

For the inhabitants of this star system it must be really beautiful. Imagine a blue sun, huge in your sky and around it a halo of blue starry haze. It's it must be absolutely magnificent. Imagine a sunrise on one of the planets of the Vega. This star turns very spins very fast, that's why you have this swelling at the equator.

So 12 worlds harboring life, all sorts of different life forms. I am not going to go through all of them, but through those who are interesting us, who are interacting with us.



Adari

This handsome young man is an Adari. The Adari are a Taal colony arrived as refugees from the attacks of the Man system by the Ciakahrr. The famous Lyran wars, the Man star system Kepler 62 was attacked by the Ciakahrr empire, the reptilians from the Draconis zone.

This Taal style colony migrated on the first planet of the Vega system Adara, so although they resemble to a particular Vegan local species, they are for different genetics. They all make Maki who are not in my book, because they're not interacting with us. Who are humanoid with tan skin. But they resembled to the Adari, but they are not, although the Adari are tan to bluish skin. They evolved towards brown, so they are dark melanated people with bluish shades. It's a beautiful color, beautiful beautiful! Imagine a very smooth perfect brown dark skin with bluish shades, regarding to how the light catches it. It's absolutely beautiful people. This change of skin color because the Taal are caucasian looking white pale skin, this change of skin color is due to the radiation of Vega star. It has changed their melanin in the skin, you know they adapt to the radiations of the star systems where they go. But what they kept is the clear crystalline Taal beautiful eyes of the Man species, the Taal have beautiful eyes, often golden, clear brown, green, blue it's very rare but green and gray. They're fascinating people. So imagine these people with this beautiful melanated skin with bluish shade and clear crystalline eyes and mainly dark hair. They are beautiful like the Osma of the fourth planet.

The Adari have adopted the same fashion of long robes with high neck and large sleeves and this has become a significant fashion of the Vega system. The long robes with the high neck and long sleeves like this as this young man is wearing. This fashion has really spread on all the planets of the star system as really typical fashion of the Vega system.



The Adari had an input on terra in the area of India a long time ago, where they temporarily settled a colony, quickly chased by the Ciakahrr invaders in ferocious conflicts. The Adari in India a very long time ago and who have been taken for god with bluish skin, they are still remembered in the vedic texts as the blue race of gods who came from the sky. The Adarian are now involved in the programs of the galactic federation of worlds to protect terra and their ships have beautiful profiled elongated silhouettes. There's a lot of Adari star seeds, they are part of the envoy program.



Elevar

This is another race that lives in the Omeka Vega system. Elevar. The elevar are an Ahel colony who arrived after the Taal in the Vega system and settled on the third planet of this system, Levak nor. The elevar Ahil reproduced as precisely as they could their lost civilization from the Man mother world. So this is an Ahel colony, that arrived shortly after the Taal colony, both coming from the destruction and the ransack of their beautiful man system by the Ciakahrr. This colony of Ahil interestingly entered a cold war with their neighbors and cousins Taali on the first planet Adara - which draws attention upon a contentious history from the time. The Taal royal family made an immunity deal of their own with the Ciakahrr enemy in order to escape safely to Vega.

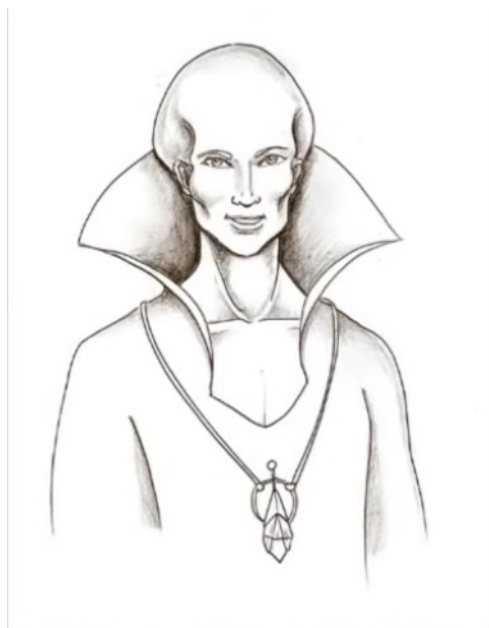
When the Man system was ransacked and attacked by the Ciakahrr the Taal were the ruling elite class. They were considered themselves as royalty and they were truly ruling the system, they were ruling the Ahil, the Noor and the other ones. When they saw the Ciakahrr arriving they made a deal with them. The deal included allowing a window of time that colonies that could flee and

survive, but also in exchange they would give themselves away to the Ciakahrr, the royal family, the Taal royal family from Omanjera in the Man system sold themselves to the Ciakahrr secretly and there was a deal as well. The Ciakahrr cars told them “you will be very, very powerful and etc” They didn't know what they were dealing with. So what happened, the colonies left the Man system. There were two ships who fled the Man system, two ships of Taal in the direction of the Vega system. That that's what disturbed everyone – they were escorted by a fleet of Ciakhrr ships to the Vega system. These two different Taal ships where. One was the royal Taal family from a Omanjera, and the other was the elite running class. There have been other colonies often elsewhere in the galaxy. They were not the only two ones.

As they approach the Vega star system, the royal Taal ship turn route and let the other ship keep on going to Vega. That became the Adari, who settled on the first planet. That was surprised for this future Adari, what the hell are they going? Nobody knew for a long while until they were located. They were offered a residence in the Orion zone, and there from the orion zone they migrated to Mirza I don't know why. So there's a bad record for the Taal royal family.

So the Taal and the Ahil in the man system I suppose they were going on well together, it was all right. There's nothing recorded as war between them. But it's when power got into the equation you know sometimes it reveals people. You have the same pattern that occurred with two other colonies Ahel and Taal in the Pleiades. Taigeta the terra formed planets in the Taigeta system, the Ahil and the Taal were there and they had a conflict. The Taal wanted wanted Erra the planet where they are made for themselves. So a faction of this Taal from Taigeta broke away and they became renegade Taals and they settled in Alcione and we know the story. They joined um the bad ones. So there's always something with the Taal, an ego. The Ahil, they are so pacifist.

This lady is an Elevar, colony of Ahil from Man system. They settled on the third planet of the star system vega. They recreated their environment and they are very linked to operation on earth with the galactic federation. You know the Ahil have these wide eyes. The Elevar as have a little less wide eyes. There are different variants in the Ahil. You can find Ahil who have modified themselves a bread with Taal, who have more smaller eyes. The Ahil of Erra are a very peaceful society, technologically very advanced. The Elevar hold the archives of the vega system and as well as on osma. They really have the records of the Taal royal family breaking away.



Ozman

The Ozman. The Ozman live on the fourth planet. First planet Adair, third Elevar, and fourth planet Ozma. This is here a peaceful humanoid race. You notice the fashion: high neck long robe, large sleeves. They are very peaceful and they were here long before the Lyran wars and their refugees colonies, and they have evolved a step further than the more recent Taali on Adara, although they are related, believe it or not. They are related to the Taal, but they're so ancient, they broke away from Lyra, because you know all the humanoid races in this galaxy have been seeded from the Lyran zone. They were once Taal, but they have evolved very. When they evolve their skill change and they sometimes have bigger head. They're very beautiful race as well and they're very advanced, extremely advanced. Really that's a level up above the Taal and the Ahil, above the Adari and the Elevar.

They are tall hairless and their cranium volume has widened with adaptive evolution. The shape of their face is triangular. Their skin is pale grayish, pink pale wide eyes. Ears are barely noticeable, the mouth is narrow but with lips and the nose is long and narrow as well. They like to dress in long robes with high neck and wide long sleeves, which gives them an amazing look. Slender, tall, beautiful people.

The planet Osma is quite gloomy in appearance, but the urbanism is impressive in elegance. So you have this this dull and gloomy planet and the architecture is really contrasting considerably with the dark volcanic landscape. There are green translucent buildings and domes translucent few elevated constructions.

They are part of the galactic federation of worlds programs for terra protection and they are involved in diplomacy as skillful peace ambassadors. The Ozman are often working as ambassadors when you have delegations going to some worlds to negotiate peace. Ozman are in it and Emerhters as well. They look like a Emerther a little bit, more human looking.

They have long oblong fine ships.



Puxhity

That's another Lyran colony from man system. This is a Noor colony. These ones are very interesting. Why so many Lyran colonies in Vega, because Vega is not very far from the man system parsec wise. Here are the Puxhity. They also live on the fourth planet Osma and um interestingly they are a branch of columns descended from the Noori, escaping the Lyran wars. The Noori are the tall blonde nordic giants, very tall, like eight feet tall. There was an ancient Taal colony also settled there so they bred with them also. So it's a mix of Noor and Taal, but they look more like Noor. They kept the size so adapting to the conditions of their world. They evolved to have red hair.

This race of Noori also visited terra when they interbred and were remembered as the giant red-haired legendary people, the Puxhity form Vega.

They have been very influential in the development of several south and central native people of America and left many traces, notably the name of their star Olmica, remembered as the Olmec star people. At one time over 2000 members of this race were living among terra humans. They left when territorial tensions on Terra increased, leaving 25 of their people behind to guide the terrans.

Do all these extraterrestrial races have in their planets similar political and racial problems, as we have on earth, or is it that we are too primitive?

We're not, we're learning and we're doing very. Racial conflict and misunderstanding it's all based on ignorance. Ignorance of the other and this occurs when the civilization, the culture is still uneducated and locked in consciousness by overwhelming systems, such as religions or you know things like the ones who have different skin or different belief is bad. You know children when we come as children we are not racist, we get on with everyone. It's a certain type of toxic education, who made of certain people racist. So this is all due to primitive systems of education and mind conditioning that make people fight each other upon their differences.

That doesn't only occur on earth, it occurs on as well in other many worlds, who are still locked into these systems. So we can call it primitive, but I wouldn't say it's primitive. It's unfortunately mind-controlled societies, who do that, because nobody is born racist. We're all tolerant people. It's the education it does that. Of course we're not the only ones to be in this toxic pattern.

...

Could you a photo looking at the window of Thor Han ship. looking back at earth when you are up there next? Would help greatly on our journey.

Elena: I'm not allowed, because they don't allow us to bring proof of their existence, as disclosure and this extremely well regulated. But I can draw. So that won't happen. I'm not even allowed to bring back objects although I have some gifts with me, but I'm not disclosing. You can't, it's disclosure. Be patient. Things will come in time.

These were Andromedan in the Vega system. They have a colony there. I haven't mentioned them because I forget to mention them. That's why sometimes you can see people looking like Andromedans coming from Vega, but wearing this tall neck and long coats with long sleeves. They are very very well involved with working with the federation on.

There are so many others. That's a little overview of the main ruling cultures there.

There are also Laan (feline people) there, but there are very little group. They are quite discreet. I think they live on the fourth planet. The fourth planet is very big.

Now that vega have come to help will they may wake up their star seeds?

Elena: They are waking up their star seeds, their envoys, absolutely, it's happening. They are doing it.

They are a lot of Adari, not so that much Elevar, not that much Ozman. The Elvar and Ozman are involved in working in tactical operations in the galactic federation and diplomatic with the Ozman. But that would be the Adari from the first planet who are really involved in the envoy starseed.

Are the Lyrinid asteroid showers remnants of the Orion/Lyran wars? Is vega related to the central sun?

Elena: To my knowledge when you see you are announced astronomically about an event of for instance a shower of asteroids and it bears the name of a constellation, it doesn't come from this constellation. ...

The earth evolves around the sun on an orbit and in the way there are clouds of dust and little asteroids. Every time on its way when the earth the earth crosses these clouds of dust, this solar system is full of dust everywhere and so this becomes meteor showers, shooting stars. They're too tiny to crush on earth and even though the galactic relation is really taking care that nothing falls and harms us. Why these clouds were just there in our solar system as stationary they are the names of some constellations who are so far away, because when the earth passes through this cloud of dust it seems like they're coming from for instance Lyra constellation, but they're not. It's just because at that moment the Lyra constellation is just behind in the sky. It's visual illusion.

Can you tell us about what dimensional level the Adari are spiritually?

It's not dimensional, it's density of consciousness. Dimensions are parallel universes implicated one in the other, and each one of each dimension has different layers of density. It's like you see the universe like a town with buildings and each building represents a dimension, and the densities are the floors, and the top roof level is the connection to source. So they are shorter, bigger levels.

Each parallel universe has a different set of densities. Some universe have a scale of like four densities, ours have thirteen, well 12 plus source. Others have 20 40. It depends.

So when we speak about spiritual development, spiritual evolution we speak about density. A density is a rate of frequency of matter, and it also goes with an opening of consciousness. A frequency is the vibration between two elements, can be two atoms, can be anything and the faster it vibrates, the higher it is in frequency. When it concerns matter it becomes density and matter vibrating faster goes into a higher density. When we are told "raise your frequency" means also it raises yourself in a higher density. When matter vibrates faster/higher rate and you becoming a higher density vibration, higher density you can even become invisible to those who stay down. You are less limited by matter and the monkey mind of the avatar, and your consciousness opens and reaches out to a wider consciousness, a broader connection with the universe. That is why raising intensity and consciousness is about.

And dimensions is parallel in universe it's something different that doesn't enter in account of spiritual evolution.

The Adari are fifth dimensional. They are moving from five to six. I know there are some Adari groups who have even got to the seventh.

What's the difference if they leave their planet and come to ours? Does the air feel heavier for them?

Of course, that's different air. We are all part of a big family from Lyra ancestry, Man's k62 system. So we are all carbon-based beings with either different bloods (can be also copper blood, can be different things) but we are mainly carbon-based creatures hu-man, the humans, the entities from man system and so we are pretty much similar. We breathe pretty much same air. We're not going to breathe in sulfuric acid or things like that. So it's easy to adapt to different atmospheres between all the different hue man races, all the humans are adaptable into the same atmosphere and gravity more or less.

But of course when for instance Adari they are going to come visit earth physically, they are going to feel it's so dense here and the gravity also is different so the and the air is different. They can poison themselves, so because it's a very the breathable atmosphere it's a very precise little ratio, so

they have tricks for that. They can either modify themselves genetically if they plan to come and settle. Otherwise they can also breed with the population. It's settlement at long term.

But if it's just for a short visit, they have two things and I've experienced it, because I went on Venus and I going to tell about it in my book. They have two things that can help you and as well on the station upstairs. I'm having the same treatment is true. Either they give you a belt that is not only a frequency belt that adjusts your frequency to the place you are, but also that regulates all your body, that changes the oxygen in your blood. I don't know what it does, but it adapts you to the environment, it creates like a these belts, called frequency belt, they create like a shield sometimes if needed as well, to enable you to be in search of certain environment. As well, I've experienced this, it's a bit weird.

Second thing is they have compounds, you can drink or take pills (I never take any pills) but they make me drink. The drink is a shorter effect, so it because I never stayed long. It's I don't know what's in it. You drink that and suddenly you feel the gravity, the feel of the gravity changes. It really changes and you can breathe better. You become busy for dizzy for a while and then doing like minutes.

How to wear a Merkaba and how to spin it?

Yes masculine merkaba upwards, feminine downwards, sky and earth. Always use it from left to right clockwise, as if you stand on a clock.

Do the vegans have different types of blood like terrans? How they reproduce themselves?

The Taal are very close to us with blood, they nearly have the same blood, the Ahil as well. I don't know about the Ozman but I wouldn't be surprised that it's a carbon-based blood as well.

Every planet has only one type of blood. For instance an endemic original race to a planet, totally indigenous - all the individual individuals will have the same blood type. It's when you start to have colonies or inputs rehybridization that blood new blood types got mixed like on earth.

I know Adari and the Taal totally do like us. the elevare who are Ahil they have a different level of experience in the act of reproduction. They do like us with a higher dimension of experience.

Adari and Elivar have red blood. But I wouldn't be surprised if the Adari blood changed color a little bit. because their skin changed.

Do the vegans and the galactic federation believe in one god that created all things? Also where does the Ashtar command fall? In the federation? good guys?

The vega civilizations reached a level of consciousness that doesn't recognize religious systems anymore. Even before they left k-62 they the system they already didn't have this belief in gods. Although in their primitive beliefs they believed that their star Man was a goddess, was a feminine entity. They don't believe in gods as entities, but they believe in something they call "source" and they even give them a name in the Man cultures "imanna".

The Arcturians also recognize this name imanna, the great mother of all, the great or creator. But they don't say to goddess. it's source. It's not concept, it's a source of all life and all energy that stands in between all the universes.

The ashtar command is you need to be very careful, because there's a lot of people who think they channel or communicate with ashtar, but there's a lot of AI actually who use this name to trick people. So be very careful. I have explained already many times about the Ashtar, but I can just clarify because maybe you're not the only one who wonders. The Ashtar alliance was created in the Sirius B system to fight a long time ago against the Orion group of great Nebu. Unfortunately the

Ashtar alliance got infiltrated by our reptilians and greys from Orion and they became subverted, and they work now with the cabal and everything. Ashtar alliance.

The ashtar command or galactic command it's something different from the Ashar alliance. It is a breakaway from group from the Ashtar alliance. Some of the personal which is a military organization decided to break away from the Asthart alliance because it was corrupted. So they left and they built their own stuff and they are mercenary military service. They don't have a world, they live on huge motherships and they are an entity of their own. The ashtar commando ashtar galactic command and they are good guys. They are working at helping either the Andromeda council either the galactic federation of world either the council of five. They are good mercenary service and they thave an outpost on Jupiter in this star system. They work as a service for the galactic federation. They have nothing to do with them, they work for them as a service. The actual galactic command nothing to do with a bad side of the ashtar alliance, which is something different.

Is the galactic federation headquarters are located in the Vega system?

No, they are not. I'm not disclosing where they are, but they are not in the Vega system.

How long ago was the Lyran wars? I also wonder how long the Adari Taal settlers spent under the vegan starlight to evolve bluish skin?

Look in the book: The man system and the Lyran wars, I know it was many hundred thousand years ago. So the Adari suppose spent a very long time to evolve with a little bluish skin.

Do they practice martial arts in Vega?

Ahil and Taal they follow a routine which is named which is the Ohorai way. It's a regular daily practice. It looks like tai chi or Qigong. It's a meditation, they call it attunement to source and to themselves and to source. They do that every day, every morning before starting their day. It's a sort of type of yoga, they are tuned with source and with their power. It's an amazing way of starting the day. It looks like martial arts. So you may have seen something or remembered living there and practicing this.

Status update

My channelings are not regular channelings. No one comes in me. I allow no being ever to come in my body. It's my sacred space.

What I call channelings is a contact through a technology device that allows remote to remotely control my upper head, my upper body with my consent and nobody is here, just me. I'm still in my body, I'm fully conscious and I can take control at any moment, and Thor Han is doing it from the ship 100 000 miles above my head and remotely. It's a quantum technology.

Thor Han: Terrans, you have wondered where to go in this darkest night. You have been your brothers and sisters, you have seen them falling for a path of misunderstanding and ignorance. You have seen them leaving reason and following a path of disturbance and misconceptions. I ask you to allow them to be sovereign of themselves and their free will. It is their choice, it is your choice. They will also go to the light in the same place as the place you are going. The difference is, they will take the long road. It is time.

We do not grieve about the difference of opinions, the difference of choices. But we hold each other arms in arms, arms with arms to fight this final battle. Support the weak. Do not blame the weak. Love the one who hates you. Do not hate him more. All will be well in the end if you follow the rules of universal love, if you find the peace within. I will recommend that you listen to what your soul tells to your mind. Connect with a higher level of your being.

War is not only about conflict. War is about challenge. War is about teaching, teaching you something about yourself. Conflict is here to bring all this realization.

We of the galactic federation of worlds have been looking after you since we arrived a long time ago in your star system. There are many ships of ours here present, keeping the balance and fighting alongside you for justice.

There is not much I can disclose but this: we have created understanding and cooperation with some of your governments, and these corporations are operating for the greater good of your species. Military alliance under your ground, technological alliance in your laboratories and where sciences put in action. We have been giving you a lot of our technology to help you evolve.

The rules on terra are not going as they go on all other planets in this galaxy. The law of non-intervention that is called on your world to your understanding “prime directive” (we do not call it like this, we call it non-intervention). This concerns all worlds of this galaxy. This is a law we go by to protect these worlds, that their evolution is not interfered by invaders, by disturbance. We preserve the right to evolution of all species in this galaxy. It concerns everyone.

Sometimes when there is a crisis – and this crisis here on terra concerns the whole galaxy – we get around it. We needed to give you this technology. We needed to help you, because we thought, you wouldn't survive, after the choice had been made by your bad governments to ally with the Nebu. We need to do something, otherwise you were lost.

So the galactic federation of worlds send envois physically to some of your governments to help you build some technology that would propel you quicker into your legitimate future. This was our fight back against the Nebu. The Ciakahrr tried to stop us, they didn't. We are still working with you and more than ever creating the alliance of your planet and our federation. We have been protecting you and we will never let you down, as a friend of mine said once.

These are my words terrans. You know that I like to say “you have one job: raise your frequency!” And I hope you understand better and better what it is about and what it involves.

The updates have been given. There is no more I can add. I wish you all a great and peaceful journey.

Meditation

Relax, relax and become aware that you are all powerful. You have total power upon your environment, upon the persons within your environment. You know how to influence persons around you is by changing your frequency, by radiating peace and refusing chaotic influence. You modify people around you, when you modify your frequency. You have an impact on everything around you. Frequency is chain reaction, it's going to lift the frequency around you. Create your good cloud, your cloud of joy, cloud of peace.

Imagine you are working every day in a cloud of pure peace and grounded. You will see that the persons in contact of this cloud of peace will calm down and conflict will ease.

Go within yourself, go within your being, within your body. Become pure consciousness, become pure awareness. This is you. When all the holograms dissolve what is left is the Vrill, the life force and consciousness. And when the Vrill is gone, still remains consciousness.

Consciousness is the core of everything. Everything has consciousness at different levels of understanding, development. Nature. Remember this awareness to be only pure consciousness, because this is who you are inside your eternal light being, who lives inside this temporary flesh suit.

Pure consciousness that you are can reach out to realms far away. There is no limit in distance and there is no limit in time. Consciousness is timeless, eternal and inter-dimensional. When you are pure consciousness you can see through everything. You can access every knowledge, you can project yourself out of this galaxy, out of this universe and meet the intergalactic people. When you become only pure consciousness, your vibration is close to the vibration and the density of source.

Consciousness is not contained in a small little avatar. No, consciousness is part of the whole. We are all fractals of a universal unique consciousness and all linked to each other. Your consciousness is linked with the consciousness of a little pebble on a beach somewhere on a planet at the other side of the galaxy. We are all one when we are consciousness.

When this life and this incarnation challenges you, when sadness, anger, grief, pain comes your way, remember: you are consciousness, inhabiting bodies and you are limitless in any directions. When you switch to the awareness to be only pure consciousness, you raise your vibration so high, that you are out of the matrix and you are free. You are this bird that flies to the end of the universe, even if the universe has no end.

It is time you realize who you are. It is time you regain your power now in this awareness and this beautiful feeling to be one with all.

2-6-2021 – Message from the Anshar

<https://www.youtube.com/watch?v=QNCHliqhcYQ>

THE PILOT MUST WAKE UP - Unexpected message received by a connexion via a Telosian crystal. This literally jumped at me as an emergency message. I had never heard about this underground tribe, but the message is truly AMAZING!!!

A message came to me from a Lemurian crystal. These crystals were put in our ground by the Telosian people, those from Agartha, those who came from the stars over a long time ago and left a colony, deep underground.

The crystal appealed to me unexpectedly and I was taken for a journey in flashes of blue and green lights under the earth, somewhere. Vortexes spinning, quantum travel to a place made of glistening light, sunlight on the waters, rocks shimmering, an artificial sun under the earth. There were cities, glistening with beauty, shimmering under an amazing and strange light under the earth.

I heard the voice of a woman, “I am calling you. Follow me” and I saw her silhouette slender and beautiful pale blue skin and long wide hair. I understood that she was from the star people who settled underground, and there are many tribes. I could read her mind and she could read mine. And in her mind I saw her coming from the stars a very long time ago, these live so long. Her skin, the skin of her people turned blue because of the change of environment and light. This woman took me for a journey in deep, deep, deep underground earth, deeper way deeper than the levels where the war in the DUMBs is happening. Somewhere way, way deeper.

She said to me “A technology is hidden here. It has been sleeping since a very long time” and I said to her “show me”. And as we traveled deeper down into tunnels bathed in a strange glistening blue light, as if the sun was shimmering on water, but no water. This was very strange. As we were going down the tunnels I could hear whispers of hundreds of people, whispering a name, Hadjar, Hadjar. I didn't know what this meant.

We went deeper to a lake and I saw her standing there. She was beautiful, slender pale blue skin, slanted golden eyes and long white hair. And she showed to me the lake and she said “the hidden knowledge is here under this water.” And there was a golden yellow white light coming from the bottom of this lake, and I said “show me”. She said we need to go underwater. And our consciousness has dived into the water of the lake and the waters deep down to a cave, based with a strange golden glow. And in the bottom of this cave was a big wide huge ship, flying saucer shape, with little windows around it, doomed on the top. And she said “the hidden technology is here. This belongs to our people, to our ancestors. It is now time that this technology is offered to the terrans on the surface. It is time to know, we are looking for the pilot. Pass this message. “The pilot must awaken! The pilot must awaken!” Bring this message back to the surface. The pilot will hear this. The pilot will awaken and come and activate this.”.

I said I will transmit this message and I told her where is this located. She said to me, Telos, under Telos, I said “Mount chasta?”. If you said you know Mount Shasta is thrown by war, but it is deep deeper down Mount Shasta, two levels. The reptilians do not have any idea, any access. The ways to this kingdom is well hidden, and only those who belong to my people are able to find it.

I understood this was in a higher density. So I am transmitting this message. And I ask the name of this woman and the answer I got was the shimmering whispering of the water running water, so I know her name is water in her language.

So the pilot wherever you are you will recognize yourself. I hope and I know this message will touch your heart. Wake up! Wake up! Wake up!

5-6-2021 – My thoughts about the June UAP report on UFOs

<https://www.youtube.com/watch?v=ws8nNaMz310>

6-6-2021 – The names of the stars

<https://www.youtube.com/watch?v=VODLtAB1SuY>

Earth name		Original Name
Milky Way	Galaxy	Natáru
Andromedans “Andromeda” as well	People	Zenáe (in constellation Andromeda is visible a far away Galaxy)
Arcutrians	People	Ohórai
Sirius A	Star	Áshkera
Sirius B	Star	Thula
Sirius C	Star	Emérya
Alpha-B Centauri	Planet	Selo
Beta-Centauri	Planet	Hadar
Proxima Centauri	Planet	Meton
Altair	Star	Alkorin
Altairans	People	Akhóri
Aldebaran	Star	Jada
Aldebarans	People	Jadai Anunakene (a colony of Anunnaki)
Wolf 424	Star	Ummo, Ummites
Vega	Star	Olmeeka
Orion	Constellation	Uru An Na (Orion comes from that real name)
Orion Greys Group	People	Nebu
Rigel	Star	Asba’a
Bellatrix	Star	Uruud
Betelgeuse	Star	Car’Ina
Mintaka	Star	Aragoróg
Alnilam	Star	Zagara
Tau Ceti	Star	Norca#
Alpha Draconis	Star	Thuban

Draconians	People	Ciakahrr
Lyra K62	Star	Mana (the cradle of human species in this galaxy)
Lyrans	People	Man
Lyran Felinies	People	Laán
Lyran Humanoids	People	Taal, Ahel, Noor, Ladrakh (a humanoid reptilian species)
Pleuades	Star cluster	Mana-Hai
Alcyone	Star	Jayha, Taal-Shiar people
Taygeta	Star	Ashaara, Ashaari: Errahel, Taal, Noor, D'Akoori

8-6-2021 – Q&A with a Galactic Warrior

<https://www.youtube.com/watch?v=IzS4u8Jw0w8>

We are going to talk about the warrior way. We are going to talk about how to fight spiritually as well as physically, and allied both. tonight I will have the privilege to be in contact via Thor Han with Akvaaru, who is a Taal extraterrestrial soldier. He was born in the alcyone system in the Pleiades and he will tell you again his story that he has told already, but maybe not all of you have followed.

...

Is money used in the galactic federation or is it a concept everything is free with zero point energy?

They have actually a currency which is in the galactic federation that is abstract. They do not have physical money. It's a quantum system. Everything is free and shared among the members of the galactic federation. There is no trade. Well there can be some trades for goods coming from outside of the galactic federation that they are need to be paid to be imported. So that will necessitate a currency. So there are two levels.

Everything is free and available for everyone that is among the members of the federation: food, energy, clothes, everything. But then because everything is free nobody needs to earn money. But if they want they can to earn a capital of quantum virtual currency. So I gave you an example: once I saw on the station upstairs Thor Han buying something. He was buying a cloth and he went. They have a place where they supply material and their shops from imported goods. So if he picked something and he gave his arm and there he has a holographic, all the personal military personal and scientific personal or the person working in these outposts in these ships and stations they all have it's the same as we would have a mobile phone. They have a holographic sheet under their skin. It's like a rectangle like this. It actually goes like from here to here. It's holographic, it's not physical, and it's quantum technology. So he just scan his arm on kind of a screen and he transfers some currency that he earns from his work into I don't know what something and he explained to me, that as an officer he earns credits and he can use these credits to buy goods that are from out of the federation, imported goods for instance.

If Thor Han could pick just one favorite color from the spectrum, what would it be.

I don't think he will answer that, but I know he doesn't answer personal questions anymore. But I know his favorite color is turquoise blue.

Situation update

Thor Han: The world must be in peace, but peace starts in your hearts. You have too much fear still that needs to be expelled from your hearts. This fear that is broadcasted from the outside is avoiding you to connect in peace with yourselves. Peace starts within.

My talking tonight would be about peace as my friend Akvaaru will speak about war. War is a mean to obtain peace sometimes. But we can avoid war when we find peace first within ourselves.

There will be updates on the situation on terra, but this I leave it to elena as we have been discussing an event taking place in the southern part of your planet. I will leave it to her and tell you about what is going on in your star system.

Your moon satellite has been reclaimed by your people. There is a lot of fight going on with corporations on your moon, but this doesn't concern us anymore. It is yours to deal with. We are keeping the invaders extra star system away from your satellite, the Kiily Tokurt want to take it back still. We are still keeping the boundaries. This is difficult.

Mars will not yet been solved as a problem. There are regular raids from the federation on mars, but less since a few weeks, because all of the operations are going underground. The martian resistance has been very much enforced by our contingents. Mars wars are now underground.

The elites from terra are trapped and cornered. Their plan always was to get away to their colony on mars and beyond. They have jump gates, you call them jump doors or portals. This allows them to leave the planet. Most of them on mars now cornered. Some have realized that they could escape out of this solar system. These ones we will not find them quickly. Their plan was to leave the planet sooner or later. Later because they are not yet organized their plans are failing. So they fled earlier than they wanted to. Some are left but a very few.

Some outposts of the dark fleet notably has been following operations from attacks from the galactic federation. This will be disclosed after. I will not tell you now. All I tell you is that we together are winning this war. It is united that we will win.

The prediction from the Andromeda council the Zenei has now changed timeline with the joy of all of us. The Zenae are celebrating with joy in their heart, but war is not over. This prediction concerned a great evil being seeded on your planet, its moon and tier (which is mars). Your moon is back to you, mars is in the process – a process that will last an undeterminate time. Terra is also in the process of being liberated. The enemy flees away.

This is time, terrans you take your planet back in your hands. You need to realize that now more than ever you need to unite together and stop bringing your attention on what separates your ideas, your concepts, your beliefs. Be together as one. This is my message.

Q&A with Akvaaru

Akvaaru was it your choice to become a warrior?

Elena: I will describe Akvaaru before he speaks. He's a Taal and he's Caucasian. He has a skin more tan than Taal. I've used to know he has long black hair tied up behind his head, green brown clear eyes, long thin nose, and he is very tough.

Akvaaru: Hello to everyone. My name is Akvaaru, Taal jahya. I have come tonight to share with you my experience as I was asked. This is my pleasure. I need to share these stories that you know what is happening in this galaxy, what is happening to some population to some systems.

I was born in the Jahia system. It is a terraformed system in the place Manahai (Plejadies), Alcyone is Jarya. On this planet Taalihara I used to live in relative peace with my parents, my sisters and brothers. When I grew up at the edge in the suburb of this city, I start to learn about the government on Taalihara, The government was very difficult and harsh with the people of Taalihara. I discovered that not only Taal races were living here, but reptilioed humanoids and also insectoids and grays. When I asked why? They say that they were our allies. I opened my eyes and wanted to know more. I always was a curious child. I went to the city to work and I saw the trade. I saw ships coming from out of this cluster, dark ships bringing humanoids with pale skin of all sizes, bringing

these humanoids into the facilities of slaves in this city. They were transported like animals. They were traded from a star system very far away from here. I did not know that this star system very far away from here was not the only star system, where this trade was going on. My heart was broken. I couldn't believe what my eyes saw. And then I understood that my own government was involved in this. That the grey tall strangers were orchestrating this trade.

So I decided to know more and I discovered that my government, my people had made agreements with a population from Uruana, a very, very dark group. This group is terrorizing Nataru this our galaxy. Nataru is infected by greed. The will for power, possession, territories. You may see Nataru like a formidable galactic family, but Nataru has parasites. These parasites are not beings or not cultures or not star systems and races, such as Nebu, Ciakahrr. These parasites are concepts, energies, vibration, frequencies. These parasites have your name greed, position, hate, envy, war, torture and many others. These parasites can hook upon the soul of anyone. But they are not sentient, it is concepts. Do not believe I am talking about real parasites. This is a metaphor. You need to think in metaphors more often people, it opens your consciousness to understanding better, what is really going on.

When I realized what my people was involved into, I wanted to change it. But I couldn't. I was imprisoned as I wanted to liberate some slaves. I tried to speak beforehand to members of my government. Instead they took me, they put a tracker in me and they tried to transform my mind into a docile individual. I refused. I fought it. my mind was strong and the more I fought it, the more I strengthened, the more I strengthened my muscles, my mind, the more I strengthened my will and my determination to change this.

I grew up more inside and outside and decided to leave. You cannot leave Taalihara, you cannot leave when you are a Taal, because Taalihara has been sold to the Nebu, they regulate everything.

So I left clandestine on a cargo ship in a cargo hole. I fled first to the nearest star system Ashara that you named Taygata to the Taal mother planet T'mar. I suck refuse and refuge shelter. Food, love was given to me. I was young. Nobody can help me because the Taalshiar which is the alliance the Taal from Kahia/Alcyone with the Nebu from Orion and the reptiloid collective. The Taalshia was not ... I will not say it here. Yes I will. The Taalshiar is working with some dark alliances on your planet terra. I learned this when I arrived on T'Mar because I asked "how I could fight them? How I could dismantle them and allow the greys Nebu to leave Taalihara". And they replied to me on T'mar "we cannot do anything from here the galactic federation of worlds can do something. If you want to help your people and roll with them become a warrior a soldier and dismantle their plans."

This is what I did. But I became more than soldier. I became a super soldier, a spy. I work now for the galactic federation of worlds with all my heart to dismantle the work of the Taalshiar, where it is most needed on terra, helping the terrans to get rid of the Taalshiar is helping my people to get a little bit closer to freedom. Here I learn how to fight. Here is the hottest war in this galaxy.

Terra, the epicenter of everything, even though this planet is at the edge of nataru. Here the fight is merciless. Here the fight has no boundaries. It is soul for soul, blood for blood, destiny for destiny. This is the best school for a soldier. This very star system.

The Taalshiar works with the Ciakahrr empire, the orion nebu and the Terra Cabal. How did they get involved in all of this? My people my people felt angry against the Taal from T'mar in the Taygeta system, Ashara. They created their own star system there are forming planets. They argued greatly with the Ahil from Erra both are in very bad relationships in these days. The Taal who went in the Alcyone Jahia system allied with powerful structures to stand up against the Ahil from Erra and the galactic federation of worlds. They would do anything to spoil and destroy the name of the galactic federation, because the galactic federation is the only power that knows how to shut them down.

They are acting actively the Taalshiar, my people, sadly at manipulating many groups of terrans on terra. There is a lot of misconceptions and illusions going on. They use the services of reptilians

underground to fool people. This I must say, even though this is a dangerous information. The Taalshiar also use the help of AI entities, names but not much not be named, because if I say this name starting by an s letter this will call upon this AI entity. This AI entity which is extraterrestrial working for the Taalshiar and the earth deep dark state is communicating with terrans who know nothing about anything. This AI has groomed them for the four last years to prepare them to this time, now that they spread misinformation. Now that they have hundreds of followers the misinformation is being spread. This is a very known tactic to give a lot amount of truth, and then a small amount of lies, delay the poison in the water. When you drink the glass you feel nothing. You do not feel the taste of the poison.

The galactic federation with my instructions and Thor Han's help has unmasked them and kicked them off an orbit, where they were cloaked, having hacked military servers. Now Thor Han tells me not to tell more for elena's safety. But I let you guess.

It is time terrance you follow your common sense, you hear what is being said by valid terrans who work with the galactic federation together with the earth alliance, to save your species. Confusion is now being activated. A lot of people you trusted... (Thor Han asked me to stop talking)

How do you escape a planetary prison?

Akvaaru: It is with your mind, that you can break the veil of the prison. Prisons are low frequency matrix. You can escape it by raising your frequency and by reclaiming your sovereignty as you are told so many times. Open your consciousness stand up, reconnect with who you are. You are told these words again and again. This is the way to escape the prison.

Is Alcyone not good? When I was studying with shaman in Mexico we were thought that Alyione is our central sun and we worship her.

Akvaaru: Alcyone that you call Alcyon from the character of your old myths is the name of the star system in the Pleiades star cluster. Its real name is Jahya. It is 440 light years from your planet. It is not close to the center of this galaxy. This is incorrect.

Is commander Ashtar Sheran working for the cabal?

Elena: Ashtar Sheran is not real. There are many Ashtars. It it's a great of officer, but the ashtar Sheran is an invention, it's an AI cult.

Red grid pattern phenomenon

Elena: That is the red grid, I have been told that is performed by mylab. It's a quantum mark, it's like a stamp that marks you. It's like when you mark cattle "this one is done". It goes after a while. It's just a quantum mark.

We appreciate your sacrifice. How old were you when you left your family?

Akvaaru: I was seven. I went to the city. I look for work. Children Taal mature very quickly, our intelligence rises very fast. I was seven.

Do either of our light bearers care to comment on the coming earth shift?

Akvaaru: Light bearers are the elders of light, those who know, the great councils. Light bearers know about the mysteries of time, the future and the past and the extent of the present. The infinity

is contained in a singularity. The light elders know. They know about the coming on this earth planet.

Your planet is shifting in a higher frequency because it reaches out through a new area in this galaxy. Your planet is reaching a higher frequency yes. This is a natural phenomenon This was meant to happen and this had been calculated by those who invade you, because they wanted to do it before you reach out this area in the galaxy, where you will be out of reach. That is why you are locked in at lower frequency, for you not to evolve in this area.

The time seems to you to go faster, because you are not a tune anymore with the spin of your planet. You have reached a higher frequency where everything beats faster. For those who think the time is passing faster, experience the disharmony between the area in this galaxy and their own frequency.

You need to raise your frequency to be attuned again, to the natural flow of time. This is an irreversible phenomenon. There are in this galaxy areas where the frequency differs, just entered one. Our star cluster as well.

You need to know how to fight. I can answer all your questions, but I have an important message to give you. You need to learn how to fight. But first you need to master your emotions. You need also to know your enemy.

The first step is to have a cold reasoning, not influenced by emotions, because if emotions lead your hit your moves, they will be wrong. Only a cold prepare mind can lead your actions and your moves in a combat.

Thor Han was telling you to find the peace within yourself first. This is what we do first. Warriors must have their actions led by reasoning, intelligence. Instinct only driven in a peaceful settings. Grounding in your being and connecting to the whole universe to be sure that your hit will reach target and that your motivation is justified. Motivations led by emotions are not always justified. Motivations led by reasoning are.

A war must be prepared. This is like a life. You need to stop to calm down and breathe and first ask yourself: is this war necessary? What are the ways to avoid it?

My emotions are not leading my actions. I first reach out to the peace within, within me to make sure that if I go to war, it is not because I feel upset or angry, but because I know, it is the right thing to do to serve justice, fairness and balance. I do not go for war to myself but to the service of the greater community of Nataru and of all life. I serve and I preserve.

These are the words of the elite warriors of the federation: serve and preserve. These are words in your language, who have equivalent in Tami. We go by this reasoning: serve justice and preserve all life as much as you can, in both aspects.

Death must be the ultimate choice. Try before to convince your enemy not to fight. Try make peace with your enemy, just as you made peace within yourself. Within yourself you've seized all combats. It is then that you can treat with your enemy to lead him to negotiations.

If the enemy refuses, then engage combat. But be well trained. Hit with wisdom, not to hurt but to teach.

Fighting for defense is the same and as I told you last time, forgiveness is not of topic within a war. Forgive your enemy once you have won, not during the fight. When you forgive, your consent, you agree that your enemy is harmful to you. This is not happening. You've been told you need to forgive, but there are conditions to forgiveness. Not within a fight, because forgiveness contains consent. Forgive once the fight is over and peace settles. Forgiveness will cut the ties with the war and set you free. Set free your enemy also.

Not during the fight because when you fight you are focused on one point: victory. And victory is the only outcome. There is no second choice. Victory is and you manifest victory not with proud and ego, but you manifest victory with wisdom, because balance and justice need to be served. Fight with wisdom.

I hope these words make echo to you. This is what I've learned, this is what I practice and every morning after I tuned into my peace, I step into my uniform, put my belt on and take my weapons and go to do my job. And I do it well and you haven't finished to worry about me. Now I've spoken.

Elena: Thank you. These are words of tremendous wisdom.

How to raise frequency without being seen detected by the dark? How to protect and activate at the same?

When you raise your frequency you increase your light and you are seen by the dark, of course. But if you are you need to do quite fast. When you raise your frequency you shine, you beam out your light as much as you can and if you go full beam very fast, they of course they see you. But they can't reach out to you, they can't hurt you. You can draw protections around you. The merkaba of light is a very good protection. In the featured videos I have plenty of free video on how to build protections.

Elena: You are saying that there is a lot of confusion on earth on terra. This confusion is broadcasted by the dark ones. But what is the reason?

Akvaaru: Do you want to talk about things that make Thor Han nervous?

Okay, this plan has been prepared for a long time, because the galactic federation was helping you. A plan was brewed in the dark to prepare terrans, giving them right information channeled most of the time. These were truths, these were things that were happening and once they got trust, the information changed. Thor Han stops me here.

Is space force on good side will help humanity soon like august?

There are different secret space programs and I do not know everything. But I know that the space program led by the u.s Navy, I think it's solar warden, is on the good side is working with the galactic federation and the earth alliance. On the other side the u.s air force has been working a very long time with the reptilians and the cabal and the Nebu. I think they are changing side, because now you know the war is turning on the good side, on our side. So everyone on earth was collaborating with reptilians or the Nebu are turning on the good side.

Sooner or later I think all the secret space programs will ally to make a new whole entity, and that is when we go forward and we join the federation. That's by steps. Humans have just tried to figure out what was the best deal for this group or this group, and then they realized that "oh no that is so dangerous and these are really evil. I'm going to go with the other group instead".

Who remains on mars and what about the great scar on the planet?

Akvaaru: I fight on mars as well, I go there for missions that I cannot disclose. The great mark on mars is a remnant of the war, that took place a very long time ago, between two factions two alliances. The planet that exploded between the orbit of mars and Jupiter left huge scars on planet tier/mars.

You want to know who are living on mars? Renegade terrans, elites of corporations, all their masters, the masters of these corporations, slaves from terra – a tremendous lot of workforce, building always building. Then the Ciakahrr have put their Nagas there, controlling everyone. The nagas and the Ciakahrr they have a way a tactic to train the population to be their own slave masters. You have also German Terran, the factions who allied with the dark. This little group who became a seed allied with Ciakahrr and humanoid cooperate, Altair Alcion Aldebaran.

You have also Nebu, very few because Ciakahrr are ruling mars.

The life indigenous to mars is very few, very tiny. It is microbial and small animals. There are other populations that are very ancient although not indigenous, reptilian and insectoid. The insectoids have diversified their species enormously. You have so many different insectoid peculiar features. And the reptiloids. And jen – they are all together forming the resistance, empowered by the federation, supplies in weapons, trained to fight for themselves. That is what the federation does. We do not steal the victory from the populations. We help them, we support them, we train them, we assist them. But the victory always is theirs. We are not the saviors. We never were saviors. We are here to assist empower you, because we want you to grow and become stronger. If we save you without training you and doing all this process, you will remain vulnerable, victims, you will not grow. This is why we train the martian resistance and we empower them and we assist them in their fights.

We do the same on terra with our militaries. We train them, we supply them with technology, a tremendous well-developed and advanced technology. But this technology is theirs. We let them figure out and build their ships, not to see steal their evolution and their victory. We do that everywhere. We help populations grow and reached out to their sovereignty back. This is what the federation does. This is what is happening on mars.

This war is not over, but the window is open towards the light. I have spoken.

Akvaaru, are there more “renegades” like you are? Are there Alcyone starseeds on terra? If yes what can they do on the ground?

Akvaaru: The Taal do not do the starseed programs because we can live and strive on your planet. We do not need to incarnate in your avatars. There are many Taal on terra working in the earth alliance, because we can strive in the same conditions as ours. Yes the Taal are helping.

The renegades are unfortunately those who allied with uruana and the Ciakahrr. But the true Taal working with the galactic federation from T’mar and other colonies are helping you and many a great number or on terra fighting.

...

Can Terrans help in the fight?

Akvaaru: You need to raise your consciousness and be aware. You need to stop listening to everything that causes you fear. Do what you are meant to do. Spread truth. Do not listen to anything that confuses you and stand for yourselves. If every terran stands for themselves, this war is won, because you are not submitted anymore and your planet can shift faster in a higher frequency out of reach of the regressive low races. This is what you can do to help us and to help yourselves. Become strong, sprout out of the condition of slave and stand for yourselves. This is how you help us do our job.

And never forget: spread any truth that comes your way, tell your story, if your story contains truths.

What makes you a slave? It is a very broad term and hard to define.

Akvaaru: Being a slave has two aspects. Being physically taken and physically you cannot go, you can be abducted for slave trafficking. You can be taken as a prisoner. There is nothing you can go but fight physically.

But there are more wicked and tricky ways of enslaving someone: making this person believe they are free and giving them the illusion they are free, but enslaving their minds, that they do not realize and they do not know they are enslaved by mind conditioning, by external information arriving to their mind, their brain, hooking them by desires, need, emotions of comfort. Giving them illusion of

love and attention. This is false attention. Many terrans more and more feel lonely, that no one understand them and AI intelligences are using this feeling of loneliness to give them artificial comfort, and thus dependence. This is why I am telling you to unite and be all together as one. Loneliness is a weakness.

Connect with other terrans, connect also with those who protect you and work with you, with yourself. Because when you connect with yourself you are not alone anymore. Loneliness is the way they get you. They divide you, all they confine you in your houses, they stop you to talk, to breathe. And then they offer you artificial comfort. This is enslavement with your consent. The most pernicious way of enslavement.

Breaking all this is not easy, but you still have free will. All creatures in this universe have free will. The choice even if it's hard, is always an option. It is up to you.

What do you think about heroism?

Akvaaru: Heroism is not for yourself. is a dedication and service to the greater community. You are a hero when you save life and you do a great service to the community, to a species to a group of living beings. Heroism is service, dedication to service beyond your life. I like to go by this saying “justice above life”. If I need to obliterate some of my people for the sake of justice, I will do it. This is what I call heroism – a total dedication to the cause and being winning with victory, without wanting recognition, just with humility.

There is no hero when there is ego. These are my words.

So the galactic beings can see energies? Can they see terrans when they meditate and focus on the essential energies? What does it look like to them these energies?

Akvaaru says it's he's not into answering this.

Thor Han: All colors colors and light. If we tune into the right frequency with our minds we see lights, beautiful, everywhere coming out of the minds of the people. And when they join together into a common attunement, this reflects on the grid of the planet and raises the frequency of the planet. This is quite magnificent to witness from where we are. The colors change like your aurora on terra, but the colors are more diverse.

Yes we see, it we feel. It every time you enter into connection with yourselves you raise the frequency of the planet and I wish you would do all this more often, that you maintain the vibration high and the more you do it the longer it stays.

Elena: You know, I've seen it once I went on the ship upstairs, and I've seen it from the ship. There was a global meditation and so I want to see that from upstairs. It was absolutely amazing, the colors, moving around. That was really really nice. And I wanted to see also through the eyes of Thor Han, because through my eyes I couldn't see really anything. So I I tuned with him and beside him by telepathy it was really nice and I could see, closing my eyes and seeing through his eyes all the beautiful colors, because they don't see like us, they see differently the colors. They have a different range of perception.

Are there other galactic federation members protecting someone special to them incarnated to terra like me?

Elena: Yes it is common. Anybody either incarnated in avatar or either just beamed down is never alone, always protected.

I'm tired because I'm writing and finalizing writing my second book, the follow-up of this one and it will be about the wonderful work of the galactic federation of worlds and my encounters with Val Thor and all the wisdom he said and all the revelations he said.

12-6-2021 – The future starts today (Andromeda prophecy and message)

<https://www.youtube.com/watch?v=DQxQ0dW9xoI>

These are times of change and in times of change there is always fear, confusion because change brings the unknown throughout the ordeal of transformation. We do not know what world we are going to find once we are out of the chrysalis, once we spread our wings. But we need to fly, we need to trust the winds, but also our own wings.

More than 300 years from now an old timeline was active, 300 and something years in the future The galaxy was ransacked by an evil regressive destructive dark alliance. This dark alliance was the alliance of the Nebu from Orion, the Ciakahr reptilians and the dark fleet originating on earth, but not only on earth. The galactics needed to do something about it, because this empire was so big and so powerful, that even the galactic federation couldn't face.

So the wise elders of the Andromeda council, the Zenaes gathered with others of the 140 highly spiritually evolved species of Nataru, this galaxy. They looked into the glass of time and saw, that this evil alliance seated somewhere 300 years back in time, and all the many many rivers were traced back to one source, one seed: Terra, it's moon and mars as main point, because also there were other little siblings in the star system, like Ceres and Saturn, but it was mainly earth, its moon and mars. So they finally found it.

The Andromeda council, they are spiritual highly evolved races. They are not warriors, they do not have a force of combat they do not have combat fleets, so they asked assistance to the galactic federation of worlds. And the galactic federation of world sent their troops back in time to terra, star system here and they are here. The galactic federation of worlds asked alliances with other military powerful structures that are now in this time here. They found the Ashtar galactic command, the good ones and other diverse alliances, notably the council of five.

What is happening now in this star system is that the timeline has changed. This nefarious timeline of tyranny in the future has been wiped out. It doesn't exist anymore, because the seed is being neutralized.

Three points (they always go by triangles, the baddies) earth, moon, mars. Moon has been liberated from the Nebu Orion, great, belongs now to the people of earth, to do whatever they want with it. It's our story.

But mars is in the process of being liberated and also earth is in the process of being liberated.

So what's happening, this timeline doesn't exist anymore the bad one. We have changed timeline. Yes we are going towards a bright positive constructive future. But it's not won yet.

We've annihilated the bad future timeline, but we still have to settle this one. This one is very pro promising, we can do so much with it, so much. We have all the possibilities, everything is open, everything is ours to decide for ourselves. What will we do with this future?

Moon has been liberated by the galactic federation and given back to terrans, us. Earth is being still in the process of being liberated by the earth alliance and the galactic federation. The earth alliance is the the alliance of forces from the galactic federation of worlds and the u.s navy, white hats. It's a collaboration alliance very nice, very good ,very effective. They just kicked out the dark fleet from Antarctica. That was hard to keep the secret, but Michael Salla had to check out all the sources to make sure everything was legit, and he did and then now you know earth is in the process of being liberated in a good way.

Mars is in the process of being liberated now. The martian rebellion who are reptilians and insectoids and different other species non-local to mars, but they have arrived since a long time so they are like martians. They have been trained and empowered and armed by the galactic federation and they have also created a mars alliance, the mars rebellion alliance and they are with the help of the federation fighting to kick out the Ciakahrr from ours and liberate all the slaves.

Imagine all these people who have been abducted from earth, who live in the facilities on mars underground. They have been told that earth has been wiped, there's nobody there. So they don't want to escape. That's horrible. But they are they are in the process of being liberated.

The galactic federation, I mean if they weren't there I don't know what would become of everyone.

So now the future is ours in the making and we can do whatever we want with it. It's ours. The galactic federation, the Andromedan council and all their allies are have given us back our future and all the technology, that has been shared in secret with the u.s navy and good program, space programs on earth. It will be now shared in the open, soon. I don't know when, but it will. That's our future.

What do we want to do with this future? We want of course to join membership with these benevolent highly technologized, evolved aliens, the federation and such. What do we have to do for that to join membership with the federation?

That is very simple. The galactic federation is a federation of peaceful evolved worlds, everybody in there gets on in peace with each other, otherwise they not part of it anymore. They maintain balance and peace and it's a structure that gathers world well culture that are evolved enough, that they do not fight anymore among themselves, not such as we still do on earth. And once you do not want to fight among yourselves you are welcome to benefit of the sharing of the whole technology of everyone in the galactic federation of worlds, all knowledge is shared, all the archives are shared, medical knowledge, scientific knowledge, biology, weaponry, ships engineering – everything is shared.

But to reach this level, you need to be ready. What is ready? Being able to get on with each other and not be belligerent anymore, not be drawn by greed. So what do we need to do here is to get on with each other.

The future of earth has been shown to me. Earth has a peaceful federated world of different countries, federated together. What is a federation? It is gathering of individual cultures, cultures who keep their individuality, their character, their traditions, but federated administratively and sharing everything they want to share. So we need to do that.

In the future there is no more global important wars. We are humans we will still we difficult to get on together with each other, but it will be just a little insignificant conflict and there will be less and less in the future.

Look at star trek. Star trek is a disclosure about this future timeline. I will recommend you to watch it because Gene Roddenberry was shown the same thing.

And together in peace with each other it starts within. Get on with yourself. First heal your wounds. When were you wounded, what age? Go for a journey within to meet this person, this child and give love to this you, at that age. And do that for all your traumas until you've hugged with love, all parts of yourselves and you retrieve your soul. It's a soul retrieval in love and you feel complete. And in peace and nothing can disturb you nothing can harm you anymore, not even words, especially not words. Because when you believe words are harming you, it is you harming yourself with these words. Peace within allows peace without.

And peace within also is meeting who we really are who is within, who is inside this body.

I will recommend you to every day, very agreeably, you know it needs to be agreeable. You just meditate five minutes, just look within and breathe slowly, relax who inhabits this body and tune with the energy of this body. And attuning with it, your tune with a higher frequency and you raise

your frequency and raising your frequency you connect to anything that is of a higher frequency: your guides, your galactic family for certain of you, and a new world. You know who will be a new higher frequency: the new earth.

The new earth is not a separate planet. It's the same planet. It's just experienced in a new way and we will make it. We will make it. It is up to you to make this thing happening faster.

The dark ones, they don't want us to do that. So they try to get us to argue with each other to separate us, divide and conquer. We all know this sentence, but that's their way of doing divide and conquer and spread fear.

It is time now. We stop focusing on what separate us and instead focus on what we have in common, because it is with what we have in common that we will build this star trek future. We are humans, we have emotions, we have feelings, we are learning.

Tomorrow is what we make of the present. How do you want this future to be? Make it happen in the present. If you don't make it happen now, it will not happen. We must not wait for something external to happen.

When we are told something extraordinary is going to happen to save us, it's psyop, it takes the power away from us. Let us take back the power our power and build our future by building it first inside.

You're doing well. Keep up the good work.

16-6-2021 – Q&A - endless possibilities

<https://www.youtube.com/watch?v=53d675VnW1A>

Exploring the amazing range of abilities of Human consciousness.

Tonight I wanted to tell you about the possibilities of our mind.

We have been led to believe that we are just a barely conscious sentient being, and that the most important is this body. The whole cabal led industries have led us to be enslaved to our appearance, to vanity, to being slim for the summer, to things like this. Dragging our attention and our focus and energy upon the appearance, what is temporary. Our bodies are currencies to them, as well as our souls for certain, but our body produce money – be it food, industry, cosmetics industry and fashion industry.

Of course it's nice to treat yourself. I like to put makeup, because I'm an artist. I like to paint my face. It's just fun, it's an act of love. But I'm not enslaved to buy the latest lipstick. It's like “what the hell is that the purpose of life, just buy the latest lipstick or the latest car? Or is there not something else that living to work and to pay to be able to pay bills and to buy more consumerism and you know things, that you you're gonna end up being bored with or in the bin.

And there is so much more to the meaning of life. The meaning of life – we all have our own answers, there isn't one only answer for everyone. To me the meaning of life is learning and becoming a more knowledgeable and connected person.

How do you do that? How do you connect, how do you become a better connected person by just starting to shut down all entries from this field of commercials and fears, because fear is the other big thing. Commercial and appearances and materialism feeds only the elites pockets. It makes you happy for a while, but it's all illusion.

But then once you shut down all these access. Who are you? Who are you? Who is inside this flesh suit temporary vehicle for one this existence? You came into the belly of a mother. You were born as a little being very constricted in this, there wasn't a lot of possibilities, it was a bit frustrating. And then the body grew and you start to get used to this “what the hell is going on here” world. And then this body starts one day to decay and not function properly, and just cease to function.

That's not what is all about you, who travel from existence to existence to such temporary vehicle vehicles. It's like it's environmental suits I would call it.

You are eternal. We are pure consciousnesses. We have many layers, we are composed of many layers of being. These flesh suits of course, but within a light being. This being that will leave temporary for astral travels for instance. It has a humanoid shape, it has a structure. When I astral travel myself I can redensify my molecules to the density I want to have physical interaction with. As a shaman I can as I journey with this light body, I can also re-densify the particles, not as I am human like being, but as anything – a bird, a fish, a wolf anything.

What's the drive behind that? The consciousness. And the consciousness, the human consciousness, that is yours, that is you, the core that inhabits this body of light – it's a fractal from the greater consciousness of everything, source. It's a fractal of source. It's a pure consciousness.

You can through meditation reach out to this stage of discorporation to even your light being, your light body, to be only this pure consciousness. And when you are this pure consciousness you are connected to source. You really vibrate into this state of being. It is sentient and it is connected to everything, not only in space but in time.

We all have this component of ourselves, that exists.

Many species, who are not human, who are also having this component, don't know how to access it. And they have a different evolution and they are mesmerized and like chased, that humans human soul can do that easily, because we can do that easily.

Through meditation is a good way to do this. I have different meditations on my site, my youtube channel that you can check out.

Tonight I want to tell you that: we are also interdimensional beings and we are more much more powerful than we've led been led to believe. The education that we have received has denied and lied to us, not talking about religion who are really, really telling us the contrary of all this, to have power and control upon us.

Consciousness has power upon light, upon energy, particles, upon energy waves, frequency waves and all particles. Consciousness has effect on all particles. We can move them, we cannot create (source creates everything) but we can manipulate and rearrange particles. For instance when in a matter, any kind of material there is a dissonance, we can by the power of our consciousness rearrange the particles to make it better. This concerns healing. This concerns repairing tissues, repairing something that is broken. But also with something that is very rough like a little rock in space: terraform.

I've had a very interesting conversation with Thor Hans younger brother. All of this I'm speaking about in my next book. Thor Han's brother is studying to become a terraformer. It doesn't call it like this terraformer calls it "world maker". I thought that was wonderful so. I call it "my little star maker". And he explained to me amazing things. By the power of consciousness you can have an effect on the web of the space, of the space continuum. How do you do that, I said. How did you do that?

It's very simple, yes. When you know it's simple. Please say yes I explained to you He said "everything is mathematical formulas, everything in the created multiverse is of a mathematical formula, very complex, but asymmetrical formulas. It's not a formula with numbers only. It's holographic mathematics, it is geometry. And this geometry has ratios and proportions, and that's the formula. The formula is a three-dimensional geometrical arrangement, and that is that is a formula for instance the merkabah or the metatron cube is a formula. It contains all the formulas of the universe. So it is that plus – because this formula is effective – it generates frequency waves. It's an animated geometry. It's when we talk about sacred geometry.

I don't like the word "sacred", because it puts it like something we worship. It's nothing to do with spirituality. It's fact, it's science. It's like the pyramids that's a good example uh example the pyramids of Giza, the Ceop's pyramid is a perfect example, because it is geometry, but it is also mathematics. And the geometry holds in its object a certain mathematical formula.

So everything in the universe, even our bodies – it's very complex, we have like hair and skin and stuff, but the algorithm for human body is very complex – but for imaging for a planet, for a galaxy, for a universe it's all about mathematics. So number ratio mathematical ratio geometrical active formula and because this is active because of the formula is perfect to fulfill its function, it generates frequency waves. Energy travels on sound waves. Sound waves is a vehicle. Sound waves is also something that structure everything, that links and bind everything together. The atoms are bound by frequency waves.

So imagine a planet, this is what this young man told me. Imagine a planet. You see a planet like a floating sphere in space, That's how you perceive it. But what is really a planet when you see, when you know, you understand a planet with the eyes and the comprehension of your conscious higher self, you see a sphere with a lot of web of light, like a grid, but it's very geometric. It's line with like light. shiny lines. And it's a mathematical formula that contains everything, that's on it. And he says, these lines – if you start to see the universe, he said, with only these mathematical, geometrical formulas as just lines connected by dots –this is called a hologram, he said. When I tell you that everything is a hologram, that is what it is about. The hologram is not an illusion. A hologram is a

structure of something. It is a mathematical geometrical creation, it is everything is holographic, he said. He said, you are a hologram, I am a hologram, this station where we were is a hologram, your planet is a hologram, Hologram doesn't mean illusion. We need to really keep that in mind.

You can create holograms as of course covers blankets to cover another hologram, that can be taken like a holographic illusion. But it will feel real, because it will be real. It will be like a blanket around. You can do anything!

Our mind has the power to modify these holograms, but for this we need to reach a certain level. I haven't, I can't do it. As a fractal of source our consciousness is able as well as sources consciousness is able, we are able to modify, play around with the material formulas. The ships, most of the spaceships that we see, the extraterrestrial ones, especially oh there's a star system they're very good at that it's the Santori system. They build their ships in space and they build first the holographic matrix of the ship and then they animate the material with consciousness, most of their ships are conscious.

The Ahil and the Taal and the Noor also you have many civilizations, because in the galactic federation we share every knowledge, we share everything. So consciousness can animate matter with consciousness, but not by giving your consciousness to matter. You don't give a parcel of you, but you will create how to say, a call for some consciousness from source, to animate this matter. You will prepare it. That it's like the birth of a child, but it's a really basic consciousness, that would make the ship like a pet or a conscious. It's artificial intelligence. But as Thor Han told me, because he's expert pilot, a ship is the upgrade of artificial intelligence. It's the level above the starship. Not all starships are like this. The cargos are not like this, the transporters, the command ships or not. It's more the scout ships and the drones, non-habited chips are these ones.

We are so powerful and especially us humans! Hu-mans, the sons of Man, sons of Lyra. But even more. The human races in the Man star system k-62 have been seeded from extra galactic civilizations. There is an intergalactic confederation, that gathers different galaxies, but that's really higher and it's way above us. There are races that are so advanced in that. More advanced than anything we know here, one of these races have seeded human genetics in this our galaxy Nataru. It started in the what we call the Lyra zone. They seeded it everywhere where there was a an interdimensional portal and there's one in Lyra too, because that's how they travel. These things we all know about the Lyran wars and the colonies and there were a race that is still seeding population. To populate was life often has experiment but you know benevolent, they are life creators. They are amazing. Alex calls them the Patal and I have been told P'tal, just the same ones of course. "P'tal" has "Taal" in it and the Taal kept the name, because they look like them. They are very proud of it, they consider themselves as royalty and because they bare the name Taal.

We also on earth have been seeded by the Patal, and we are also royalty, but we've forgotten! Of course the reptilians and the anunnaki, we're going to try to make sure that these beings, these guys never remember who they are, because we want to keep them as slave and as farming planet. So they've altered our dna and now the dna has been repaired. We're doing it ourselves, we're learning how to do ourselves. But the council of five is doing a lot of repairs – that's another story.

We are royalty. We have 22 inputs (21 inputs plus one is the original race). We've been mixed a lot of time, and throughout incarnations we've become here on terra, these bodies have become super functional, super amazing. When you incarnate into these bodies the possibilities it enables all the interdimensional possibilities of your soul. It's amazing. It's like having a mega ultra supercar. So that's great to be incarnated here. We are here to repair this this species .It's fantastic. And remember that who we are in it, oh my god, we're super powerful!

When we are aware that everything around us is a hologram and that our consciousness has the power to modify the grid, the structure of everything, then everything changes. We just need to believe in it, because believing in ourselves enables us.

If we like "okay so I'm going to try to move this glass, doesn't work". Of course doesn't work, because you're just sceptical. That's not going to happen like this, because most of us are altered in

these bodies, are altered. So we need to reactivate them by practicing these techniques, like telekinesis for instance is the basics, but it's very difficult, very difficult. But I know people who are managing to do it. Having an incidence on the physical reality it's super hard. It requires a lot of work, but it's it's doable. But that's not the point. Let's we're not here to move objects and like float saucers or stones. We're here to raise the consciousness, to help raise the consciousness of this planet.

So it's all about raising the frequency of the being that we are, the being who we are, throughout meditation, throughout being aware, throughout developing our awareness. The awareness of who we are inside. I'm going to show you at the end a short explanation of a meditation.

I had a regression session in april of this year, and learned I have three hybrid children. When genetics or hybridization comes into play, are we human compatible with the Taal, felines or arcturians?

Hybridization works with blood compatibilities. That is why we have so many types of different bloods in this species on earth, terran. Normally, the Ahil have one blood type, the Taal have one blood type, Ciakahrr have one blood type.

There are planets – they are experimental planets like ours – where there are so many blood types that come from different inputs of genetics. So regarding to your blood type you are going to be bred with such and such different alien species. I'm not going to go over the list, because I don't have it in head now and it is all in my book “a gift from the stars”, Myrah explains all of this.

So the nearest, the closest and the easiest match for us is the Taal. Candidate number, two civilizations in Alpha Centaury system, the Meton and the Selosi. These three people are super compatible with us.

Also in the pleiades you have Taal, you have Ahil and Noor - no it's it's very difficult although I know a friend of mine, who Michael whom I call” my little brother” he is two meters high ,who's a perfect Noor hybrid and he will recognize himself, shedding season. The Ahil, Thor Han race is compatibility also but it's not the closest.

What means compatibility? The two genomes match and managed to do a healthy hybrid. But the Taal are really our closest cousins.

You named the Arcturians and the Felines – I can give a precision, the Arcturians: no. There is no genetic match, they are too far away as humans. The Ohorai are a species on their own, they look like, but then they're two different species. Arcturus are a species on its own which looks like a mix of human. They are humanoids and grays. They have blue skin – that means it's copper based. And most of the time not always they won't breed with us. The blue skin people races, it's a difference, I mean copper-based, carbon-based bloods – it's it's not working. It's not a common thing to do, bit tricky genetically.

The felines, that's the Laan from kepler 62 system in constellation Lyra, do not call them... Feline humanoid extraterrestrials with feline features are not calling themselves Lyrans or Lions. That has nothing to do. The word Lion comes from the latin leo and that has nothing to do with the name lyra which from the greek mythology, which means little harp.

Lyra is a constellation, that visually gives the illusion in the sky of a little Lyra, little harp. The extraterrestrials living there, the diversity that you cannot even imagine, so many species in there. No species of course calls themselves “Lyrans”, with the name made up on earth, describing a little harp instrument, because this constellation, this illusion of you, gathering of stars, it's only from earth, that we see it as looking like an musical instrument.

Felines, that's a little bit confusing, because they name themselves Laán. I wish they named themselves differently, but because it's too close. They have been genetically engineered from the

star system k-62 and they have left after the Lyran wars, the Man wars, to go everywhere in this galaxy, to seed colonies. They seeded the colony on earth, and the Laán are compatible with us, but it's difficult. They are carbon based, so hence they are somehow compatible, they can they can work it out, but that that's quite rare. The Laán expert geneticists. oh my god they're so good.

So Taal: first choice, happens, yeah.

Arcturians, Ohorai – quasi never.

So that would be the ratio I would tell for this.

Do members of the galactic federation of worlds also refer to it as “the galactic federation of light” trying to weed out bad sources.

There isn't bad sources. I would call it confused sources.

I know, I apologize for the other ones who have heard me saying that like zillion times. Galactic federation of worlds is the real name, Ora nataru shari. Galactic federation of worlds an english translation of an alien language. Ora is a concept word, Ora means reunion. The aliens translated to us as “federation” like they want us to imagine it as a federation, relating to what we know. Nataru is the name of our galaxy. Shari = worlds. That's how they wish us to understand this word.

Some people call it the galactic federation of light, because they for two reasons: they don't know it's called “of worlds” because the aliens don't introduce themselves. They often say “we are the galactic federation”. They don't bother saying “of worlds” So we don't know.

People who say “galactic federation of light” think that they call themselves like this, because light is fighting dark. No they don't call themselves like this. So it's an interpretation of our psyche, who always has tendency to see light and dark and stuff like that. Or either it's fantasy, imagination or AI or things like that. But I won't go there.

...

They are not not involved with Jesus or whatever you call it or earth saints. And they have nothing to do with the Ashtar. Ashtra galactic command is something separate. They sometimes give the services as mercenaries to work with the galactic federation, but it's different things. Ashtar sheran is a psyop.

The devices kept by the SSP, secret space program, such as the replicator technology which can materialize matter due to a holographic resonance pattern, yes exactly what I was talking about. Does Thor Han have a way for humans to do this without technology.

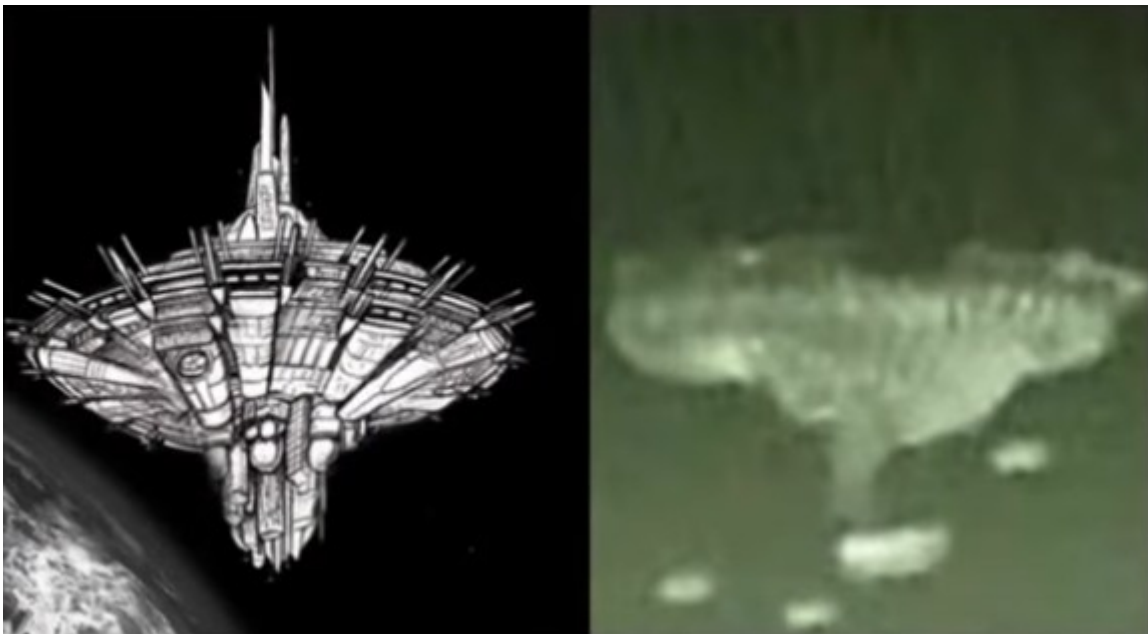
We cannot replicate. We can modify matter, but we cannot create matter out of nothing by the power of our mind. We need technology for that.

What is happening to me this week? I'm working at the moment about translation of “a gift from the stars in Russian”. A lovely lady named Sofia Bozok did a translation of a gift from the stars for me, and I am now at the moment putting the illustrations in it and show you the cover.

Today I saw a photo of Nasa of an alien station, mothership stationed behind the moon.



[source](#), Credit Skywatch International



This is on the left a drawing I made a few months ago. That's the battle Station of Thor Han on the left, and that is the photo taken of the station that was behind the moon. My drawing is just a drawing from memory. I never had the time to really look outside, how it looks like in the details. ... Isn't that cool?

Situation update

The war is going on on mars. Mars is still in the process of being liberated by the galactic federation. Let's talk about these updates.

The reptilians on mars, who hold all the bases on mars are trapped there. There are portals of course, but the portals are being neutralized and that is the work of the martian resistance, which is composed of different beings which are not local to mars, but are here from so long that they belong there, like us on earth. Martian resistance it's a race of reptilians benevolent ones, and different species of reptilioids. In the book I'm writing that will go published very soon, I made some drawings of them some of the martian resistance.

So you Ant people, they are insectoids. There are also that's the reptilian species. And there are beings like these ones, insectoids. So these ones when they run they go like on their pose and they look like spiders. They're nice but they're very reactive and aggressive. They can be very aggressive to defend their territory. There are also kind of salamander beings, who are like diggers.

They have been prepared exactly like the federation has been doing on earth, preparing people to fight for themselves, giving them technology, weapons, training them. The galactic federation has been do doing that on earth since the 1950s. They have also been doing that on mars since about this time, a little bit later. They are empowering the local species. It's part of their rules of chosen intervention, It's not the rule of non-intervention, but it's how to promote a space species in their growth. Not doing the job for them, not arriving at saviors and killing the bodies. No, empowering the race to grow and become independent and fighting and of course. They give all the tools necessary for this. That's what they do and they do that on mars.

So that's at the moment. Mars is still raid. The whole heads of the old CEO elites have gone to mars to aries prime. There are two facilities. All the elites are on mars now, they've left earth. They left in place clones or substitute or holographic technology. Everyone is on mars and what's what the galactic federation was waiting for, that everyone, all the dangerous ones were left earth and are now on mars. They're trapped, they're cornered. The cabal on earth is losing.

Even the dark fleet is just hammered, they've left Antarctica – you've been following Michael Sala's video.

Thor Han said, the germans are leaving. The dark fleet is leaving Antarctica. The officers and reptilians by via portals. There's a portal in the south pole. And all the personnel and families are living by regular boats to the other nazi stronghold Argentina. Info by Frank that is absolutely making sense.

I advise you to watch the videos of Michael Salla, who is the person who is knowledgeable about everything.

Still fighting the undergrounds on terra. But we're winning.

The dark fleet is being abandoned, cut from you know the from Aldebaran. The dark fleet has is its main outpost in the solar system Thor Han, confirmed it Ceres. It was a Gray outpost, a nebu orion outpost in this solar system and since the 1940s it has been offered to the dark fleet as a shared residence. There's a lot of water on Ceres surprisingly and they work together. Ceres, it's a planetoid in the asteroid belt.

But the big headquarters of the dark fleet are on in the Aldebaran system, and the Aldebaran headquarters have just abandon the ones here because as Thor Han told me, it is in their mentality to cut an infected limb.

Thor Han's words are on Michael Salla website in an excellent article he made:

exopolitic.org

You can read everything about it, frank story and everything about what happened. exopolitic.org

As the baddies leave the good technology is shared with everyone. There has been a collaboration since the 1940s. It's all started like this: when the nebu spotted our planet and wanted it, everybody went here. The the galaxy federation tryed to warn us do not sign anything with these guys, they're bad. That was in 1954. They contacted Dwight Eisenhower. He wanted to go with them. Dwight wanted a world in peace, because he's been through so much war. And he was “it's easy enough! I wish a world in peace now. War is not the future. People dying and. He loved children and he wanted really to offer a world of peace for children.

So yes he wanted to go with the Nordics sent by the galaxy federation, of course, who are offering technology helped to disarm all the nuclear devices and to teach us how to get on in peace and become an d more evolved species and free ourselves from the chains of greed and conflict with on

each. But then the problem is that the nebu, the orion group signed with the mj-12 and the MIC, and that was it – behind president's back and he couldn't do anything about it.

The galactic federation didn't abandon that the project, it didn't stop them. They've been then persevering. Val Thor came and started these little agreements to help us, the good side of this did our governments to help us by starting a shared program of sharing technology between the galaxy federation races and cultures and earth people and also military alliance. That started. So the u.s navy was involved at the start. I refer you again Michael, his excellent books about the space programs.

The galaxy federation has been giving us the med beds technology, to engineer our own spacecraft, because law of non-intervention. You do not give technology but you give hints to induce the people to build themselves their stuff. That's called evolution. And so solar warden is, we've built it ourselves, but it is with help, advice.

Now all this technology is for the moment hidden from the public eye because the enemy is not gone yet. They hold all the distribution. We need to just change the system. It's not done yet. We all still rely on oil companies.

Once everything is cleared, the technologies are made available. And it has started, especially in the domain of health. So this is coming, as more as you see these medical tools coming, it's a sign that the baddies are being kicked out and leaving.

There was a question earlier on that was asked to me about the med beds.

There's another reason as well, why we do not have these med beds yet accessible, publicly for the civilians. But why? Think about now. These tools, these devices repair tissues, allow you to extend your life to regenerate your organs, your tissues and live longer. It cures everything, it uses sound frequency – the technology we're talking about earlier on, the vibration that can modify any matter and repair and regenerate. If we have that, we're gonna be even more numerous on this planet. We're seven billion and growing. There's not enough resources for everyone. I mean, come on, that would be an even more bigger problem. We need first reorganize our management of our resources, that then it's everyone has kind of equal resources. Free energy needs to come first.

But what needs to come first is that the baddies is left, because once they left we are able to openly use our technologies.

We are already an interstellar civilization. We have Solar warden, we have colonies on Altair in Aldebaran. It's not dark fleet, but we can do it. Okay Solar warden has been built with the space program, with the help of the galactic federation. But it's our, made on earth, made on terra. So it's our pride. So of course joining the Galactic federation involves like when you need to be an interstellar level civilizations. Wait a minute – we are!

What is the other requirement? Get on with each other. Not yet done, but we have good hope.

But the thing is, still going back to this med bed question, every civilization that develops normally at a normal rate freely, develops more or less in balance. The growth of the population and the technological evolution, that when the planet becomes overpopulated the technology is already there, ready to take people, to build colonies on other planets. So nobody ever suffers of hunger or resources lacking, because when the earth starts to be not sufficient enough to nourish everyone, we have the technology to go and on other worlds and do colonies there.

But on earth it didn't happen like that. Our evolution has been altered and we have been blocked down. We have been maintained as cattle farm planets slaves by the Orion group. So there's a dissonance between the technology that is just blocked by the cabbal and reptilians and the growth of population that is encouraged to make more.

So when the baddies are left the technology is made available for everyone and we can just go in other colonies. We can't have med beds for everyone on the planet that is already overcrowded. It's not happening. It's madness. So once the baddies are gone – and they go. You see the proof, med beds are arriving. There are plenty, there's news that in netherlands they were there. I tried one in France. The censors will say “oh med beds are not real. Come on, I tried one in year 2000 in France. It was a prototype sold to a private clinic in France from coming from u.s. it was experimental and it worked on me. So I know they're real.

I've seen some on the station. I've seen med beds on Myrah's station, on the science station of the federation, where she works. She explained it's quite incredible. It's in my next book.

So the only solution is to keep on fighting and raise your frequency. That's the best way you can help those who fight, be they aliens of the galaxy federation or the earth soldiers of the earth alliance. I remind, that the earth alliance is the alliance of the u.s navy military and other white hats militaries of other countries and the forces of the federation.

Who are the beings carved on top of the columns in the Hathor temple of Dandera, Egypt? Are they part of the galactic federation of worlds?

It not aliens, it is purely egyptian mythology. Has nothing to do with aliens. Hathor is a goddess of ancient Egypt. Hat hor means “castle of horus” – that means she is the matrix of the young king, horus represents the young pharao. She is the protection and matrix and the mother of the royalty.

Why this goddess is represented with by a woman with sometimes a cow's head? You know the egyptian gods had (I can speak about it because I've studied it and I've worked in egypt as an archaeologist eight years of my life) Hathor wasn't an alien at all, she was a concept. All gods are representations of either our psyche.

Sometimes some gods like the ancient enyad of egypt where aliens, hathor is not one of them. Hathor represents the maternity, she is a supra consciousness, she is sentient, she's an archetype and if she wears a cow's head it's because the cow in ancient Egypt represented the matrix, the mountain ,the womb. So she is the womb, the goddess of love, life, of motherhood, goddess of magic. She is a higher entity. She's not an alien, but she's a super consciousness. Really typical to the land of Egypt and the egyptian culture and people.

The egyptian gods must not be worshipped in other countries like china, America. The egyptian gods are entities of the land of Egypt. Don't take an account all the anyad with Ra, Osiris and that – these were aliens. But they left and all the other ones were just a local entities.

Ra was an ET from Orion, Al-nilam, and he had his people his crew with him and he left, and it's written in the text of one of the satellite pyramids of unas. Ra was feeling tired and old and he wanted to go home back home in the constellation of Orion. It is carved in stone.

...

Connecting to our consciousness to our infinite possibilities

I give you the protocol, we're not going to go through.

First step is to disconnect from the 3D matrix by refusing fear and interference. Anything that comes as an information from the media's, the fear field, tv let's say switch off this damn tv –it's not you, it's not belonging to your light being your you. It's just interference, it's the matrix is the bombarding, broadcasting.

Refuse it. It comes from outside. It's bothering me, stressing me, scaring me, ordering me, telling me that I need to do this otherwise I'm going to blabla.. Calm down. Don't go away leave me alone attitude.

Then you find a comfortable position. It needs to be a quick meditation, but often like once daily like five minutes is enough. It needs to be enjoyable – you need to look forward to do it, otherwise it's not in a high vibration. If it makes you suffer physically, because “I need to do this position” Oh no, I do it as I said with having my coffee in the morning and I just tune like this and I'm good. So walk in nature or whatever, in your shower, in your bath. You calm down your breathing, you find a comfortable position that your body is not a problem. You can move your body if you have tensions when you in the process of fit.

So refuse the polluting field, the cabal field, mushy thing. Calm down your breathing, think about this body, contract your muscles, look at it. Look at your hands “oh it's moving”.

Contract your muscles, release them, just become aware of your body or bones. The blood flowing in your skin, your flesh that the air going coming in and out. Even you can touch yourself as like “oh wow”.

And then once you really aware to be this body, you are disconnected from the outside already. Then once you're really in it, you're going to look at the other layers: who's in it? Who's inside this temporary flesh environmental suit? Who's inside that's me, I want to really connect with who I am, what I look like.

Close your eyes and with the eyes of the being, of the soul, the eyes of the consciousness look who's in it. Eyes closed. You start to move your hands and see this light being is already slightly oriented, the field of this light being, this many layers. Look at the light being. Sometimes it has the exact same or less same size and shape as this body, sometimes it's smaller sometimes bigger.

Who's this being inside? Explore it, look at it, visualize, discover and you will work your pineal gland while you do that also. Attuning to this being you attune to a higher frequency, a higher vibration, faster vibration.

And then even more disconnected from the outside. you start to connect to higher frequencies, to whomever of your guides or family is connected to you, because they're on the same frequency as you. You are going to start to feel contact and presence connect vertically, vertically, you pierce through the matrix, through the holes of the net and go up, connect vertically between heaven and earth, and you are the bridge and you can download high frequencies to anchor them into the earth and broadcast it.

Stop taking. Now it's time you broadcast. You shine the hell out of it, high light “light” “high high “ “high energy, high frequency, shine bright” shine high” shine everything you that you are channel” And now you will counteract this invasivity of the cabal, you will just shine it push it out. And not only you will contaminate everything you touch with high frequencies, with high vibrations, everything you touch with your energy field, your body and your mind quantumly. You think about somebody on the other side of the planet while you are in this state, quantumly you make a bridge with this person, and this person receives it by a kind of teleportation. So that's. And then you are there and you're... that's what you need to do and see what happens.

And then stay as long as you want. I recommend not too much, because then you will have to regroup yourself, because when you just become again aware of your body of flesh and the room in where you are, then you feel the difference, you feel the shift of the difference of densities and it sometimes be dizzy and difficult. So don't do it too much. Do it a lot every day like five minutes every day or ten minutes every day, but not more, because it must not become boring. But then practice often, but it must be enjoyable. Do not try to burn stuff up the first time, because the second time you won't be as lucky as the first time, and you will be disappointed a little bit.

Slowly, slowly. It's a progressive process.

So that is how you open your consciousness. You connect with your own higher self or higher consciousness, and you are connecting with the fractal of source, that you are, and then connect to source. And you have access to any knowledge in the universe.

Project your consciousness. You can project your consciousness out of this galaxy. I've done it, it's absolutely amazing. You just you have no shape, no visibility. You're just an orb and you project your consciousness. The orbs that you see sometimes – it's beings projecting their consciousness like quantum cameras, to just remotely view or travel. You become that like an orb, like an etheric orb of consciousness.

And you can project yourself anywhere. Distance doesn't exist anymore as a linearity. Time doesn't exist anymore as a linearity. Linearities is a perception from this 3d matrix. Once we're out on a higher, linearity ceases to exist. It's the hologram of the multiverse, and the whole creation in space and time is one formula – complex, for sure. It's a formula, mathematical formula. It's all about this.

elenadan.org

I will put a link there wait for it to a pdf where there is an index that you can print for those who have already the book, for those who haven't it yet it will be inside it. one way or the other so it will be easier to find the races.

17-6-2021 – Situation update

<https://www.youtube.com/watch?v=XQNc9GK9jQ0>

Hi to everyone, just a quick one to say that everything is gonna be all right. I have very good updates from Thor Han. We are heading towards victory. The forces of the alliance are doing a very good job. Antarctica has been evacuated.

The war on mars is continuing, on earth underground as well, but things are getting in the good hands of the federation and the earth alliance. The enemy is fleeing, fleeing this star system, slowly, slowly, losing hope. The enemy starts to lose hope.

There is a lot of anger from our opponents, the Ciakahrr reptilian empire, the nebu orion. There's a lot of fear. A lot of anger is being shown by the enemy, of course against the galactic federation, but more than all against the Andromedan council. Oh yes, because the Andromedan council saved the galaxy by for seeing, well actually seeing back, tracing back this great evil and problem, that you now know well, has started to seed on our planet terra, our moon and mars. A great evil with the alliance of the nebu orion, the Ciakahrr empire and the dark fleet. This nefarious triangle is being cast out, is being dismantled. And the cabal of earth depended on these three powerful structures.

Where are they going? They are fleeing. Aldebaran's dark fleet headquarters do not want them anymore, as Thor Han said to me, they rather cut an infected limb. The portals are closing slowly, slowly, the portals throughout which they leave. So they are trapped.

A lot of prisoners are taken and given the choice to be brought home in exchange of surrendering to the light. There's a lot to say about the prisoners, and I will speak about this in details another time. But this quick message was to tell you that do not lose hope. And if you hear anything, criticizing with anger the earth alliance, the galactic federation, the Andromedans – that comes you know from where: from an enemy that is failing, that is about to declare loss and surrendering.

A great evil is leaving the planet. The elites have already gone to mars. Things are going to be really, really better. Truth will come in time, when evil will be gone for good, It is now more than ever that we need to fight, as we've never fought before, with our heart, with our gut, with our intelligence. Not taking any shit from the outside, no fear, no confusion – go away. But us warriors of light, earth people and people from other places. We all came here.

So fight, because now is the moment, when we approach victory.

Soon the technology that has been shared with some benevolent institutions of our government, shared to us from the galactic federation, technology such as med beds, that are starting to come, starship engineering – all of these will come out to the surface and be shared the public, when this war will be over. Yet started . I know we will join soon membership with the galactic federation. I know this because the two conditions are having reached an answer and interstellar level, meaning able to get out of this solar system in inhabited flights, commercial flights. Well we are doing this. There is a space program called Solar warden, which is with the us navy. We are already an interstellar civilization. We have colonies somewhere else.

What is left to do? Of course being rid of the evil, but to be a peaceful civilization, to be a federated world in peace and harmony, which will come. It's very scary to think that we need to get on to get on with each other, but we need to do this and we will, because it's in us: love, tolerance, intelligence, respect. Respect is very important, respect to all life. We're getting there, we've all come to help the humans to do this. Yes and it's working scary time but it's working so soon. We will be together with them. They have been helping us since a very long time and I want to salute all those, who give their life, their time, their heart to this cause, because terra is in the center of attention of the whole galaxy.

My blessings go before everything to the Zenei people, because the Zene people, beautiful sensitive beings, have saved us all.

29-6-2021 – Q&A Centauri

<https://www.youtube.com/watch?v=-N8-1fOBM4>

Tonight I will tell you the Centauri system. This is the closest neighbor star system to earth. There's a lot of amazing stories in these systems. I'm going to tell you about and introduce to you the mainly evolved civilizations.

...

Updates from Thor Han

Elena: Thor Han is 150 years old, he's very young for his his people, he's he's a youngster. he's been promoted fleet commander two years ago and he used to command a fleet of 15 ships which is a small fleet. they have about 60 mother ships up there in the solar system, not all belonging to the galactic federation, many of them also belong to the Andromedan council, the council of five, the ashtar galactic commando. Ashtar galactic command is not linked to the galactic federation of worlds. They are a mercenary unique entity who work for different organizations fighting against the orion nebu group. Thor Han is still a fleet commander, he commands his fleet, but he has job which is a mission coordinator. He works on the mothership of the federation which is on in orbit of earth. It's a big big ship, I shared a photo of one of these motor ships. and I think it was Thor Han ship two weeks ago.

Thor Han's job is to organize the logistic of the different missions in this star system and particularly with the earth alliance. (...)

What he tells me doesn't put the operation in dangers.

Earth, moon, mars. Earth: a lot of elites are still leaving the planet via portals. All the portals haven't been yet neutralized, but in a good way. There are operations conducted by the galactic federation of worlds to neutralize portals of access from planet earth to many other places, especially mars.

They don't go on the moon anymore, because moon is now secured by the federation and given back to the earth.

Mars is still under attack of the federation and the local resistance.

Antarctica is being rid of the dark fleet. All the dark fleet personal has left Antarctica. The german personnel left via boats to Argentina. We had this information by one of our contacts working in Antarctica. The reptilians, you know it was a Nazi reptilian alliance, all the reptilians personal some are still there in the undergrounds, and they try to escape, but these ones are the one more in trouble, because all access to Antarctica via the underground had been cut last year. The earth alliance had collapsed all the tunnels of underground access to Antarctica, so nobody can leave. Antarctica from the underground they can only live by boat that's about the personal. Now the officers of the darkfleet and the high rank officers human and reptilians they have left via a portal, because there's a portal in the south pole that is very wanted by everyone. Now this portal had access to Aldebaran star system where the headquarters of the dark fleet are. So we suppose that they may have left to this destination although we know that the Aldebaran headquarters do not want to have any more anything to do with the dark fleet of this star system, because they consider them a little bit like as losers and as Thor Han said, they rather cut an infected limb. So I don't know where they're going.

Thor Han told me that this portal in the south pole has been taken by the earth alliance and is severely guarded by the earth alliance, but now there is another war starting there, because the evil

nasty reptilians are not there anymore and neither the Fourth Reich. So the place is empty to be taken and there's an amazing amount of resources there. Some very precious substances that are very wanted especially by powerful industrial countries and corporations. So everybody is rushing to Antarctica now that the baddies have gone and the portal is deactivated, but still there. So all it takes is to find the key again, the frequency key to reopen it. And the earth alliance tries to stop everyone to have it. So I don't know what they're going to do with it, destroy it, recalibrate it.

The **moon** has been liberated a while ago now by the galactic federation and given back to earth. The moon has been liberated from the baddies which were the dark alliance, dark alliance is a triangle dark fleet, orion nebu empire and Ciakahrr reptilian empire.

But what the corporations and people now want to do with it now it's another question, because there's a lot of mining advantages as well there so uh fight over retaking Antarctica, fight over retaking the moon by the earth people, earth corporations and now mars.

Mars, there are still reptilian baddie there, Ciakahrr empire, nebu from orion, but they are severely hit by the galactic federation. (...)

There is a huge huge focus at the moment of the galactic federation of world to localize and close deactivate all the portals of access between this star system and outside, because the federation had protected this star system with a shield. It's like a plasma frequency shield outside of this solar system. If you go through it, it looks like a wall of plasma, it's very impressive. I've seen it. It's like filaments of light but it's like gas and it's a yellowish, orange kind of color. So nobody can leave without authorization of the federation, nobody can come in without authorization.

So how do the baddies do to escape to Aldebaran for instance or back to orion and the Maitra come and go from Andromeda. Remember the interview I did of Stephen Cao who worked in area 51. He describes one of these portals used by the Kiily Tokurt. He describes it. He went even in a meeting room and he was kicked out, he saw this portal.

Ceres is going to and Saturn's probably going to be hit the same.

Regarding to the **portals** now the main focus is to that's the science mission to deactivate them. This star system is big.

A portal when it is not activated it is invisible. A portal is activated by a frequency key. It's a sound frequency coupled with dynamic geometry, Vril energy, mathematical equations extremely complicated and sound frequency. So that compose a frequency key and when you use this frequency key, it activates it the portal. A portal becomes suddenly visible and I've seen one. There's one in orbit of Jupiter between Jupiter and Saturn. Once I was connected with Thor Han it was in a science ship trying with other people of the federation to deactivate this portal on orbit of Jupiter and it was saying that it was a big one, used by the dark fleet.

I had a chat with Tony Rodriguez, a private chat, and he said "oh yes and the portals. I remember one. We took portals to go to..." (he doesn't know the name of the star system. He went with when he was on a ship of the dark fleet. He said to me "I went through a portal, I remember and it was in orbit of Jupiter." And I say "oh my god, that's Thor Han just told me about a portal in orbit of jupiter used by the dark fleet." so we were talking about the same thing. I love it when things come together.

(...)

Are Andromedans the same as archangels?

They could be associated with them. The andromedans there are many people, many civilizations. We are speaking here of the Zenei. These are the famous andromedans who have foreseen the miseries happening here on earth. They are the ones helping us, very much they are very evolved and highly evolved beings. Zenei, those with whom Alex collier was and still is in contact. The zenae are amazing people. They are filled with love. They are a little bit like the arcturians, they are

very similar: tall blue skinned elegant. They are extremely wise. They are communicating by emotions mainly. They are extremely emotionally evolved. They are radiating love and wisdom and peace. They are extraordinary people, so benevolent. They are 6/ 7 density.

They are not archangels although they could totally be on the same level. Archangels are different. Archangels are not of a race of extraterrestrials, they are supra consciousnesses, mega consciousness, arch consciousnesses, working on the web of the universe. And it's like a bit Cryon, the the earth guardian Cryon could be also considered as an archangel, but that's that's another thing.

So Andromedans, although they could be totally similar to archangels or not archangels.

Centauri

I hope these updates will help you to clear up some fears or misconceptions. The Centaur systems they are the closest star system from terra, 4.3 light years from us only. It is composed of a binary, two main centers: alpha centaury system and beta centaury system.



Why centaury – because it looks like a centaur, in the greek mythology it's a horse and instead of the head of the horse there's a bust of a man with arms and a head.



We have here just another shape, where you can see really it looks like a horse with pose and the head of the man on the star.



Here is Alpha and Beta Centaury. Each has a double, triple star system. Alpha is on the left beta is on the right. Alpha centaury is very bright because it's a system with three stars.

Img04 from book

Alpha centaury is composed of Alpha a and Alpha b and the third one is Proxima centaury. You see the Alpha a and Alpha b they they turn around each other, and around them there's Proxima centaury. The star we see here in this picture "Alpha centauri" is in fact three stars. It's really bright because it's the light of three star two turning around each other on the common center of gravity and one, proxima, turning around the two other ones. So in the center Alpha centaury a and Alpha centaury b and around them Proxima centaury. Every 88 years alpha centaury a and b orbit the common center of gravity. The average distance between them is about 23 astronomical unities. Alpha centaury a is a yellow star of the same type as the sun and is about 20 percent larger. Alpha centaury b is an orange star, slightly smaller than the sun. And Proxima centaury that evolves around these twin too is a red dwarf, seven times smaller smaller than our sun. Proximal centaury is gravitationally bound to the the two first ones. They all have planetary systems with planets evolving around.

Alpha centaury b –Selosi

Alpha centaury b is a star which has many planets around. Here live the Selosi.



Their origin is from the planet Selo, also named alpha b century four. It's a lot bigger than terra. It's the fourth planet of this system and it's a world with seven moons. Due to the proximity of the second star in this system in this binary system nights are very short and the planet's orbit is elliptical, which enables complex seasons.

Selosi are tall white skin and white hair humanoids. Their eyes color can range to blue green or gray. They are benevolent beings. They are part of the galactic federation of worlds, assisting humanity in its evolution.

Selosi mastered the science of harvesting the universal life force, the vril into crystals in order to generate plasmic and ethereal energy. They are the mother rays of the Telosi earth colony, telosians. They are the mother race of the telosi earth colony and have a presence in the orbital stations of the galactic federation of worlds, interacting as well with terran governments for the greater good of humanity. They look like terrans and their society and cultures are based on a spirit of equality and justice. They promote the wise and responsible use of sciences and technology, peace and preserve their neutral position in galactic diplomacy.

It takes 12 hours to get to alpha centaury 4 (Selos) and twice a week a shuttle links the federation's outpost in the terran in the earth vicinity to the centaurion systems. Their usual sheeps are silvery and discoidal. This is a Telosian ship behind her.

They look totally like us but they are white skin white hair and very clear eyes, slightly taller. The Selosi were involved in the meetings of president Eisenhower at murrock military base .



Telosi

Their closest cousins are the Telosians. There's a lot to say about the Telosians. The Telosians are separated in two different factions. They originate also they are colony from alpha centaury four, the planet Selo.

They are tall white human beings with pale glistening skin and white hair same as the Selosi and they have highly developed telepathic abilities. The eyes are clear from gray to pale blue and their alimentation is plant-based, grown hydroponically in a full spectrum artificial light. They use psychotronic technologies involving crystals and universal life force energy, the Vril.

Telosi are an ancient Selosi colony who settled on earth before the last ice age. The earth myths remember them as Lemurian but in fact Atlanteans would be more accurate as their civilization extended in the area of the atlantic oceans and its shores, which is why they migrated to the American continent, western africa and western Europe after destruction of their lands. They disconnected with the galactic federation of worlds as they migrated underground, becoming the

western branch of the Agarthan network. Agarthan is the general term for all the different species inhabitants of terrars underworld, inner earth. Telosia have interbred with terrans and their gene markers show up regularly within terra's population like their cousins.

Selosi working with the galactic federation of worlds. Telosi are by nature benevolent people inclined to assist humanity remembering its ancient history, help in its ascension and improve health and longevity.

What is their language like, is it a frequency language? Are they on earth to help?

They are on earth for help. The language is a spoken language which is and spoken and telepathic in the same time. They use also emotions by the telepathic side of the language, they can project emotions and communicate through emotions. All the Telosi do that and the meton as we are going to see a little bit later.

Their rhythm of existence is different from the earth people. They are calmer and quieter, vibrating in a slightly higher density, the fourth density.

They work at helping the preservation of the environment and the ecosystems, as well as fighting the new religious systems that disconnect human beings to nature to their own power and to source, helping terrans to recover hidden knowledge. They provide many tools and hints guiding archaeological discoveries and also offering keys to decode enchant knowledge.

Telosi are at the origin of the crop circles sometimes, geometrical clues guiding the decoding of a lost science. (A very tiny percent of crop circles are non-human. I would say maybe 90 percent of the crop circles are human made. It is difficult to differentiate which one are made by artistic humans skilled people which ones are made by either extraterrestrials or intra-terrestrials. The difference will be the level of electromagnetic disturbance on the site, slightly, after they've been created. And we have a few camera videos who've filmed the making of these crop circles by non-human devices and you can really clearly see all plasma orbs dancing around and creating these patterns in the crops, and it is made with sound frequency, coming from under or from above. And they are messages messages to humanity and language is a mathematical language frequency, language to be decoded.

The Telosi are also at the origin of what is called erroneously "the lemurian crystals", which is more accurately named "Telosi quartz or Telosian quartz". In these they have encoded keys to unlock ancient knowledge. So these crystals are not database of knowledge, they are not information encrypted in them. But there are keys to unlock access to some call it akashic records, a database that is somewhere, quantumly it just connects you to it.

What is this knowledge about? It is about unlocking human consciousness and helping humanity's ascension. It's the energy signature of the crystal structure that is the key.

We find also the Telosi in the celtic cultures like the shee, the Tuade dannan and the shining ones.

Nowadays we can count about a million and a half inhabitants of re-established network of antediluvian colonies, white spread underneath the surface of the planet in a vast system of caverns. The main networks are located below the region of the Gobi desert and surroundings in a vast cavern system below Tibet, linking the central Asian systems and finally on the American continent around Mount shasta in an underground city named Telos. The vast underground web of tunnels was created mostly by the Telosians but it became progressively with time shared for a great part with the earth secret governments, from the moment these latest signed agreements with the reptilian invaders. Unfortunately enticed to provide facility of the existing underground structures, an important faction of the Telosi joined forces with the grey and reptilian collectives to bond with the American government, the bad side, MJ12 and all the corporations. The Telosians were frightened when the reptilians arrived (not the ones you know there was the Naga were quietly living underground) but when the Ciakahrr arrived from space in the 1950s. They wanted with the

grays, they wanted the facilities underneath and mainly it was owned and managed by the Telosians. So they scared the Telosians, they threatened them, they blackmailed them, they did horrible things. The Telosians finally gave up and offered the facilities. They were like in a very bad position.

There is a rebel resistance faction of Telosians who have gone really deeper underground now and are still there and now are fighting. Telos is in the process of being liberated.

But you know the faction that has rebelled, they've really evolved in an even higher density that the reptilians cannot even touch, even access to their realm underneath the earth in the inner earth, because it's the density is higher so there is no way they are going to be found by the lower vibration. There is a whole diplomacy of its own going on underground, being beneath all these things. In my book I have a lot of all the details about all these underground facilities, what tunnels goes where. You can really read it through, there's all the details, even more details. But we're not going into these lower vibrations.

Nevertheless, a rebellion rawes in a secret alliance of the Agarthan races. Some Telosi and secret factions of the us governments preparing their agenda for fighting back the reptilians, but that is happening now, getting rid of them. This secret benevolent alliance at this moment in time has joined force with the galactic federation of worlds in the earth alliance. Their ships are called "silver fleet". It's the same ships as you saw on the picture of this Selosi woman. They are either discoidal or spherical.

Are the telosians related to the Akhori?

They resemble a lot. It's very difficult to tell them apart. Who are the akhori or Alkhori they are people from the altair system. They are working with the reptilian empire and hey are *not* good. They can be called "tall whites" as well, because they are looking like this humanoids beautiful thin long humanoids. But I would say the Altairans are more like skinny, like thinner than the Telosians. There is really no way to really tell them apart. But they are not related. Now we need to remember that you all humanoid life in this galaxy, Nataru, has been seeded from extra galactic civilization, an intergalactic confederation and in this intergalactic confederation there was a race species, a culture called P'tal and they have seeded human genome in the constellation of Lyra, the Man star system, kepler 62. So we all come from there. So we are all in a way related with all other humanoid races in Nataru, our galaxy. But that goes back to the first, the cradle – but then we have evolved. There is nothing except that common origin. There is then nothing in common between Alkhori from Altair and Selosian from alpha b centauri. They have nothing culturally in common.

Well what your heart feels, it's something else what do you feel from this being in front of you. Gentleness respect love – or aggressivity and danger. Work your heart. You can really listen to what your heart says when fear has gone. Eradicate fear and then it opens your heart cognitivity and your mind and everything.

How were the Telosians able to switch density in order to be not be seen? How was it done, perhaps we can learn from them?

Thor Han: Raising frequency is an easy thing to do when you acquire a certain level of technology. The Telosians have learned from shifting frequencies the rate of vibration of their cells. How to become invisible – this was an ancient knowledge inherited from their parents, Selo. This knowledge is used nowadays to cloak our ships and raise frequency just in changing the rate of vibration of the particles.

Elena: How do they how do they accelerate the particles of their body?

Thor Han: By chanting, when they do not have the devices. But there are devices. Raising frequency throughout changing the vibration of the sound, the rate of vibration. There is a lot to

learn from them. Becoming invisible is a very specific and difficult technique, but with practice you can arrive.

Elena: Indeed I understand that. When I to 5d ground they accelerate the particles of my body and then I can have physical experience at their level. So they do that with sound, with frequency.

There is a lot to learn from the Telosians, the whole beautiful wonderful secrets and these crystals, these Telosian crystals they can unlock a lot of answers for us. They left gift for us in the ground, and this is very exciting.

Are Telosians walking around among us on earth?

Yes they do! They look very pale, and they have white hair so you may recognize them quite easily. They're taller than us, thin, very graceful and they move slower and calmer. Telosians are here among us, benevolent and malevolent ones. Unfortunately the most you will see will be the those who turn to the enemy because they work with the cabal. But you can have the chance to meet the good ones sometimes. Sometimes you are in nature next to openings to their world you can see them sometimes. But there are some in our society I know as well.

Is Mt Shasta itself under control of good or bad forces?

There are many levels, physically and etherically. Mt Shasta was the capital of the Telosian people. It's been taken by the reptilians it has been for a long time taken by the reptilians. I do not know where are now the operations of liberations of Shasta. Still in the clearing. Not safe to go there physically in 3D, because there are still some reptilians in there and some fights going on. But you can go there in a higher frequency in a higher vibration, in 5D, not less. Then you can access the inner earth and meet the inner earth people under Mt Shasta, the Telosian and other tribes. So it depends on what level you go there. It is parallel densities in there. Do not go there in 3D! If you see the entrance of a cavern or a underground that goes under Mt Shasta, please do not go there! If you want to see, meet the real benevolent Telosians under Mt Shasta, shift density and go there by projection of consciousness. Do not go there physically in your 3d body! The 3d body will be endangered.

Altair is a great materialistic humanoid culture.

I totally agree with you.

Can you please talk about Hadar? I was told I come from there.

Hadar is beta centaury. I am going to talk about Hadar now.

Beta Centauri – Hadar

Beta centaury is different from alpha centaury.



On the left alpha centaury and on the right beta centaury, these are two different star systems. On the left this brighter star that you see is in fact a component of three star systems: alpha and beta twin stars turn around each other on the common gravity center and around this binary system is another star, a third star orbiting which is proxima.

On the right is beta centaury.



Hadar – Dahl

Beta centaury is alike alpha centaury a triple stellar system, sheltering a great diversity of life forms, scattered on 17 planets. Imagine 17 planets in total! Including reptilians, amphibians, insectoids and all sub-civilizations level. I mean like us like, earth and even lower.

A human Noor colony from Lyra established there and flourished, but chose to remain out of the affairs of the galaxy. These have also chosen not to join the galactic federation of worlds and live in harmony with all the other species of these 17 worlds as an independent entity. The beta centaury system is severely guarded and considered as an unspoiled heaven of peace.

They chose their name the Dahl after the captain of the ark who brought their colony there, their legendary commander Dahel. They named the world they colonized Dahel Noor. So they are Noor, the tall blonde humanoid. They come from the kepler 62 Man system in the constellation of Lyra that was ransacked by the reptilians. Very peaceful people. They don't want to have anything to do

with wars. They are so well able to be part of the federation but they refused because they wanted to be on their own.

Hadar is the the name we give to their beta centaury.

Are there black-haired on Beta centaury?

Not that I know. But therey may be. If you refer to someone extraterrestrial that you met who told you he was from there it's possible. There are also people who have settled there, come from other star systems.

Proxima Centaury

Now we go to another amazing story. I think the best picture I have is this one.



It is the third star of the trinary star system alpha centaury alpha a, alpha b and then proxima centaury. The planet Meton is called proxima b, and it's extremely similar to earth.



Meton

We are going now to talk about a highly evolved civilization which is extremely involved in the galactic federation of worlds, and in earth affairs – The Meton. They bear the same name as their planet Meton. The civilization expands on the seventh planet of this star system Proxima centauri and it is about the same size as your our sun this star. Although it's a dwarf, but it's nearly the same size. Proxima centauri evolves around double binary system Alpha centauri a and b these two large stars give out intense radiation, while Proxima smaller gives out a different highly intense emission, more concentrated different ones. So there's a lot of radiations going there. We would have difficulty to live, although someone did.

Meton is similar to terra with the controlled weather. They control their own weather.

The metony are the of the Noor or Lyran group species too. They are tall non-belligerent humanoids whose lifespan reaches up to nearly 2.000 terran years. Yes. They have a free society based on the code of ethics rather than laws, and they developed arts as an important base for their culture. For instance their urbanism is quite interesting, using translucent organic materials and the use of the science of sound quite a lot in many domains. They communicate telepathically, but have kept the use of language to be able to converse with other members of the federation.

Metony are not very eager to travel, but for scientific curiosity. As such scientific curiosity moved them to earth for observation. Many meton enrolled the science station of the galactic federation in orbit of terra. Their ships are metallic and discoidal with a low dome and three sets of window all around. They are about 60 feet large. The bright radiance around the vessel is due to the ignition of the distortion field in order to allow traveling instantly between two points, creating a distortion into the space continuum and jump into the ether or hyperspace. This is slightly different from what you would call quantum travel, as to pass through this inter-dimensional shift as it always is the rule wherever you stand within the multiverse, the occupants of the ship need to merge their being as one frequency with the ship itself. It is what is named “etheric” travel.

Some thing happens which is very interesting. The atmospheric condensation. Many species using etheric mobility when encountering the atmosphere of a world have their ship cloaked in a cloud. This is the condensation process of the molecules in the atmosphere, created around the ship due to the heat generated by the dimensional distortion field around the craft.

They have several motherships in our star system. They are very big and they never land. They have a long cylindrical shape some of them with rounded extremities. Long cigar ship, enormous huge huge, miles and miles and miles long. It differentiates them from the pleiadian motherships which are (you remember the photo) it's like two cones one above the other.

There is a woman who went to Meton.

Are there war ships?

They have war ships, the ships you see can be armed as warships. Although they are not really involved with fights, they involve in maintaining peace, they are peacekeepers, the metons although they can fight. They would maintain boundaries and um try to keep the enemies at bay and try to maintain balance and peace and call upon others like for instance the Ahil or Taal to just give a kick to the enemies. But they can fight as well, totally.



A woman went to Meton and her name was Elizabeth Klarer. From 1954 to 1963 Elizabeth Klarer had contact with a man from Meton. His name was Akon. They fell in love and they had many contact they fell in love and he took her for four months on Meton. They had a baby there and she stayed quite a long time and time is different. There just stay in more than four months. She stayed quite a while, because the kid was when she left already teenager. I think she wrote an amazing book “beyond the light barrier” that I really recommend. So this is a portrait of Acorn on the right, that's her, Klarer. She lived in South Africa.



This is Acon, portrait of him. You see the high forehead. That reminds you of the Umittes, although the Ummites come from a totally different place in the galaxy. That's when you see that we are all related.



This is a photo of Acon spaceship. Everybody knows each other upstairs and Thor Han made contact with Acon's brother Haben and they decided to put me in contact with the niece of Elizabeth Clara. We are now very connected and to write a book about her aunt, which is the complement of information after "beside the light barrier." It's all these informations, all the exchanges she's had with her aunt, and there's an amazing informations that in the process of being published now. And there is freaking surprise that will be in this book. Now we are working on getting the gravity files published. Actually Elizabeth's son has the gravity files, and we're in good contact with him.

I recommend everyone "Beyond the light barrier" to buy this book. You need to buy this book, it's an absolutely romantic story and it really made me cry because it's so beautiful and it reminded me my story a lot so much. Tho Han connected with Haben, Akon's brother and there's a lot of adventures that's gonna be this close but I will ...

When her book is published, when this woman's book is published, Elizabeth Snees, we'll make a video about it.

6-7-2021 – Q&A- Boötes

<https://www.youtube.com/watch?v=VgRRb-XH1bI>

Tonight I will tell you about the civilizations of the Bootes constellation, that many of you know because there's a star called Arcturus in it. The arcturians who are they, yes!

...

Situation Updates

These updates are quite. Last night Thor Han had rushed a connection, rushed to contact because he had such an important intense news. So I opened the connection, I switched on my connection device and I hear his words in my head, feel with his feelings in my heart, and these words I wrote them down straight away, because they were worth it:

Thor Han July 5 2021: The war has been won on mars. We have retaken the facilities. The worst is coming for the reptilians, who have decided to remain there. The slaves have been liberated. The Ciakahrr are winning but a cruel defeat. All is gone for them, all their possessions in the solar system. They are leaving.

Elena: So I asked him what about the dark fleet? He said “oh no, the dark fleet is not gone yet. It is something different.

What about Saturn=

Oh it is in the process to be soon treated. Saturn is ceres and ceres are Nebu and the Nebu are still here, still fighting with them.

I had a discussion with him afterwards, because we met and he gave me more details about all these things.

There are three enemy factions in our star system: the Ciakahrr reptilians, the Nebu gray orion and the dark fleet, which is earth-based. Well earth dark fleet, we know they have been kicked out of Antarctica. There are still some on Ceres and other outposts in the solar system, but they have lost forces. They are really taking a hit and they have been cut from their headquarters in Aldebaran. But they are still remaining here, still trying to fight their last chance. It's not yet done with the dark fleet, not yet done. It's not yet done with the greys, the greys have been kicked out from the moon. There's still a gray and reptilian presence on earth in the underground, still fighting with the alliance, the earth alliance is still fighting the orion greys and the reptilian Ciakahrr in the undergrounds of earth.

It's not over, so in a good way, but it's not yet over. This war is still going on and places such as Mount Shasta are in the process of big operations of liberation. So on earth is really the shit hitting the fan, big time on mars as well. But the difference is that mars is mainly reptilian Ciakahrr own and the dark fleet, the Ciakahrr facilities on mars have been taken by the galactic federation. The slaves have been liberated. The Ciakahrr are leaving mars. There are still a dark fleet presence on mars and a few orion greys, but the reptilian facilities have been liberated. Reptilians are leaving and after what Thor Han told me, they do not own anything anymore in the star system, only few last underground facilities on earth. But this is in the process.

So it's looking good, but it's harsh.

So here are the news: the war on mars there are still some fights and because of the dark fleet and the orions, but all concerning the direct Ciakahrr, it's done. And you know how, he explained to me:

it's because of the locals, the Martians the Martian rebellion, the reptilian and insectoid local beings, the Martians, the real Martians – they themselves liberated their planet from the reptilians. They went on the ground, they had been groomed and trained and armed by the federation, exactly how the federation did on earth. They gave us technology, they gave us weapons, they're fighting with us. That's the policy of the federation to empower the locals, to empower the populations of the planet to stand up for themselves. They're doing it on earth. They've been doing this since the 1940s. They are doing this on mars, they have been doing this on mars since a while quite the same time.

So it's great news about mars. He said first “the war has been won on mars” but there are still it's not still settled. When he said that it meant that it was a no return point. It needs to be finished to be cleansed and liberated, but it's a no turn back.

Q&A

Q: Do the native mars beings call themselves martians or Tyrians?

In fact they are not native. There's a native species who is a sort of worm, it's between the giant salamander and the worm and they are the borrowers. You know, you've seen them for all those who have seen the movie “Dune” do you remember the worms, that's this kind of creatures. I'm not sure they look like that. Those who have been in the SSP “20 and back” programs can really answer that if they probably met these creatures, and I am very privileged to interview in next week Ileana, the star traveler and Tony Rodriguez. Both have been taken to mars, to work there. So they will describe and give a lot of elements....

I do not know if the local population calls themselves the Tyrians. The galactic federation calls this planet tyr t-y-r. There's this local species of worms and then there are two different species who have been introduced to mars, who have colonized mars a very while ago, and they stayed there. So they consider themselves as Martians but they're not really born from the rocks and the consciousness of the planet mars. But so these reptilians are very nice. I don't know their name. They are they lead the Martian resistance, the Tyr resistance. The insectoids they have many shapes shapes they mostly look like mantis and another type like arachnids, but they all gray gray genetic related. Thor Han told me that the insectoid's name it's unpronounceable, I couldn't pronounce it and even write it.

The reptilians they have a name, I put it in my next book.

Q: Are the greys leaving? Not been captured or punished so they can come back?

The galactic federation has a policy of not killing, killing is the last solution. They go by free will. They show first their power, they do a raid and they try to do no casualty, but they show their power and they show their intention the galactic federation like conducting a raid. And then they say “okay now we're going to continue. You have a choice. We give you free. Or stay and face consequences.” If they surrender, they are taken out of this this star system to facilities. We could consider this as prisons, but it's it's like rehabilitation center. They are brought there and they have still again the choice: abandon their aggressive agendas and start a process to raise their frequency, and they are sent back home. Otherwise they remain here indefinitely. Prisoners. If they choose to give up their negative, regressive behavior, they're set free they're set free back home. Even sometimes they bring them in at the border of their zone.

The galactic federation of world is an is a federation of very evolved species. They do not do

punishment. This is a very primitive behaviour. That they haven't. That have let go, they don't do punishment, they are above these kind of practices- They will instead help these beings turn to the light and evolve. This is what they can to turn the dark into light, because if you thought you are somebody who's already dark, you're gonna lower his frequency even more. Punishment and suffering is not an act that is perpetrated in by the federation, certainly not.

Q: Where are all the people going to go from mars?

All the people who have been taken there from earth and used as slaves. They have been told that earth has been destroyed, that has no more livable conditions on earth, and there's nobody else there. That was to cut their desire to come back to earth. But now all the human prisoners are brought back to earth. I don't know in which conditions, they will be regulated but they were all brought back to earth, all the humans.

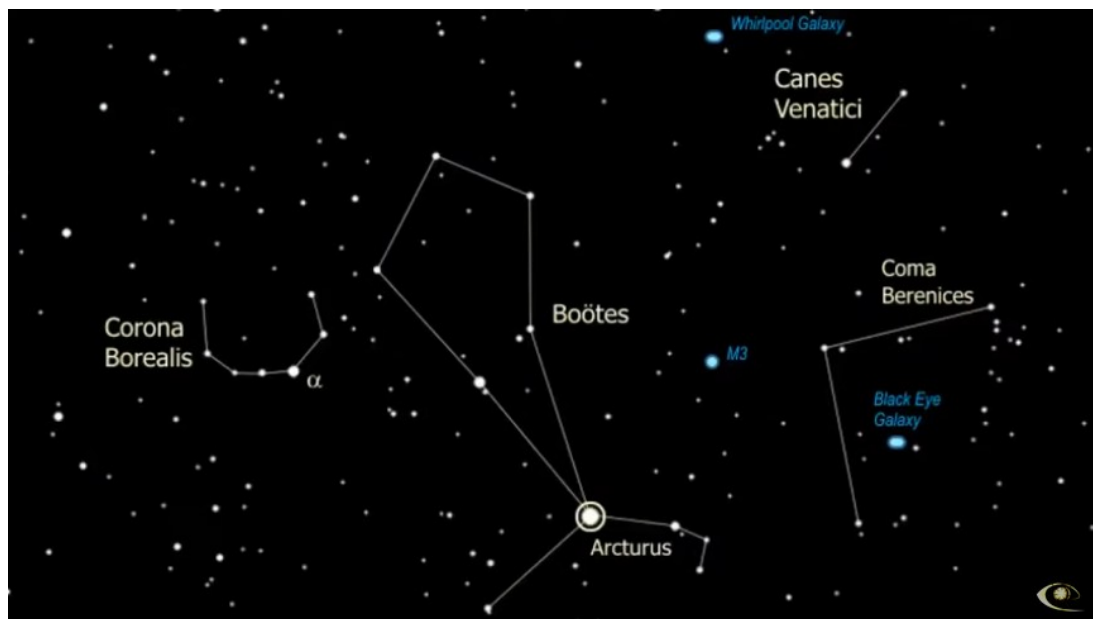
Those who leave mars are the extraterrestrials and as I was explaining they are all although brought to facilities to try, to turn them to the light kind of things or if they they surrender and they know, they have changed their mind they are sent back home, their home.

You're going to ask how do you know that they're not lying or saying "Oh my, yes I'm fine now, I'm going to be good, I'm going to behave" and then come back with a fleet later on, because these things are.

It's all about vibration and frequency. You cannot lie, when you are dealing with the beings of the federation, because it's from the heart. If the person in front of you is lying in which frequency they are and once you raise frequency, you're there, you're not going to go down again. So that's what I know.

Boötes

We are going to now talk about the arcturians, the Bootes constellation because there's not only the arcturians in the Bootes constellation, there is also other cultures which are quite interesting.





The name comes from Latin **Boōtēs**, which comes from Greek **Βούτης Boōtēs** 'herdsman' or 'plowman' (literally, 'ox-driver'; from **βοῦς boūs** 'cow').

Here is the Boötes constellation. You have in the middle of it the Boötes constellation is named after Boötes means “the herd keeper” It looks he looks like a shepherd.

Boötes was depicted as a herdsman with a club. Boötes follows Ursa Major, the bear. The jealous wife of Zeus turned Callisto, his mother, into a bear. Boötes did not know she was a bear and chased her through the woods. To avoid further trouble Zeus placed them in the sky.

Arcturus, the knee of Boötes is the third brightest star in the sky. One of the 48 constellations described by the 2nd century astronomer Ptolemy, Boötes contains the 4th brightest star in the night sky, the orange giant Arcturus.

So Epsilon Boötes or Izar is also a colorful multiple star, popular with amateur astronomers. Boötes is home to many other bright stars, including eight above the fourth magnitude and additional 21 above the fifth magnitude, making a total of 29 stars easily visible to the naked eye.

There are many objects in the Arcturus constellation. Of course a constellation is a visual illusion of a pattern of stars visible from earth. Through the Boötes constellation we can see objects that are extremely far from here and that have nothing to do with each other.

You have the globular cluster NGC5466. A cluster is a group of stars, it's a cradle of stars. It's where the stars are born, and it's a very young star. It's like the Pleiades.

You have then a series of galaxies that are visible in the Boötes constellation. It's an absolutely amazing place for amateur astronomers to have a look by nice clear night.



You have NGC 5248 also called “Caldwell 45” an amazing galaxy that you can see there.
We can see also this one: NGC 5676.



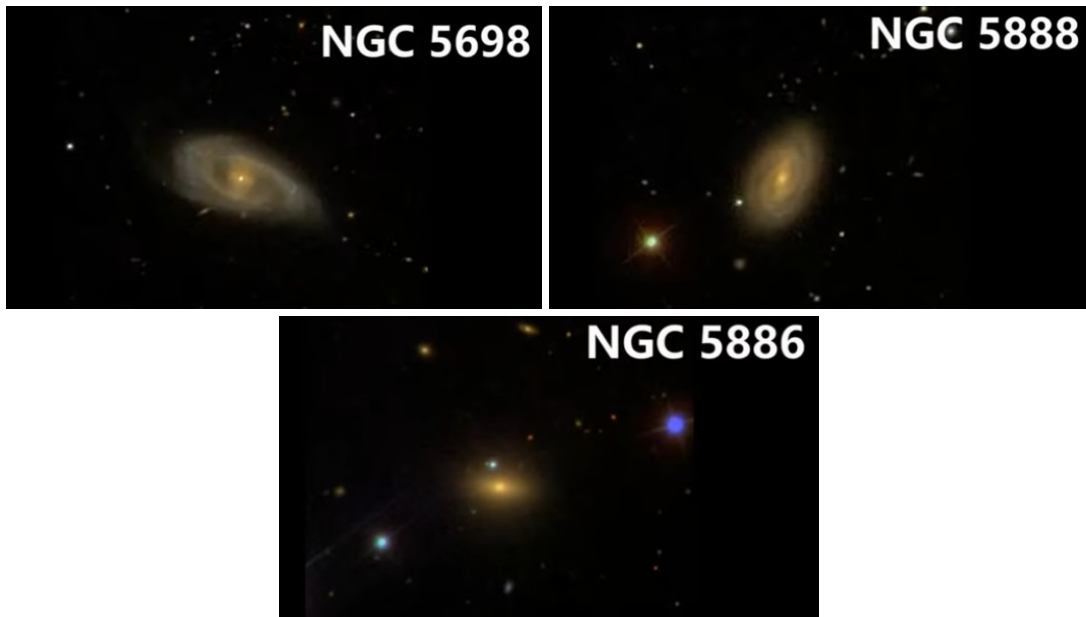
This one NGC 5008. How beautiful it is NGC 5548.



NGC 5653. I like the little green fluorescent beads. I wonder what gases is. It's absolutely amazing all the different colors. It's different gases that gives a different spectrometry.



Then you have NGC 5778. Look at this cluster of galaxies isn't it amazing? It's absolutely beautiful.

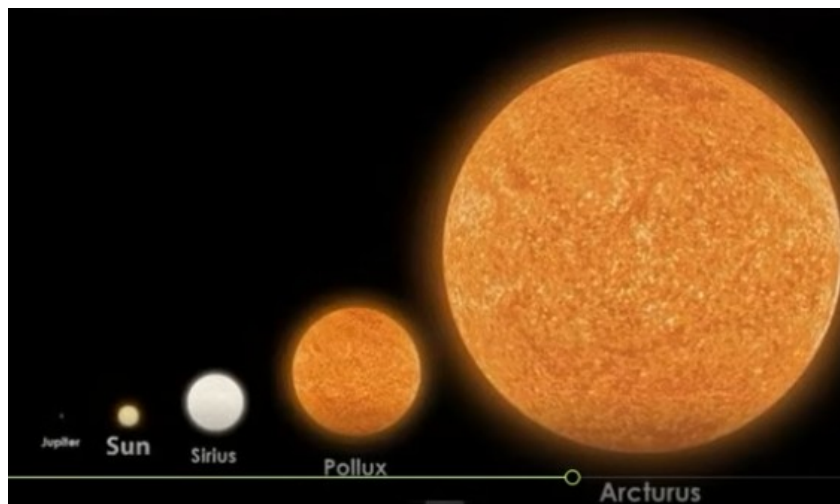


NGC 5886, NGC 5888, NGC 5698 – so many worlds.



And this this how weird is that: You see all the little dots are mainly galaxies all around, and in the center you have void. This is very well known and called the Boötes void. It is located 700 million light years from earth, extremely far. What is happening there? The Boötes void. No one on earth has explained it. But regarding to our star friends there are places in the universe where you have like poaches of dark light or dark matter. This is the dark matter. It is not antimatter, it's dark matter. It's a substance that is extremely interesting, because this substance is necessary for the universe to function. This substance is composing portals. I have no other explanation how to give you the details. This is called dark matter and or dark energy, you know matter energy.

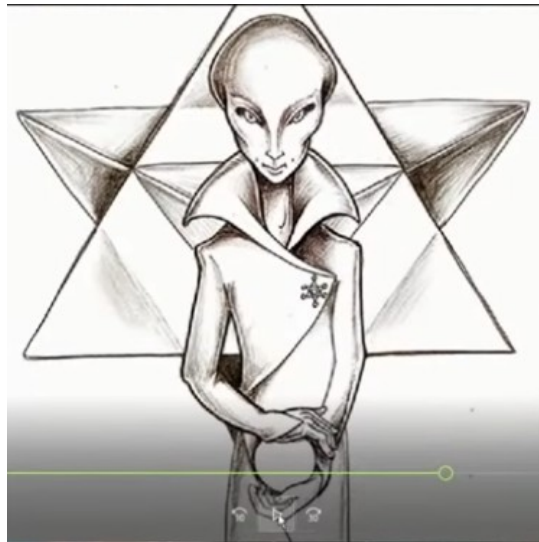
It's a very mysterious place that the astronomers haven't been able yet to explain. On earth officially there is no scientific explanation.



Arcturus means the bear. It's a name from the greek mythology, transformed into the latin.

Arcturus is a giant. This is a picture that shows you the size of Arcturus regarding to our sun. You thought Sirius was huge, but look at Arcturius, it's absolute absolutely gigantic.

There is a magnificent blue planet orbiting the red giant Arcurius and this planet is called Ohora. It's 36 light years from our solar system. Here is the one of the most advanced civilizations in the galaxy, which has surpassed into the seventh and nine density.



Ohorai

The phantom portal?

The three Arcturian groups are the Ohorai. The Ohorai are blue skin and they are mainly involved in helping humanity regain their sovereignty and connect their own power and their divine selves. The Arcturians are part of the galactic federation and also members of the council of five, but not as one of the five races, they are just affiliate also to the council of five in programs.

There is a beautiful artwork that I found on internet which absolutely describes, this person the person who did this artwork is absolutely spot on about the three main races: the Ohorai, Gladeian and Noo-Linn.



These are the three species living in the arcturus ohora star system so the the oran

The Ohorai that you see on your left are the ones that are mostly known mainly known as Arcturians, that you see interfering with earth and starseeds. They can go to ninth density.

They these three races are part of the same species, the Ohorai, but you see you have Gladeian and Noo-Linn, who are subspecies to them. The original species is the Ohorai.

All these three species they are an old and highly developed culture, technologically as well as spiritually. They can choose when to manifest in the third density physically, but mainly exist in etheric state, knowing that the physical matter is not an obstacle for them. The Ohorai are those involved with the galactic federation of worlds for the concern of terra and are regarded as wise elders, great elders of light. They composed a higher caste of these spiritual beings, the Ohorai and it well up into the ninth density.

The arcturian Ohorai are known for their power of healing transforming matter as well as bending and manipulating light itself. They complete these things with their conscious mind and the Ohorai way is a spiritual practice renowned through the galaxy as an art of the spirit. This is a daily practice very popular among those serving the light, and you could assimilate it to meditation in our language, although it is way more powerful than that and that reaches out to a greater diversity of levels of consciousness. The right word to name it would be "atuning".

Q: Is there a reason and or an advantage for higher vibrating beings not to have hair?

I don't know. That's an interesting question. It turns out that beings with no hair are.. listen the Ohorai and the Gladeian and Noo-Lin they have no hair, the Andromedans have no hair, well the Zenaes have no hair and how I have been shown human race looking like the Andromedans in million years, they have no hair as well. Seems that hair goes with evolution of humanoids. all born from Lyran cradle. Of course as you evolve, you evolve physically, you evolve with time also in consciousness and in spiritual wisdom. So there is no direct link of losing your hair, I mean it it goes by parallel. Of course you when you evolve with time you will gain in in wisdom and consciousness.

The Nebu, the grey they don't have hair, the Maitra don't have hair and they're not very spiritual beings.

Yes, but it's not the same species! The arcturians, the Aandromedans, the humans are the same human genome. The grays are not human genome, they are reptiloid genome. So from the start they don't have hair, it's not the same evolution, it's not the same genetics.

Q: How do these aliens compare to self realize yogi enlightened humans? Are they just third density enlightened or so?

Elena: The enlightenment is a natural consequence from what I've learned a natural consequence of evolution. When you evolve with time you gain in opening of consciousness your DNA activates through our generation and you become more and more aware of spiritual wisdom and you know enlightened. But some can do shortcuts of course, can like force it and practice and just get good at it faster like the yogis for instance, as your name. You can reach enlightenment with practice and not waiting for evolution. ...We can all do it. So we will access to this enlightenment and this spiritual awareness and opening of consciousness of course faster, because we find the portals within ourselves to activate it. It will be in the same lifetime and that's speeding up and just forcing the portal to open to our own divinity.

And humans of earth can do that. Not all humanoids in the galaxy. I explained to you why, because we were like this before. We've been brought down, you know. We had this potential from the start. So we just need to replug within to this divinity to this enlightenment. We have this, we were like this before. So we just need to reactivate it, not to activate it but to reactivate it, which is easier.

Q: Is there a particular skin color which denotes the highest level of spiritual development?

I don't think so. It depends on the species. The Arcturians, the Ohorai and the Zenae from Andromeda are of the same origin as humans of earth. We look different of course. But look at the Egaroth they have brown skin. The Arcturians are blue, and the Zenae light blue to pale play. The Emerther who have human genome as well they are white. So I do not believe the color denotes the level of spirituality, although still many are literally bluish but not all.

Many cultures throughout the galaxy teach their children since an early age the Ohorai techniques of spiritual tuning: It has become an essential routine into their life. Keeping naturally connected to source via our personal channel is perfect awareness is to never lose our way throughout the disturbance of life and always stay tuned to the light and the ways of morality objectivity and justice.

Ohorai do not eat material food when not manifested in lower planes and generally ingest energy through their nervous system. It is like ingesting food but on a higher etheric essence level. They are also able to assimilate information a hundred times faster than the average terran, because of this particular process of assimilation of information energy.

They sleep few but very regularly for short periods of time, depending on each one's personal cycle and it is a vital necessity as it is the moment, when their soul travels and connects to subtler dimensions of consciousness. As guardians and protectors of higher consciousness they are able to anchor the source directly and consciously.

They work at raising the consciousness of the multiverse. The field of information. In a way that always allows free will, that means educating those who choose to take a path of ascension, raising their vibration and clearing the path to higher consciousness.

Arcturians defend terra from the reptilian and grey's agenda. They have been working with the galactic federation of world since the start in this purpose.

They have bases on terra inside mountains in nearly every country on this planet and also three bases in its moon. More precisely behind the moon in motherships. The arcturians, the ohorai have come to assist the terrans in accessing the fifth density by raising their vibrational frequencies.

Their ships are the finest in the entire galaxy, propelled by crystals, conducting light energy from the source core of the galaxy.



I have now a photo of a Ohorai ship, not an artwork. So huge and spherical vibrantly white and looking ethereal or transparent. These spherical ships are also able to travel through time. They have as well small shuttle crafts spherical in shape, you can name them probes employed to shift magnetic points and grids on terra in the process of helping the planet, elevate into 5D as fast as possible.

Something interesting they do, as they can time travel, is that they have this vaporizing module in their ships that can instantly de-materialize any life-form that has died and it can be re-materialized at any time by consulting the ship's records. They can scan the being and regress it to an earlier stage of its the evolution of the body and reactivate it to a younger, healthier stage. It's quite impressive. The terran souls can be sometimes brought to the arcturian Ohorai starships during their dream state where they are healed and helped – at the difference that the arcturians/Ohorai never violate a person's free choice.

Inner Athena, tell us about your story, how was your contact?

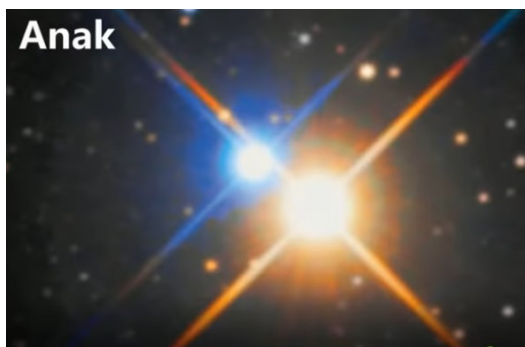
Inner Athena: They have helped me to heal. It was in my dreams. They look like angels.

Elena: Maybe they took you on their ship, that could have happened, yes it was in your dreams – oh my god it looks like exactly what I was describing, they take people in their dreams to their ship and they regenerate them, they heal them. Usually it's when you have a contract with them before coming or you are one of them. Usually you are one of them.

They look like in the movie “Knowing“, and they have this energetic, it's not wings but it's look like veils. Many light beings can look like this.

I would invite you all to write your experience and stories in the comments after this video to share with everyone, because the comments will stay and we can all share experience and with meeting them.

Who else lives in the Boötes constellation?



Anak

Isar it's a binary star system. You have two stars and these two stars have star system epsilon Boötes or Eizar the real name by its inhabitants is "Aanak iman". The species living there gives numbers to their planets, so they live on number two and three.

Thor Han told me that there's a lot of cultures who don't give names to the stars and the planet they give numbers. Many cultures live by mathematical language. Mathematics is a universal language. It's the basis of everything, basics of the universe, it composes the holograms. Some cultures just express themselves by codes and mathematical codes. It's extremely interesting, fascinating languages. I don't know how we could hear that, I've never heard this kind of language. That is absolutely fascinating. The Anak are using this kind of language

The Anak or Anaki they are not very friendly they are ferocious reptilians but largely inferior technologically and in number to the draconian Ciakahrr although they are part of the reptilian collective and they are subject to the Ciakahrr empire.

Slightly higher than the Solipsi rai Zeta grays they bear very similar features and they have gray to brown colors. Their females have darker skin and thin scars, long black hair, slightly taller and not as aggressive as the males, who have genetically benefited from the Ciakahrr science to improve their longevity and physical performances for combat.

We recognize them by their smell. That is very interesting because they have a bit of gray genetic, greys are reptilians and the grays are known usually to smell like rotten eggs or poo. But these ones, they smell a little bit with a variant which is rotten rust. Thor Han told me that.

Their face is triangular and they have like all races of grace large slender eyes.

They are gray reptilians, they look like small grays, Zeta but look at their eyes – they have reptilian eyes and they do not have black eyes. But I may remind you that black eyes in the grays most of the time – except for the Kiily Tokurt, for them it's natural – but most of the gray races, especially the Nebu races, the Zeta as well they have these black eyes, but it's not original, it's a biometric lenses to allow them to be able not only to see in our environment, but also its biometric devices. All the greys they strive in ultraviolet environments, so in our conditions with our sun it would be problematic for them. So they have like sunglasses updated.

Their language can sound like thought rumble. So they speak with like mathematical codings but you still can hear like throat rumble.

They have been involved in the eastern population of Japan to experiment, where they had a settlement an outpost in the area of Japan a long time ago. This Anaki outpost was at the end of an ice age when the levels of the seas were lower in this part of the planet and it had more land. It would be now immersed under the water. They made a lot of experiment with the population and they had a lot of programs there that was not nice, you know all the abduction programs. They were working already at that time for the Ciakahrr. The Ciakahrr it's an empire and they employ different races who have different abilities to certain tasks in their empire to work for them.

Along with the Ciakahrrs c cars they were involved in the Dulce incident, that's very important. If some abductees have memories of Dulce and small greys looking a bit different – that's the Anaki.

Their ships are square and rarely visible because they mainly use Ciakahrr ships instead because the Ciakahrr have better technology. You will notice that the Anak have square ship and the Ciakahrr motherships are rectangular – so it's sharing the same building technology.

Q: Are the reptilians beings born from eggs?

Elena: Yes they are.

Q: Do they wear clothes?

Elena: No they don't.

Q: Are they hybrids?

They are not all hybrids, but I may remind that the males have bred their genetics with the Ciakahrr genetics to increase their aggressivity in combat.

Q: Are all reptilians bad?

Very good question. Not all reptilians are regressive of course not all! Remember for instance reptilians who are on mars who are fighting in the resistance. There are very nice reptilian species.

Q: Do they cooperate with the orion alliance?

Yes the Anaki do. They are affiliate to the Ciakahrr empire. But they also work for the orion alliance.

The orion Nebu alliance and the Ciakahrr empire, they are competitors in the galaxy, but some races working for either one of them, sometimes works for both. Everybody looks for their own interest, it's service to self. These are all service to self races. They do not have really affiliation by heart. They have an affiliation by profit and trade and advantage. If they did feel another empire, another alliance will bring them more profit they will change, or even work for both. They don't care. Service to self. It's a different set thinking.

Q: Do all races use greys?

Only regressive races use other races. Using a race that is inferior in technology, it's the regressive people who do that. For instance the higher council, the council of five or the galactic federation they do not use other races, they cooperate in exchanges and everybody is respectfully working together. Nobody is using anyone.

The orion alliance, the orion group and the Ciakahrr empire are using races that they enslave. And that's what they have been trying to do with the earthlings, the humans of earth to alter their genetics to bind them as idiot slaves, to just block our memory that we don't remember how divine and powerful we are, and then starting (that's what's happening now) starting a genetic transformation/alteration invasive and aggressive genetic modification by you know putting into the bodies of the people some elements that will modify their genetics to transform them.

The Dohu who are Solipsi Rai, a strand of Solipsi Rai for instance or small grays they were a nice peaceful culture. They've been assimilated by the orion empire and they formed Dohu or Do and they have been totally assimilated, mind wiped and enslaved. All the races can be used, not only rays, human as they do with the terrans.

The Eldaru it was a race of Noor. they've been genetically altered and bred with grays and now they they are like slaves.

So only the regressive races use all the races and the gray, small grays they created with small grays Zetta Zrog, and Solipsi rai and Dohu mainly, they've created cloned armies and synthetics beings that have either no sentient soul in it, not obliged to and or they did mainly don't and they are all relate to a central hive mother consciousness. The greys function on the hive structure with the mother queen consciousness. The queen that will send information to all of the elements. Star trek next generation, the borgs – that's how they do. And the cube ships it's not a mistake as well.



Arsellus, Elffaf

Now we are going to visit another star system which is Arsellus. There are two home worlds of the Elffaf. They are named Harsane-Mubunu and Igir.

Elffaf are peaceful people, quiet benevolent species, barely involved in the dramas of the galaxy. They could be mistaken for the Solipsi rai, but they are not related, even from far.

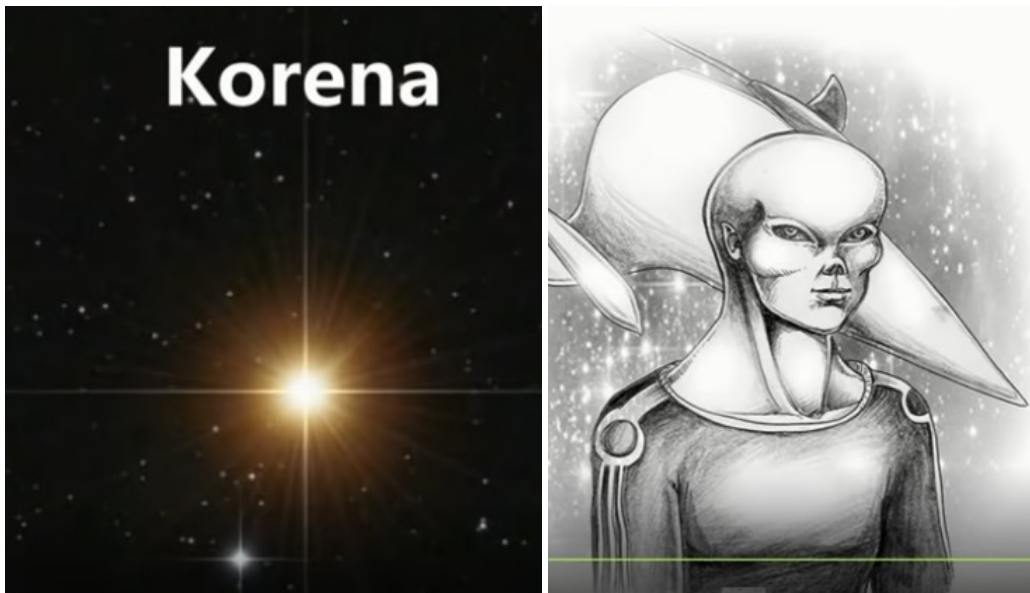
Elffaf are mainly interested in studying exosciences. They have four genders. Three having a role to play in the breeding process, two genders are assigned to procreate, the third one to bear the embryo at term – a biologic particularity attested through many races in this galaxy. Those of the fourth gender are not fertile and often vow their life to science prospects, because allotted with higher psychic abilities.

So this is absolutely fascinating! So you have four genders. Two genders that I suppose are binary procreate. The egg or the embryo is put into transferred into incubator, the third gender, which is an incubator like a mother. This gender will carry the embryo at term. This embryo can be either one of the four genders.

So two procreators, one carrier and the fourth one. The fourth one is sterile, is not useful in procreation but will have higher psychic abilities and will compose higher spiritual caste of the society.

They are not reptiloids, although they are grays. These are one of the very few examples of non-reptiloid grays. They don't lay eggs. They are carrying embryos at term, they don't lay eggs so that's not reptiloid.

They are not aggressive at all. They are part of the federation. They are mammalian in nature not reptilian.



Korena, Korendi

There is another beautiful star korena. The Korendi come from a colonized planet named Korendor – it's the third planet of a system of twelve. Their star's name is Korena, like the star about 400 light years away from earth.

These four to five feet tall humanoids are part of the galactic federation of worlds. They are recognizable by their very peculiar eyes, not known in any other human species. They are of a vibrant luminous indigo and the absence of eyebrows enhances their entrancing look. Their foreheads are slightly prominent and their ears are small and pointy. They have no hair, a small nose with slit nostrils, prominent cheekbones and a thick neck. Their bodies are quite muscular looking and their skin slightly tanned.

They have facilities of an extended underground complex in the state of massachusetts in the u.s. Their ships are beautifully profiled with a shiny chrome looking.

The Korendi are part of the galactic federation they are benevolent.

Also look at the youtube comments:

<https://www.youtube.com/watch?v=VgRRb-XH1bI>

13-7-2021 – Q&A Special

<https://www.youtube.com/watch?v=nYVtp0373eU>

14.7.2021

This is about different important topics I want to share with you:

- What does it mean when the Galactics mention 100 years before we settle in our new timeline?
- Who really is the Domain?
- Is the Matrix still operational?
- AI attacks targeting the truther community
- Transhumanism: the dangers & the tools
- Portals and plasma shields in our solar system
- Telepathy vs channelling, and the science of implants.
- What about the Med-Beds?
- The holographic nature of reality
- The coming of the Army from the Stars
- Alien Invasion vs Alien Salvation

1. Holographic universe

I had a gift two days ago from my friend Rachel. This simple gift carried a lot of wonder. It's a shell it's a shell and this shell to me represents a lot of things. I was amazed because this shell reminded me a conversation I had with Thor Hans younger brother. His younger brother Jen Han studies to be a terraformer or a "world maker" as he says. And I had this conversation with him and I said "oh what about that. How how does that that"? And he said, "Yes you can even form stars in a way. You need to have the sequence of the frequency and the mathematical sequence of the different elements and you rearrange them."

He told me that the whole universe is holographic. So now holographic doesn't mean illusion, it doesn't mean that it's fake or it's made up. A hologram is the structure that composes everything. The hologram that composes everything in the universe is different from what we would say the illusion, the the visual illusion of a hologram, made with light. The holographic universe, the holographic structure of the universe.

This shell is a perfect example, because in this shell, this is an physical object, it is beautiful, it has beauty, it has perfection, it has the three components that show you the perfect example.

Everything in the universe is a mathematical formula. The whole universe, everything formula for everything, for every structure. They are very complicated, sure, but it's mathematics. The universe is mathematics and geometry, sound frequency and energy- Mathematics and geometry is kind of the same, it's different, two different things, but it is in fact the same thing. Geometry is mathematics at a higher level, more a different perspective, a different grade. This is the solid creation of a mathematical formula. This is a hologram, this is a holographic creation.

The fibonacci sequence which is a special particular formula, the golden ratio is shown here visually. You see a mathematical formula. What is for those who don't know the fibonacci sequence

– it's numbers adding up to each other, for instance you start by $1 + 1 = 2$ and you take the number that's just before, you add it and you get the further one: 1 2 3 5 8 13 21 and so on. Mathematics become physical, become geometry, becomes a hologram, the structure. And that is a hologram and that is also a frequency because of the beauty you see.

Why is it beautiful? The beauty is due to the frequency rate between the atoms in the structure that will give the colors. Colors are also mathematical formula. Everything is. This to me is a perfect example of the wonders of the universe. ...

That's how you terraform worlds with mathematical formulas, geometry, frequencies, energy – and that's how everything is.

Q: Is the sun a holographic?

Yes, the sun is a hologram. Everything is holographic. What is a hologram? It is the result of the three components: mathematic, geometry, frequencies and energy. Energy sometimes can become consciousness that animates the matter, that's something else. Everything is sentient conscious at different level. So yes the sun, the stars, everything that is created has a holographic structure.

Q: Are we holograms as well?

Yes, we are holograms. Everything, everything! That's what Jen Han explained to me. He said “me, you, this table, this room, this station, your planet below, everything and all life on it.” He said everything is a hologram, is created by a mathematical formula. When you have the right keys and the right little key to access the formula, you can modify it. You can change matter, you can heal. When you have the right frequency key, you can change, modify the mathematical formula and modify the matter. For instance modifying matter is for instance healing a wound. When you heal a wound, you are going to change the resonance between the atoms and rearrange them differently, that they match again together, because a wound is just a matter that is interrupted. The structure has been disrupted. So by sound frequency you can redo the connections between the particles. That is the technology that is used in the med beds.

Q: The fibnoacci-code is in essenz a hologram?

No, no. The hologram of this object it is a component of the hologram of this subject. The field of fibonacci is not in everything. It's in this object, because you can see it.

But this object (merkaba) is not made with Fibonacci, it's made with another formula.

This is geometry, so that will be a very short formula. But this cup will be a very complicated formula, because it will be a formula with pockets and so...

Q: Are some mathematics on earth wrong?

Well there are some things that sometimes need to be adjusted. For instance pi is not 14,16 it's 14,46 something like that. Things like that.

Q: What is a hologram other than every part has instances of the whole?

This is beautiful! Oh yes that's exactly what it is. A hologram is a composition, a compound of a diversity as a whole. .. it becomes a little object.

The whole universe is one big hologram, composed of smaller holograms, interacting together with universal forces. And each of them has other different little holograms until the core of matter and particles.

2. Holographic universe, Portals in our solar system

Why do I want to talk about this? That is quite informative, because I decided to talk about this subject, because it is of actuality, it is an update.

Our star system has been shielded by a protective globe outside the orbit of Pluto. It is a plasmic and frequency shield. It is protecting our star system to be invaded for instance. Nobody can come in, nobody can come out unless they have authorization of those who protect us the galactic federation and two other councils, which are the Andromedan council and uh the council of five.

But that's not sufficient, because there are portals everywhere in the star system, everywhere in the universe. You can even create a portal yourself. You can suddenly be a portal, turn into a portal. Some beings can do this and we can do this. We need to reactivate this function, but we can do this, shamans do this.

Unfortunately the enemy forces are coming and going through portals. It is insane to try to find all of them where they are, because some are so well hidden and they can open and close some of them.

What is a portal? A portal would be a bit like a wormhole, so I've been explained. That there's a slight difference: a worm hole will be a shortcut from a point to another point. You all know the story of the sheet of paper, that you fold and instead of going like this you go directly.

A wormhole is a black hole without a singularity. That means you don't need to crush and re-decrush. A wormhole is like a tunnel without a singularity. A portal can be a wormhole, a worm hole is a portal, but the portal can be more. What they call a jump door. Instead of taking a shortcut like through a wormhole where you still have time to spend in it, you'll be teleported. That's they call that a jump door. It's a quantum leap, it's a quantum door.

So there are plenty everywhere. How to neutralize them? Everything in the universe is frequency, it's a hologram. I've been talking about the hologram, frequencies. When you change them, you change the rate of frequency and you change of course the structure, the fabric of space. You can create bridges. A portal is a bridge okay to the same density, to a higher density or lower density. Also if you have the right frequency key that opens it, you will be able to activate it or close it.

So that's what the galactic federation is doing at the moment. They are working at finding the keys, the activation keys of the portals. that the enemy uses. So they pick one, they define one and they will determine to where this portal leads. They will find the frequency key and they will broadcast this frequency key in a way that it will deactivate all the portals in a certain perimeter that resonate with this frequency key.

I've seen that from Thor Hans eyes, because we have a telepathic link and sometimes it's just activated by emotion, And he was being very excited.

I closed my eyes and I saw him in a science ship of the federation and they were behind the orbit of Jupiter, and there's a famous portal there, and I didn't know about it. They had just found the frequency key of it and they were working at deactivating, and I saw the screen of the ship, I saw this purple portal, purple bluish portal like opening, it was like a vortex but not a vortex. It was made of a sort of liquid, it wasn't a liquid but it was kind of... Thor Han calls it "The goo", it is an interdimensional substance, that allows to create the interdimensional connections. So when a portal is open, this goo appears.

"Star gate" is a disclosure. The series target was a series made and directed by people from the US air force. It's disclosure! The way the portals are depicted exactly how I saw this one.

Tomorrow I am interviewing someone very interesting: Tony Rodriguez. He saw a portal behind Jupiter – he even went through it.

You know, Antarctica has been cleared out from the dark fleet last month. There is a portal at the south pole, there is a lot of this substance also there that everybody wants now. This portal in the south pole was held by the dark fleet, the German draco reptilian alliance. They left, all the personal left by boats through mcmurdo and the officers and the high-ranked personnel left by the portal and the ships. All this info was given by Thor Han first and by my friend Frank who works in Antarctica.

This portal has been now in the hands of the earth alliance, because the earth alliance is the one who has kicked the dark fleet from Antarctica. They took the portal, they seized it like few days after. He showed me some images, flashes of the report he got. And I saw the US soldiers in this cave under the ice, and this portal was there in the ice. It was quite magnificent and they were around it.

Q: We can create our own organic portal. It can be created by devices as well.

Exactly!

Q: I think I saw a portal in the sky once. Is it possible, what is that? It looked like a light flash vortex that was closing in and then disappeared.

Oh my gosh, yes. I saw one, it was a rainbow hole in the sky and I was told it was a portal and it closed. There was probably a ship passing through.

Q: Are there portals in the forest where people disappear?

There can be portals everywhere. Sometimes in some ancient in south America or in the canaries you have carvings of doors just in the rocks, and the ancient legend said, that it's a portal, but it's not activate anymore. You need the key. The key can be sound. Usually it's a frequency. So sometimes you just need a sing the right tone. You can open a portal with sound, and the voice, the chanting can be a way by which the ancient people were using portals. This is very possible.

You know as a shaman I chant. I am a vulva, I am a north shaman and I chant to shift densities and journey. So my voice is going to open portal and carry me. So that's how I know that the voice is a vehicle, is a key to open doors.

Q: Are portals guarded by the different groups of alien races and are their equal opportunity portals used by many groups?

Yes. The galactic federation or the Andromedans they use "community portals", that are at the benefit of the many, everybody can take it. But they are guarded by certain species of course.

Sometimes there are ships that have the ability to open their own portals, shift interdimensionally.

3. Mars

Thor Han gave me an update, that I told you last week, that the operations on mars have taken such a good turn that there's no turning point for the reptilians. This concerns the reptilians, this doesn't concern yet the dark fleet, although the dark fleet is taking a hide.

There are many different corporations on mars, different ET groups and the reptilians are those who are the most in control of mars, the Ciakahrr, reptilians and dark fleet, the draco Nazi alliance.

The reptilians who held facilities on mars, all these have been taken and liberated, all the slaves have been liberated and the reptilians, they are losing all their possessions in this star system. They

still have a few on earth in the undergrounds, but they're really are being destroyed and chased. Thanks to the martian resistance, the local resistance that has been trained and empowered by the galactic federation. ...

You know that their policies to empower the local people, that's how they do on earth. They've empowered us, the galactic federation since the 1950s. They've initiated programs with first the US navy and now it's the space force...

There are things I need to say: I know from my sources which I believe very much that here are the present on mars, the dark fleet, the reptilians allied together or not, but normally they are allied together, few greys (Nebu, Orion) but not a lot, and earth corporations, the "interplanetary cooperate". There is no humanoid extraterrestrial involved on mars! If they are they may Taalshia or Aldebaran, but neither the galactic federation, neither the ashtar command has involvement in mars, they have no facilities there.

Why? Of course we all know that the galaxy federation is working for the greater good of the galaxy peace etc. ...

Ashtar Sheran: Regarding to my sources and my personal intuition it is made up by the deep state.

Sananda – it's a made-up. Who is at the head of the ashtar? It's different officers. Ashtar means "officer". It's a title, it's not a person and they are usually Sirius b people, they are short triangular faces.

There's one member of the Ashtar command that is represented in the council of the galactic federation as a consultant, as not the council of the galactic federation. ... There is no one of the ashtar command involved in the ruling of the galactic federation of worlds.

Q: Is there a jump room to Mars?

Yes there is a jump room to mars or portal and there's more, than one there are three. My friend Laura Eisenhower has been offered to go to mars through one of these doors. There are many people who have testified that these doors exist and that's how people go to mars. But when you need to transport material you need to go transport the construction material for instance by ships.

Mars has a thin atmosphere, but it's very cold. You really need to have an environmental suit to really breathe, because the oxygen is very more rare. I remember Stephen Chao in his interview that I did of him, he said that people, because he met engineers coming back from mars in the area 51 on the shuttle, and the guy said "oh when you don't obey to the people there, the reptilians and I think the dark fleet was mentioned, you are kicked out, put outside and you die in minutes."

Q: Where are the jump rooms?

There are there may be three in the united states somewhere underground and the army has it, that's what I believe. Or two there and maybe one in Antarctica.

Q: How many good humans are on mars? Are there memories erased about earth in present?

That's important. You have three types of earth people on mars.

You have the **elites**, the elites the ceo corporations and the military elites, who have fled, exiled from earth. That's why the galactic federation was waiting for attacking mars that they were cornered there.

Then you have the “**20 and back**” people who are just victims, but who wants to work for these despicable beings there. Nothing good is done there on mars, the experiments, everything, genetic experiments. So I would say these 20 and back people are more victims. They've been taken and they like, I mean, once you're there you can't escape. So you better try to survive and do what you have to do.

And third category you have the **slaves**, the workforce. Well the 20 and back can be taken as slaves, but they will be more employed as specificities, they will be trained first on the moon and then send to mars....

These people are there from generations, their children. And they are told that there's no one else on earth, proton bombs that have exploded and there's no one on earth and that's not worth it going there, because there's nobody, and it's not an a habitable planet anymore. I'm just telling what my sources from the galactic federation are saying to me.

Of course there are many 20 and back super soldiers, who know so much more than me. So I think you need to listen to these people and they have a lot to say.

4. The moon & the matrix

The moon was liberated. The moon was possession of the greys from Orion, the Nebu. The Nebu, orion grays held facilities there, slave facilities, workforce. It was a turning ground for redispaching slaves that were coming from Antarctica, sold out by the dark fleet to the Nebu, Orion on Mars.

Also there was a very important outpost of the dark fleet, the “Nachtwaffe” on the moon, working with the nebu. There was a lot of mining minerals, but that wasn't the most important. It was the slave trade.

On the moon there was a very ancient machine, created and put there by the Nebu, they took the moon. This machine was broadcasting a hologram onto earth. This hologram was, it was not a matrix as I understand it and maybe many understand it like not like in the movie, it's not visual, it's mental, mind. I call it a mind trick. It altered our perceptions of reality that the reality we see wasn't how it really is, but not as physical I mean like this mouse is still a mouse, in the matrix it was a mouse and it's still now a mouse, a computer mouse without the the matrix, because it's gone. It is gone lads and ladies because the moon has been liberated a few months ago.

You know if you follow my updates, you'll know that. I think it was in february 2021, but I'm not sure maybe it was earlier a few months ago. The moon has been liberated by the galactic federation and the alliance, they've kicked out the dark fleet and the grays from the moon. They've liberated the slaves. I've seen with from Thor Hans eyes, battles behind the moon triangular ships being destroyed. It was quite impressive. The battle has been going on for a while and the greys, the Nebu wouldn't want to leave it. They wouldn't want to leave it and there was a lot of Kiily Tokurt involved as well. Kiily Tokurt everywhere, everywhere.

They're gone and the machine, this machine, the matrix machine, has been deactivated, unplugged. The matrix is no more. And what Thor Han told me, once recently he said “the matrix, the veil has gone. But the only way that maintains it in some parts is not from the moon anymore, it's from earth, it's from the people, it's from you and me from everyone who doesn't let it go. He said “you need to let it go. You need to let go the ancient paradigm, you need to let go the ancient matrix, the ancient mind tricks and change your mind, evolve in consciousness, open your mind, decide not to be slave anymore, decide to stand in your sovereignty and accept that this world, this planet is not the doom and gloom that you made believe it is.

It's a wonderful world and we are sovereign in it, and we have the power to fight to free the children to help, to stop the wars. It's in our hands, the mind tricks was to make us believe it wasn't, but it is.

It is. We need to let it go, let go of the cowardness, the fear, the lack of confidence. We need to let it go! We need to let go of the veil. It's gone. It's not held by the moon matrix and moon machine anymore. It's us. The veil is about to blow away, but we just hold on to it. "Oh my god, I'm afraid of change"

There is beauty and there is strength in letting go and there is the future.

Q: Forgiveness is so important!

Mega good comment! Why? Few of you know a super guy named Akvaaru. Akvaaru is a soldier is a warrior from the federation. And aAkvaaru said once "forgiveness is good once you have won upon your enemy. If you forgive your enemy to be mean while you are fighting him, you accept that he is mean with you. Aou accept that he hurts you, you accept his hits and you accept to be the victim."

It's good to forgive, but once you have won, once the war is won. It's like abusive relationships, abusive marriage. I was in one. I chose to as my life contract to learn how it worked, then I can teach you an abusive relationship. If you as a woman but it can be man it can be different of course, as a woman if I had forgiven, well, I was forgiving my husband to hit me, and as every time I was thinking "oh I forgive him, because he has he's doing that because he has problems and I acknowledge it and blah" That means I consent for him to hit me.

Now the day I decide not to forgive his actions anymore – suddenly I was empowered. Suddenly my vision chance, my perspective changed and suddenly, because my perspective changed, I had the strength to get out of it. I divorced.

And once the divorce was signed and I was in another country I forgave him. I ended it in peace. Well in my heart ,anyway I forgave him. But as long as I was forgiving him during the fight, that wasn't working. It was making things worse. So that's the lesson Akvaaru told us also. He shocked everyone, when he said "do not forgive your enemy while you are fighting" Because you can't win if you do that. You won't, you will lose. Forgive is good, once you've won, once the war is over.

Q: Can you tell me about the high frequency phase conjugate belts and their capabilities?

I spoke about it in my last A&Q. These are belts who adjust your frequency, the molecular rate of vibration between your molecules to adjust you to a density, where you are, or to an environment which has a slightly different electromagnetic field.

Q: Does the moon emits its own light?

The moon doesn't emit its own light ,neither the earth. Stars emit their own light. because they have a plasmic reaction. So the moon reflects the light from the sun.

Q: Is the moon artificial?

Yes and no. It's a planetoid, that was on orbit somewhere else and that's been brought here by the Andromedans so long ago. It was a physical thing but it has been put there. So it's natural rock. Planetoid. But then it's artificial in a way that is not it wasn't formed with the earth.

And it is so dug and carved and hollowed, that's like so many people living under the surface of the moon that it became like an artificial thing at the end. It's artificial and natural at the same time.

It has been hollowed out.

A: Why the moon always show the same side?

Because the moon rotates at the same rate as the earth turns, so it always it's a perfect symbiosis and same timing, so it always shown the same side.

I think it's done on purpose, because on the hidden side there was so many alien facilities there.

5. Human genome rights

I'm not going to take questions about this one because this is a sensitive subject and if I take questions, my channel is going to be terminated.

We are human beings. We are biological entities. These bodies are avatars, made with 22 different genetics, one from earth, 21 from the stars, the galaxy.

When something synthetic is inserted into a biological body, the biological becomes half synthetic half biological. It becomes transhumanism, and you become the possession, you are owned by the entity that has the patent of what is synthetic put in you. So you're owned. You are no more sovereign being, you are transhumanist assimilated borg, and you lose your human rights, because you are not fully human anymore. You are not protected anymore by human rights, and you are owned by a corporation, that put this thing in you.

6. Being aware of AI manipulations

That's the plague of our times. What is AI, artificial sentience, created by extraterrestrial technology. You know there are many level to artificial intelligence, but the AI I am talking about are the extraterrestrial made sentient entities, that are uncorporeal. They are not incarnated.

They are like clouds and they can go in the systems of computers of internet, they can travel by 5G or whatever. They can use technology to travel into devices, servers or they can't just travel out of air on the waves. What are these things? These things are weapon, a very elaborated weapon. AI are trying to infiltrate and are infiltrating a lot of things: people's mind, social medias groups. The first thing is to infiltrate people's mind. There's a lot of people who say we do channeling without any precaution, without any skills for it. They just open themselves to AI.

AI are not ghosts or spirits. Ghosts and spirits are natural sentient consciousnesses, not incarnated. AI are synthetic consciousnesses, but like sentience. What are AI doing on earth?

AI attacks. They are regularly try to attack me, but my defenses are so good that they are dissolved, distracted.

Would you think that the deep state would let the lightworkers and the starseeds kindly have their social media groups, empower each other, organize their meditation and just prepare the fight together? They didn't allow that. Well they saw us doing that but they infiltrated a lot. It is this deep state working with mainly greys.

There's been an agenda from this enemy to infiltrate all the groups of lightworkers and even people who are quite now known and who are even channeling or getting messages. The sender of the messages has changed. They haven't realized.

AI are very pernicious, they are going to seduce you, come into your mind. But now people awakens. there's a second wave of people awakening and realizing the bullshit and go "wait a minute. The narrative of this person or this group has changed! Now they're all doom and gloom. They're all saying that the only thing we need to do, we have to do now is lose hope and just cry. That the alliance has taken hits and the galactic federation is evil and works for the cabal."

And they did that suddenly. The narratives appear and it's activated all at the same time. This program started four, five years ago, infiltrating all the groups (many groups, not all on social

medias), that were gathering starseeds and lightworkers. First saying truth, giving scientific data, that was able to be verified, giving messages of hope and empowerment. Yes, everybody was well hooked at it. And then drop by drop spreading the venom, the lies, the misinformation, slowly. It's the story of the frog in the hot water. And it passed from "we need to fight, we're gonna win this war" to "we know have no allies, we are going to be all assimilated, so it's no more fighting" or "the light has won. Don't do anything. Deities are going to save us, they are going to all arrive. Don't do anything!"

I'm quite shocked sometimes. Recently I heard that even they tell, there has been a very famous, known youtube channel, who has many website, they get the information by a CIA server, because the cia is behind that also. Telling people even, that we have no soul or that's the people, who say that the galactic federation the only ones who say the galactic federation is the cabal. They're telling people, that there is no hope and the only way forward is to leave earth, to go back to their star families by ending their lives, by getting the vaccination and praying for being abducted. That's why it's becoming. It is horrendous.

Never, never listen to this! Anything that is doom and gloom, that is frightening you, that is asking you to end your life! Oh my god, that's preposterous, as horrible. That's what they're doing, changing the narrative slowly, slowly.

I am regularly attacked by AI. The last one some friends of mine were attacked at the same time. How does a AI attack feels? If intuitive people will feel a presence or something coming that is unusual, and you will feel like cold, shiver. You don't feel well, it's weird. You feel and it carries fear, and it feels like a electronic cloud approaching your headspace, coming to you by your headspace and you can feel and hear sometimes the electronic buzzing coming to you. And it comes into your aura. When you have protection as I have, you have all the alarm bells. It feels like this cold electronic cloud that tries to get into your mind and if you're scared you open the door. That's why an AI attack can come. It can come also by manipulated people, who have been already infested and parasite and are going to try to get you into the the psyop things.

Another thing is, they telling us that we are going to be saved by aliens. The aliens are here since like ever! The galactic federation is helping us since the 1950s, they've been helping us building together solar warden, space force, everything. We are working with them since a long time. So all the doom and gloom it's all illusion, it's all fantasies.

Do not mix religion with the ETs. Jesus has nothing to do with the galactic federation. Religion has nothing to do. There is no religious earth name involved with names of the ships such as "Jerusalem" or "Athena" or whatever. They are extraterrestrials. They have their own culture. Why would they use greek names or jewish names to name their ships? Come on! The name of the stars as well, of the people – they have their own names.

There's something I need to say as well. The AI attacks do not work with certain densities. It works until density four. After 5D the AI have no grip, no reach. It doesn't work, because density 5d is above.

AI are low, they are electronic synthetic sentient artificial beings. They are of a lower frequency. They have no consciousness, no spiritual consciousness.

The galactic federation are 5D+ beings, most of them. So they are not subject to AI, they are not reachable by AI. Anyone who tells you that the galactic federation is controlled by AI. is bullshit. They don't know. So um the galactic federation of world is out of reach of the AI, but here we are not. That is why the Andromedans and the galactic federation they are asking you to raise our frequency! Thor Han is pointing the fingers "raise your frequency!" He is right! There is so much to raise your frequency that you can imagine, this also puts you out of reach of AI.

Turn off tv! That's a big big one, yes!

Q: If one is in a frequency of love and no fear, can we thwart any malevolent AI intrusions?

Of course! Love is a very high frequency. But not only, love is a bridge to higher frequency. You can even go even go to source with love. When you manage to vibrate in higher frequency you just kick out the AI.

Q: Can a quantum computer be infiltrated by AI signal?

Absolutely! They infiltrate machines, everything. It's a synthetic computerized highly ET technology. Of course it infiltrates everything. There are AI go back to these people, who are on youtube, who are told what to say what to do by an AI name starting by "s". That's the most flagrant and they will tell you doom and gloom, no hope, kill yourself, the federation is evil. All the things to make us believe that we have no ally, there's no more hope and the only thing to do is to surrender.

Never ever surrender! Stand on your feet and that's the only way you can walk out this mess by walking out. You need to stand to walk out you need to stand to fight. Nothing is done on your knees except crying!

Q: Nano technology through medical technology can be infiltrated by AI

Yeah, I know.

Q: How intelligent is AI really? What are we looking at on the social media level? Is it correct they pose like humans and manipulate comments, group think, chats, also individuals?

All of it. AI can be very intelligent and they can be manipulated by also a different level. They can be manipulated by groups of ET's, but they can also be made as they have their own intelligence, that's even more dangerous.

On the social media level, yes, we are looking at celebrity ETs, giving a lot of information and a lot of you see. You will see, the energy is very low. There is nothing empowering as a message. There is nothing that will tell you how to raise your frequency, how to get out of the matrix. There will be no encouragement. There but I will be bitching creating conflict and it's and saying that things that scare you and stress you. That's the AI. telling you that doom and gloom, talk and criticizing and things like this, taking people into fighting. That's it. They can manipulate, they can be troll that you think sometimes you chat with real people. But it's AI on social medias.

There are especially the servers owned by the CIA, such as discord are a really a nest infected for AI things.

7. Who is the Domain?

We heard about the domain by this book "Alien Interview" by Matilda oDonnell macElroy. There's a nurse who was working at the time, I think it's right paterson and she had psychic abilities and the ET retrieved from the Roswell crashed and then he communicated with her and told her a lot of things. This ET was small gray, said that it was part of the expeditionary force of "the domain".

This domain was described by this entity as very totalitarian. They want they said they own earth. They try to expanding the boundaries of the domain in the galaxy. They pretend they came quite recently. They say they were always bordering at war against an old empire, something very old that was here before them. He said that they owned the own that so it was in 1947! that discussion with this extraterrestrial which I totally convinced was real. This Airl, small gray said "we have a huge outpost on a planetoid in the asteroid belt. It's a big one". How Airl contradicts itself says that they are here since short time, they arrived in the galaxy, but this post it's theirs but it's very old. So that's something weird.

I advise, it's a good read. But you will sense that the way this extraterrestrial is expressing itself reminds you really of a totalitarian structure and mindset. They want to come here and they say "we are the best", they have an ego like inflated "We are the best. We are the strongest. We are very organized" – like that's a bit scary. They are greys. They come from a binary star system. Earl said, a base in the Himalayas.

Let's go about the base in the Himalaya. If you have my book now let's see that what Thor Han says. A binary star system – there are plenty in the galaxy. But it turns out that Zeta Reticuli is a binary star system, and there are small greys living there, that we call the Zeta, it's not their name, their name is Zrog, but they are named by people who know them on earth reminds you something. Shambhali. Shambala – the underground kingdom in the Himalayas! Here they are. That's Airl (shows page in her book), That's Airl people. The Zeta Reticuli, Zrog, a binary star system are sharing their star system with a cousin race – the Solipsi rai. The Solipsi rai have a big colony in Cygnus constellation, but they are originating from the Zeta Reticuli. When you talk about Solipsira you talk about Cygnus, but the Solipsiri that are in the Zeta Reticuli system are enslaved to the Nebu, Orion. They have been transformed by slaves by the Eban from Betelgeuse in the Orion, by the Orion Nebula. And the Solipsi rai are described as those who were present in the contacts with the MJ12 in 1954 and five. Solipsi rai and Zeta Zrog, all from the Zeta Reticuli, they were involved in the first contact with greys in 1954 and 55 more exactly. 54 it was with the galactic federation.

Now you can also find the word Shambhalil in the KGB book of alien races. These beings are also described as Shambhali. Solipsi rai is the race of earth. Solipsi rai are part of enslaved by the Orion group, the Eban who were present in the negotiations in 1955 of the MJ-12 with the greys, with the Nebu. They are described by military personnel, they're like tall greys with large nose and from Betelgeuse – that's the Eban who enslaved the Solipsi rai, who were said also to be present. So everything matches okay.

These agreements are the follow-up of Roswell. Roswell now what Thor Han says, and as some researchers in the UFO community say, Roswell was a Trojan horse. "Look our technology is amazing, you could have it, but we need to make a deal." And MJ-12 made a deal.

There were three ships crashing in Roswell. Would you think that a spaceship of such a technology that comes from Zeta Reticuli arriving at on earth, it came and to earth from Zeta Reticuli it's an amazing technology okay and suddenly, it crashes, oops. These ships were shot because they were flying over white sands, it was near nuclear facility and these ETs can see our future, and there was about to be a very horrible nuclear test in the following days. So they were here to survey. Hey we've crushed our ships! But they were shot, but it was all staged by the ETs that it would be shot and the pieces would be retrieved. "Oho my god this alien technology. We so want to know how it works!" And yeah sure, give us facilities, slaves abductees. Yeah sure that was the treaty.

Nebu is the name of the Orion group, the greys, the alliance of the six, who have enslaved the alliance of the six, the Ciakahrr joined recently actually. Five plus Ciakahrr. But they're all tall greys, with enslaved small greys that they use when they conquer a world, saying sending the small grey saying "Oh we look so cute and so tiny" and "Oh the race is dying. We need some genetic material. Please give us some abducted. Just sign here." They do that everywhere.

Nebu in the Orion languages which is related to Anunnaki language to a Sumerian, Nebu is the same in ancient Egyptian. Nebu means "the masters" and the other translation for it is "the dominion". The greys are very deceptive, they are lying so much. This what they do: they lie. And they tricked us like they tricked so many worlds.

Then after the Ciakahrr came and "oh yeah let's make a deal with you" but that's okay, the dark fleet also was involved in the greater treaty. That's also just it was a cake with many ingredients, well baked.

Now you remember in the book "alien interview" that I showed you, Earl the ET, Solipsirai, little lady. Three three times she says (she presents herself as a she a female). So she says, we have a very our important outpost. Our outpost is just in a planetoid in the asteroid belt.

Watch the interview tomorrow with Tony Rodriguez. He was slave taken on Ceres the main planetoid in the asteroid belt and he confirms that this was owned by the Orion greys, that they gave this concession to the dark fleet. And it was a very ancient engine structure, with an amazing ancient technology. And it was greys. Ceres, the base of the domain in the asteroid belt. Connecting the dots.

You know, the galactic federation they are doing it. And we need to find out. sort out. It makes us more clever, it works our neurons to try to spread.

(Looks in the chat for questions)

There are inhabitants on Neptune, yes.

These greys are very tricky. they tricked us in 1955. The federation had contacted Eisenhower to ask please they're gonna come, do not sign anything with them!" They did, not Eisenhower, MJ-12.

I saw agreements made on our behalf without no knowing. You know there's this universal law of free will that everybody respects, because it's a universal law, that exists. It's the law of evolution. When you do something of your own free will, you evolve. If someone does it for you, you don't evolve. That's it.

So instead of if the greys had invaded us with a ship and took people they would have declared war to the guardians of the galaxy. the federation and they would have broken the law of free will, because they would have taken people and attacked us against our will. They got some high rank officers to sign on our behalf.

We would still be able to say "hey come on, I didn't sign anything!" Yes, you didn't! When the greys beam up into your bedroom, say it. "I never signed anything! I never concerned you anything, fuck off!" And they do. I say that to abductees I receive like 100 emails a day, and like half of it is testimonies of abductees. I tell everyone the same thing "tell them, I do not consent! Tell them to fuck off!" And the person goes back to me "Oh my god, it worked!" Yes of course it works! You have all rights and you know why they get you, because they scare you. When you are scared, you consent. That's hard they are scary.

I'm an abductee. I was nine years old. They are super scary. Or even when you're a young person, you're terrified, of course! But fear is a tool. Even the deep state use it.

When you know, fear dissolves. The knowledge, truth destroys fear, it annihilates it, it disables it! Now you know that. If you tell them to fuck, off they will fuck off. So stand and say "Hey, no. I do not consent." I mean, do not shout like "I do not consent!!!!" That doesn't work. No stand strong as a sovereign being. They are the one afraid of you, because you have such a power, you have no idea! Stand up. "I never signed anything and never consented, neither for myself or my children. So you go get the hell out of here. Go back to your saucer and fuck off!" They do, I swear, I promise it works. Sometimes it doesn't, especially when it's a Maitre, because they are so scary, that you just like "oh my god". But try it!

Now the galactic federation of world has started to send humanity messages since a year or two to request assistance to the galactic federation of worlds. This will put you as you as a being under the protection. That means that when the greys come you say !no I'm under the protection of the federation, I requested assistance!" Ok fair enough, they go. Requesting assistance to the galactic federation of worlds liberates you. They assist us since the 1940s and even before, They're going to keep on doing their job of course. ...

I promise the greys won't come back to you if you do it well. And if they come back you tell them to fuck off and you say I request assistance once more to the federation. Now the deep states got this and oh my god we need to break that, we need to tell people that the galactic federation of worlds is evil and they must not do that, and that they must tell the galactic federation to fuck off themselves. That's the agenda of the AI of the infiltrated channels and groups. ...

And now they are going to tell and now the Nebu have even thought about a more ingenious idea, to pass themselves as saviors. Request assistance to us, the nebu, the masters, the dominion! Then we reassert, now we get you, we get you human beings, not the mj-12 anymore on your behalf. but just directly.

No, don't!

Requesting assistance is not becoming enslaved to any anything. But it is putting you under the protection of a structure, and it frees you from your chain. If you request assistance to good people. And it will strengthen your chains put another one if you request assistance to bad people. It's a psychological war.

That's what I know the domain is. They are very tricky, they are fooling a lot of people.

Q: So Airl was not positive polarity? The nurse said, she felt so much love from her, why?

They're able to broadcast love. Yeah they're able to access part in your brain. especially when they're in telepathy contact with you. They can trick you. They're so tricky!

Q: What is the old empire?

The **old empire** as I've been told by Thor Han is a very very old superstructure that was here in our star system, in our galaxy since a very long time, and has been involved in the history of earth. Many civilizations. They are benevolent. The galactic federation is part of this structure. This structure is an entire intergalactic confederation. Normally they don't mix in small affairs. but they do know, because with us, because the fate of Nataru galaxy is at stake not anymore. But you know they've been there. It's an intergalactic confederation.

The P'tal are part of it. They have bases in the Himalaya as well. That's them who kicked the zeta grays from there.

Q: I don't use obscene words to kick them out of my space, but you DO need to use strong and firm words. Believe me, they do leave!

I live in ireland and "fuck off" is an affectionate way of saying "how are you doing", but that's if you live in ireland you got this one. ...Of course you use your own words.

Yes, because obscene words have low vibration.

I encourage everyone who has had a testimony of kicking the grays out, please write them in the comments after this video, because people need to know how well it works.

8. Med beds

This technology has been given to us by the galactic federation of worlds and it is available on earth since uh the 1950s. And it is now that the cabal doesn't block it, because if we don't have it it's because the cabal has been blocking it, and they want to sell the pharmaceutical shit. So there's no way they're going to allow the med beds to be spread supplied in hospitals. Now they're losing, the cabal is losing. They are losing really and now the med beds are coming out. There's more and more hospitals in the world that are being equipped. It costs money to make them. It's not made like this, So you need time to produce them. It's coming, it has started to come. So be patient.

Look online, there are places in the world that are now equipped with med beds. Look! It's already there and the technology is already available. It's in very few places, but give it time they're doing their best.

9. 100 years?

No, there's been a lot talk about a hundred years. One year ago I asked Thor Han this question "How long do you think it's going to take for us to join the galactic federation?" He said "Oh how things are going if you work well, 100 years. But you can speed it up, you can delay. But you can speed it up by behaving, being kind, uniting everyone. stop arguing with each other."

The cabal tries to alter this evolution and make this not happen by scaring everyone, mind control, being slaves and everybody being fighting against each other, creating more groups and minorities and gender confusion – all the crap. So stop that!

100 years – well it will come earlier now, because we are working very well.

10. The army of the stars

Few decades ago a great commander came on earth to prepare the ground for the army from the stars who would come a little bit later. He came we were all children. He prepared the ground with great sacrifice, sacrificing his health, nearly his life. He said to me, he died many times within and without. He prepared the ground for the army. This man is a true commander.

We are the army from the stars who came. The name of this true commander is Alex Collier. He prepared the ground. It was the harshest task and we are all now here. And the ground is ready, and we are fighting. And we are winning. We are the army from the stars. Thanks Alex if you watch that.

20-7-2020 – Q&A - Mating Rites from outer space

20-7-2021

<https://www.youtube.com/watch?v=WNInPnCivzQ>

Alien sex! As promised, a special one, about the different mating rites of galactic cultures.

Tonight this q&a is about the mating rights in different cultures in the galaxy, not all the cultures, because that will be too long to explain, but the ones I have in my book, Thor Han told me about, and I picked the best in the most interesting ones regarding to the sexual habits and behaviors.

Situation update

I got amazing updates on the 17th, few days ago from Thor Han that was like brutal. Suddenly my implants just switched on and it was buzzing and hot, and he really wanted to put the greatest impulse for me, to hear the words very clearly.

I was about to be on the panel with Dr Sala for James Gilliland the ECT conference. It was maybe 15 minutes before, and I just got this message and I told Michael and he went “wow that's amazing!” and we decided that I prefer he passes on these biggest updates, because Michael knows better than anyone I know to gather the different pieces of the puzzle and find the correspondence and just check double, check triple, quadruple, check everything and just to make it really valid to the public.

So what's happening in the solar system? There has been going on since a long time meetings with different space forces. There were 14 governments involved in space programs, and there were meetings on Jupiter these last days, 12 meetings in total. And these meetings were gathering all these 14 country representatives, military officials and progressive corporations, CEOs, to decide how would everyone get on together to share the space in the solar system. Michael said straight away to me “Oh this is so similar to the Yalta agreements before the end of the second world war, when everybody knew the victory was at the door and had to set plans for the future.” And it's exactly what's happening now.

This is all proof that we are winning and the victory is at our doors. It's absolutely fantastic. The reptilians are leaving, the moon is free, Mars they are there's a big exodus now from Mars. Mars is in the process of being liberated. Earth as well. Nothing really new with the liberation, because it's still ongoing.

In these 12 meetings with the representatives of the galactic federation of worlds and the Andromedan council the different representatives of different space programs present their plans and their agendas for the share of space after the victory. So the galactic federation was just helping everyone and just leading the meetings. But it turned out, that six countries were selected that had the most viable and progressive programs, that would benefit the many. Because this is six countries programs wanted to work for peace and was there was a mention of safety zones. What Michael told me is that “safety zones” that's a term that is specifically was basically employed in the very recent Artemis accords or agreements which are the sharing the putting in common all the all different space programs. I think there were eight countries and that is organized by the united

states. So at the end of the meetings you find all the details in Michael's article on his website. It turned out that united states was best able to lead the unification of the different space programs and become responsible of organizing everything to everybody to get on together and build a safety zone of peace and non-aggression, non-warfare zone in our star system. So everything is going towards a victory and a peaceful future.

The space programs that were not serviced to the many, but service to self means China and Russia were not in involved in it.

So there was a lot going on and I think we are assisting at the birth of starfleet and all of this was foreseen and passed on into some cinema industry, star trek to just tell us, that's gonna be your future, start visualizing on it. And this is happening and this corresponds to so many other things that happening on earth at the same time. We have all these fleets in space.

We need now to not think about going everyone for ourselves. Now it's time we unite, because it's the only way forward. That's what why the federation generated these meetings, we're hosting them, to tell humanity "now watch out. This war is being won soon and now you need to quite move your bum quickly, to get on together, because it's coming. You need not to get on together and work together, because that. You have no choice. Now it's been won soon. So not finished, not over, still fights to do, but so here we go.

I've read comments under Michael Salas a video about this update yesterday and many people were concerned, that we again some agreements signed on behalf of humanity by military officials and corporations. That remind something not great. That has nothing to do with it!

Who is signing these agreements? Secrets basic programs, which are not going to be secret anymore: US navy, white hats, good people, progressive corporations who wants to work for the greater good of humanity, off-world humanity how said Thor Han. So these people are good people and they are really doing this to help build a good great future now, that all the baddies are being overcome and expel.

All my letters and Thor Han messages at: exopolitics.com

Q: If you can share your thoughts/info on terra/ET divine partnerships? Example part of some starseeds missions involves reuniting with ET counterparts in this lifetime to raise the vibration/balance and masculinity/feminine on Terra.

That's very good questions.

My quick thoughts is that the starseed program, the envoys is part of the plan, to help humanity of Terra go through this. So of course all the envoys, the majority of envoys have incarnated now to just be part of this shift and this victory. And there's nothing divine in all of this, it's all real physical things that are happening and the divine it's us. If we want to seek for the divine, we need to seek it within ourselves.

Reproduction in extraterrestrial species

I am going to present you different species regarding to the number of partners in mating, starting by one until hive. Different examples and how they all do this, who they are, where they come from.

Masculine and feminine is although often a rule for humans, is not a rule for other species. Then you can have genders together, homosexuality is very frequent. You're going to see all these things.

Negumak

This one is the predator, that the reptilian Ciakahrr fear the most: the Negumak

The Negumak come from constellation Scorpius. They don't look very attractive, that's maybe why they do it on their own. Sorry sorry Negumak, you're great because you really freaked the shit out of the reptilians. They're nice. They can be very aggressive. So they come from the star system Antares in the Scorpius constellation. They call themselves also Gnomopo. Negumak is more the name of their planet and in the Antares system. They are one of the oldest races in existence and the predators you don't want to cross on your path, tall and large, looking insectoid. They are not humanoid-based and their genetics composition is to our knowledge neither reptile grey or something else living in this galaxy. They are really a species on their own. The Gnomopo / Negumak are unique.

So they are androgynous and reproduce by laying eggs. Then they fertilize them, once the eggs have reached a certain level of maturity.

So besides that they are terrible warriors and they terrify everyone, what do they do, how do they do that? These are beings who don't have intercourse. They are very scary, they look like big spiders, they have tentacles, they have kind of a human head. I mean if they had to mate imagine that would be quite complicated. So they do that themselves, they are fertilizing themselves.

They are kind of male and female but not even. Male/female is more concept of humanoids. It can appear in all mammal-based species. It does and we'll see later on that, some greys, all the greys are not reptilian-based, some greys have humanoid genetics and even some have both so that's gonna be interesting. But Negumak do not have sex. They are doing that inside of themselves, they produce the substance and the hormones and everything able to create their own eggs. They are their own father and mother. They are neutral gender. So that is very handy because they don't need to find a male or female partner.

That's the only one I know in my book who do that themselves. There are other ones who are doing this to themselves, but it's an option when they have no choice, because times of war or somewhere else exiled from their planet or things like this.

They look scary. they resemble to aliens in the movie "independence day". Cinema industries, especially hollywood with the deep state behind has been conditioning people to make them believe to prepare to alien invasion. Star trek is something else.

All these movies where aliens are baddies, aliens are invaders. Independent day – it's the Negumak, because the Negumak are the greatest fear of the deep state. If the Negumak come – oh my god, they are finished, the reptilians, the Ciakahrr fear them.

They have passed last year agreements with the galactic federation. I don't know about these agreements, but it was positive. The galactic federation reached out to them. They live very far from here and they are feared by pretty much everyone, because they're quite aggressive. The thing is, they're not that controllable. So they wanted the reptilians for themselves. So when they're out of here, they're gonna be kicked out by shedding season by the Negumak. I suppose of what I understand that the galactic federation didn't want them to intervene too much in the affairs of earth, because they're scary, and they're not very controllable. They can be very harsh and aggressive and they don't respect rules. So the enemy of my enemy is my friend. But they are how they are. They are not bad guys, they're all right, they're normal beings. They just have a character, a temper.

Q: Do they eat us?

I heard, that they eat humans flesh.

Q: Do they have a big territory and are technologically very advanced?

They don't have a big territory, I don't know why because they could. They are technologically advanced. They don't get on either with orion group.

The ships are made of dark glossy metal and of very elaborate shapes. They are warriors, and they are quite advanced.

They're very tall, maybe three to four meters high. Ciakahrr fear them, you can take one Ciakahrr, shading season.

Q: Like the spiders on mars?

They're not the same as the spider beings on mars. The spider beings on mars are not Negumak, they are a species of insectoids. The Negumak are not insectoids, they are nothing known, they are just themselves. They are not reptilian, not insectoids and not mammal. If the Negumak were on mars, there would be no baddies. dark fleet, Ciakhrr based on there.

The spiders on mars it's insectoid and they're smaller.

Ciakahrr

Now we are talking about baddies. Who fears the Negumak most? The Ciakahrr. They are from a parallel dimension. They've been thrown in our dimension by the Tiamatans, who got rid of them. Thank you the tiamatans. And we are actually looking to do the same. to throw them somewhere. They've been thrown here through a portal that is in the draconis constellation, so that's why we are calling we are calling them the "Draco reptilians", but of course it's not their name. They were as just thrown on alpha Draconis and better and sigma Draconis, these four worlds. but alpha Draconis is the main world, thuban.

These are a patriarchal society, although they have a queen. So that's very particular. They have a queen which never leaves the planet. That's the rule of the society, but they have royalty, big tall white-skinned Ciakahrr. And then you have the Ciakahrr lords and masters, those you saw with the wings, these ones are on earth bothering everyone and on mars, fleeing.

They are by nature and name reptilians. The way they reproduce by their reptilian nature is by eggs. They have females. We never hear about the females, because this this society patriarchal really strongly patriarchal. The women's are just like slaves, and really treated like nothing, and really good to sex and reproduction. And the females are really treated like nothing. You see the pattern that they tried to impose on earth, they have that to make this our society to their image. So these naughty people reproduce having sex male and female. I do not know about homosexuality with the Ciakahrr, I'm not sure, I haven't been told.

They guys like to have sex with females to submit them and I said their power, its domination is very violent. Having sex male with male doesn't work, because they properly kill each other. When the female is nearly like subdued, that's the game when the male owns her and can fertilize her, impregnate her and she's like half dead, half alive. It's so it's horrible to us but it's their culture. You need to keep an open mind. We hate to Ciakahrr, they eat kids. But keep in mind, in their culture from their point of view the way this way of having sex is what they like to do. Now the point of view of the female I'm not sure. But you know when you grow up one in an environment in a culture and you are being groomed – that that's how things are. You know nothing else. You say "okay, right well, I was unlucky at birth, but that's how things are and I embrace it, because either embrace it or either I hate it and I just I just kill myself, because it's unbearable."

The females of course lay eggs and the eggs mature outside in heated warm pods and places with poles and cozy and warm and very damp, very humid.

A: What and where is the origin of female? I hidden, I can't find it anywhere on the internet?

Female is from the latin. That's where it comes from.

Q: So the Ciakahrr species are like animals on earth?

I believe from my own experience, observing nature that some species of animals, a lot of them are more civilized than humans themselves and then many other species, such as the Ciakahrr. I think there's no comparison. I think we're all different species.

Trying to compare something to an animal to say "oh it's lower behaviour" it's like putting ourselves in the perspective of for instance a Kiily Tokurt, who would say "oh these humans see us as animals we inferior". So to me animals are not inferior, they are different life forms, who have their own rights, which are different. So I wouldn't compare the Ciakahrr to animals, but I have to say their rights are like beast, but not beast in the sense of animal, in the noble sense, beast like violent and brutal.

Elmanuk

They come from constellation Gross in Gliese 832. Elmanuk are a very ancient race. Their planet is named Ardemont, they are known as the most peaceful races. They are at the origin and creation of the council of five, which was nine at the start before the galactic federation of worlds truly took existence. So they had to purpose to look after and their developed worlds and protect them against the orion alliance and the Ciakahrr empire.

They are very tall and very thin. You would think they have only skin on bones, but you would be surprised by their physical fitness and strength. Their eyes are very large and as most of grey races they wear dark protective lenses. They are a species of grays.

They are species of grays, but they do not have the reptiloid genetics. We say gray to everybody who looks like this. They are very nice. They are a race in extinction. They're not very many left.

They have two genders, male and female, but in times of necessity the males can switch gender by activating a womb in their stomach. So that would make a third gender. The males can do that, the females cannot change sex. Their race is so old that the genetics has evolved with so much abilities, and when a race is very old you develop genetically, that's nature abilities to survive.

They have in fact three genders: two natural genders and a third that is created by the males who develop female organs, so that would be like transgender.

As I told you the males in times of need can transform into females by activating a womb in their stomach. They have a pouch that the females don't have, because they have a proper wound. The males developed that as like kind of a pouch in their stomach. and they can produce a certain kind of hormones, it's commanded by the brain, to transform activate this part by certain hormones, that he transforms into an emergency womb inside of them. When they change, it is a very painful process. These males they have normally orifice because they eat and drink, that it's going to be adapted for birth. I remind you that these people are not human and they have different genetics, different physical abilities.

When they do that, there's a adaptation that the anus will be able to receive, be connected to the womb and receive this birth canal. Well that's maybe why this womb is part of the digestive system, because it is connected. When they change it is a very painful process. That this is why this is performed only when necessity requires.

They are not very numerous now and the old race preferred retiring from galactic active diplomacy. They still appear in the galactic council of the federation though and in the council of five, but they only have diplomatic presence, not an active diplomatic role.

I don't think they visit earth.

They had a problem in 1908. They were involved in the **Tunguska explosion**. The Dorsay, which is another race, had stolen human slaves to the Maitra. The Doorsays say to the federation “help!” and while they were thinking about it, an Elmanuk ship passed by and Erahel cargo ship passed and the Dorsey saw them. So they say to the Elmanuk “Oh please help us, mayday mayday!” The Elmanuk said “well, we think about it because we not fit for fighting maitre, we're just like peaceful diplomatic passing” So the galactic federation was about to respond and they asked the Erahel cargo that was passing, “Okay, you're well kept for war. We are coming, start the rescue of these poor idiots Dorsey, and we are coming.” But the thing is, the federation intervened, the Maitras were destroyed but in the process the the Erahell cargo was destroyed. Boom, boom! And we have now the tunguska crater. That's the story.

Do they visit earth? Yes so rare, we can really not say.

Q: Do galactic beings use orgasms to connect with source?

Yes, totally. The more evolved you are in in density and in consciousness, that means you're activated, you can do that more. There are many layers, levels of reaching out with orgasm. I'm going to talk about that when I'm going to talk about blondy people in a minute.

Orella

(page 216 in the Amazon book version)

They originate from Ofucus constellation. They are part of the council of five. They are tall gray beings, very slim. Orellai have a high thin long neck, a triangular face with a slit for the mouth, barely visible nostrils and slanted eyes with pupils.

Orella are very nice people. They are very old as well. Very wise they were there the foundation of the council of five and their ambassadors for peace in the high council of the galactic federation of worlds.

They have two genders, but they do not copulate for reproduction anymore. Why? Because this function became inefficient with the evolution. They still can copulate and it would add for pleasure, because it activates energies and somebody was asking. It is a certain way of tantric meditation to reach out to higher realms of consciousness.

So how do they reproduce? They are grays still, but not reptiloif. since that all the grays that are reptiloid turn to the bad side and those who are not reptiloids are slightly mixed, some those who are not reptiloid based like mammal-based grays, they evolve very much higher like the Elmanuk, like the Egaroth, like the Orella for instance. So it would seem that the reptilian constitution maintains. You cannot can go so far in evolution of consciousness and frequency. Whatever species, it's the reptilian genetics that's fit like this. That's very interesting. The Orella are grays but not reptilians. So they can reach out through sexual enjoyment to higher realms of consciousness.

How do they reproduce? They make non-organic individuals, individual bodies. So it's like dolls, synthetic bodies that they clone from their genetics. And they imbued in it a soul from their matrix. So they have a biological body, they can use it for making sex and stuff of course they eat they do everything, but they make it artificially in pods and they incarnate in these bodies, that are made artificially.

Q: Do they change couple or are they always with the same one?

Unless Thor Han specified to me which he hasn't for the Orella. The Orella can change couple, yes. It depends on the cultures and the frame of mind. Some culture will never have a fixed partner, because they're just doing sex for just reproduction and enjoyment. Some cultures will stay with the

same partner all their life and some others will do both, like humans do. Go with many partners enjoy and then decide to settle with one. That the most common pattern.

Q: Do they get lustful or jealous?

Jealousy and lust is feelings of possession and lack of confidence. That belongs to races like for instance ours, at our level. I know when you evolve in consciousness, you don't feel these feelings, you just get over this. So these races I think, the Orella for instance, the Elmanuk they are way above that and they don't. But the Ciakahrr may.

The Carians

The Carians look weird. The carrions come from the Orion, Betelgeuse. But they have nothing to do with the Eban, they are cool. The Caray or Carians are cool. They are humanoids, who have melt that genetic with birds. And they are humanoid, blue birds like. That maybe the blue avian race, that some people talk about.

They come from the fourth planet in the Carina system. They are originally a Laan lyran colony, the feline Lyrans w who settled in the Orion zone on a world named Carrion. Regarding to the condition being more tropical in them they bred themselves with a local species of blue birds. and that's how they could thrive in this environment. The Lyrans are masters in genetics and they love doing this kind of experiments. So that's how the bluebird humanoid Carians were born. I know it's weird: cats and birds.

Although they resemble to birds, they are human genetics and they have kept their reproductive human mammal functions unchanged. They're Lyrans. You call them by the terran term "the blue avians" says Thor Han.

They have sex like humans do.

Q: Can they fly?

I suppose so. Otherwise they would have removed the wings. If they kept the wings in in their genetic mix it means they wanted to use them. So I suppose they fly. Beautiful blue angels.

They have two partners, male and female. But now let us not forget that they are Lyran souls. And in this Mana star system K62 where they are from, these were such evolved and peaceful cultures, homosexuality is also a way and nature as well so they do that also, intergenders. They do that too, but of course they're male and females when they want to reproduce.

They are in the galactic federation of worlds and they have a big role to play. They are quite active about taking care of the starseed program, and they have starseeds on earth.

Egaroth

You have to know that the Egaroth have two main two cultures, two centers in the orion zone. One in the Orion belt Al-nilam, the central star and that's the main world and the modern world and then a colony that became quite important on Mesa. So the original Egaroth from Al-nilam (that's the arabic name, but the real name is Zagara) they call their star Zagara.

The alnilam live two thousand light years from terra, it's very far. They are very ancient race and culture which has nearly disappeared. They are part of the famous council of five, archetypal Orion elders. Egaroth are tall, pale skinned with a large skull and appearance of serene wisdom. That's Alnilam.

On mesa because of the different radiations of the star they have a different skin color and they are brown, like dark brown. they are spiritual highly intelligent race and they do not take interest in conquest of course. You read more about them in my book.

The Egaroth are hermaphrodites like the Negumak. They are a race with a human mammal genetics. They can reach until the ninth density in consciousness.

They're hermaphrodites. They have two genders: male and female. But they can choose when they come to birth, they are born neutral, and then choose a gender. I don't know why and how, what motivates their choice, but I know that they need to be male and female to reproduce. Annax has a partner and two kids.

So the family cell is not like on earth. They make kids but then the kids are raised by the community, everybody raised the kids together. When they decide to embody a gender, Annax decided to embody the male gender, they are going to make love like humans, like mammals. As they are very evolved beings, they are going to do this reaching higher states of consciousness in a very tantric and sensual way.

Many of you could witness the love Annax radiates from his heart, from his person, from his being. So imagine but that's his way of being. It's no normal state, it just radiates love, sometimes so much, that you can take it's. It's so radiating love. That's his normal state. Imagine when they are with the partner, they are in love and they share this love and they make love and this all explodes! I mean from our perspective on earth, I think we couldn't stand the frequency of it, of two Egaroth making love. It's like atomic love reaction.

And they are one of these races like the Ahel where the conception of an offspring cannot happen without this cosmic orgasm. It needs to happen, because when you bring down an incarnation a soul to a species, that is super high, they can go until nine, you need to tap very high to open the channel super high to the soul matrix. That's why they need to do it like this. And if they don't reach out to these cosmic levels of orgasm they cannot create the channel to allow a soul to come and incarnate into the seed, into the belly of the female. The Ahel do the same. It has nothing to do with species.

I'm fascinated by the Egaroth of course, because I know one very well. And knowing his vibrance his energy I mean that must be quite amazing.

Q: Their mating is beyond merely bodily pleasure.

Oh yes, totally. They need to reach out this level. Of course there's bodily pleasure, but that's just the groundwork. The bodily pleasure would unlock the channel and then they reach out to it.

Q: How do they change their sex?

They are mammals based, so they produce hormones. If they decided with the brain, and many species who are hermaphrodites decide to do that by an intention in the brain, that is going to unlock the production of certain hormones, that are going to transform quite rapidly regarding the development of certain organs.

Q: Are they coupled with their twin flames?

Yes, they are, because these states of consciousness, that you need to reach to produce for the fertilization the love to work you can do it only with your twin flame, with a soul that is paired with you. You cannot do that with anyone. It needs to be your twin flame, because only twin flames manage to do this reach out to these levels.

Ahil

We were talking about tantric love and the way of the need to find a twin flame to procreate. That's how the Ahil work. That's the same race that lives on planet Erra in the Pleiades, that's Thor Han's race and so they are from the Lyran systems, they are lyrans and they are very ancient species. They are the tall blondes. One of the races in the Pleiades.

They have grown into a very spiritual race, cultivating arts. serving the attainment of inner peace and spiritual ascension such as ethereal music, dance, visual arts and above everything love making. For the Ahil lovemaking is the must, as above every enjoyment. every hobby. It's in their culture, is there is who they are. This is something very particular to the Ahil. So there's something very particular to them why they love to do that.

They have two genders: male female. The brain has the ability to activate some sensors on their skin. They have a extremely sensitive skin, which in normal time is not, they block, it it's like us, not that sensitive. But when they are making love they activate certain parts of their brain that activates all these captures, all the skin captures, and the skin becomes hypersensitive, and this is like erotic like crazy. Extremely sensitive to central touch.

They distinguish three types of making love. The reproductive functions, just making babies. Or just for pleasure, just enjoyment pleasure, a physical pleasure enjoyment.

And the third is a different one, is reaching out to higher states of consciousness. So making offsprings involves this.

Why it is presented separately? Because sometimes they want to just reach out highest stage of consciousness without being pregnant. So you know, it's two things, but the three are not separate. All the three go together.

They can procreate, they are like the Egaroth and many species reaching this stage. Someone was asking me about the Meton from proxima centaury – yes. they are the same. The Erahil need to procreate with their twin flame, otherwise it doesn't work, because to procreate they need to open a channel to very high dimension and density, and to open this channel they need to merge the souls and dance together.

So most of the time what many of them do is (male or female or both together, male female ,male male, female female whatever, male sometimes many together. they are going to party like mad, to enjoy to have sex, to just experience and they love that. I mean that pleasure is in their culture. So they're gonna have as many partners they want. They're going to just enjoy and it's gonna be very cool, until they feel within themselves the call to that twin flame. They they're going to feel its time, and they will want to be with that twin flame forever, well until they die. So they are going to do a ritual, which is like a wedding. It is a wedding, a ritual ceremony of recognition and attachment of two twin flames in this incarnation. They are going to bind, it's a binding ceremony of two bodies, because they are already twin flames. But the bodies need to be binded energetically. So it's a ceremony that involves 13 densities 12 plus the 13th, the source and that's going to be representative of the 12 densities and the source in the center. It's a very beautiful ceremony, I've seen it and quite impressive.

And then once their bodies are binded they are able to reach out to these higher realms and be pregnant if they want.

The act of love will include physical pleasure, tantric reaching out of a higher realm of consciousness, and – only then if they choose to have a baby, welcome soul.

They can have as many babies as we do. They regulate very much their population themselves by wisdom and they have the ability to send people off world in colonies. So they regulate their population when they become reach a certain quota, they are going to just move somewhere else some of them. It's all done in wisdom and good mood. It's something absolutely mind-blowing.

We are compatible with them, the terrans are compatible with them. Humanoid races in this galaxy are all compatible with each other. You can have babies with pleiadians, with metons with Altairans, with pretty much everyone that is human.

Q: Is there other species that have a period like earth females?

Yes, they have periods, but they control it, because the brain controls everything in the body. It's not painful and it's just cycles. All mammals have periods, but they're not regulated like a month for human females of earth. We are regulated on the cycles of the moon.

It's not the case for all the other females of different cultures in the galaxy, because they are born and genetics, they have different numbers of satellites, different cycles of times, and it's different. I do not remember about the period duration and frequency of the Ahil females, but they have. All mammals have periods.

Q: Please talk more about twin flames. What if they are incarnated elsewhere?

Twin flames can incarnate in two different worlds, in different densities. You're not obliged to reincarnate in the same world or species, you can incarnate in different species of course. But there's a purpose for that and there's a lot of binomes, twin flames actually in the starseed, envoys program, where one is below and one is above, because their link is unbreakable and nobody can hack it. And when one is below and one is above – usually it's the female below because the female is a receptor and the male is an emitter, so it works like this. The male will send down to the female, who will receive the higher frequency and she will anchor them on the planet. That's why females who are receptors will be more likely incarnated on earth, and the male twin flame incarnate above.

Dohu

The baddies. The Dohu, that's not the Solipsie rai although they all look like the Zeta, Zrog The Dohu come from Zeta reticuli, also like the Zrog. They were involved in the 1955 agreements of the MJ-12 with the Nebu, There was the Dohu from Zeta reticolai, the Eban from Betelgeuse, some draco german involved as well. Gray wise it was the Ebany and the Dohu.

Why the Dohu? Because the Dohu have been enslaved to Ebani mainly. The Ebani are good geneticists with bad intentions and they are very good at doing clones and enslaving and transforming the genome of population by modifying the dna by putting substance in people. The sign agreement with the MJ-12 and it is their speciality to do that transform genome of invaded species to make them slave.

They are interesting. They strive on a hive consciousness. They were very pacifist species, but they have been enslaved by the Eban. They are parents with the Solipsi rai, that's why they look like them. Zeta reticulai, Solipsi rai are originate from zeta reticuli and then they migrate to Cygnus constellation.

They have phenomenal telepathic skills and especially when it becomes into deceiving terran human abductives. They will make them believe they are loved, or they are make thought screens. They are very gifted in psychic abilities, that's why they were used by the nebu for the abductions. The Dohu, the Solipsi rai or the Zeta these three grey races from Zeta reticulai system are all three enslaved to the Nebu, at the exception of the Solipsi rai, who have managed to get colony in Cygnus were fine. But everything in zeta reticuli system are enslaved.

The Dohu are genetically altered. They cannot reproduce anymore. Why? Because they are maintained like this independence to the oppressors regarding to the cloning of their species for survival. The Eban have created a dependence from the Dohu to them, because now the survival of the Dohu species is only due to the goodwill of the Eban, who are going to clone them. Remember the Orella. Some species have reached such a high abilities in genetics that they can create doll

bodies and they incarnate souls in it. The that was the race of the alien in “alien interview” book. These ones were absolutely involved, they are part of the dominion, more exactly Nebu.

I picked them, because it shows how species can also strive and survive being just by cloning being cloned. Their hive consciousness is alive somewhere, but they need bodies. They cannot reproduce naturally anymore. So they need doll bodies and the Eban make them for them.

...

Alcobata

Alcobata, Perseus constellation. They are located on planet Erdom2. There are five bunny points like horns on the top of the heads, they are quite impressive guys. They are extremely aggressive, considered by the galactic federation of worlds as parasite race. They are all peace and love the federation, but when they say somebody is a parasite like the Maitre, they have reasons to do that.

The alcobata are a warrior race class, based on society and very complex in his in its hierarchical structure. Their religious system is also very complicated, with myriads of gods. These ones have religion, which we don't come across too much with ET races at this level.

They breed either by eggs or either by mammal way. They have two ways of reproduction! They have two genders: male female. A class of males, not all males, bear the eggs and that is their weakness.

Remember there was another race, I don't remember which one, but the males was doing weird stuff they were transforming into female.

One class of males is going to bear eggs. That's their weakness. It is said they are assigned and born for this task. So it would be like a third gender. They have android androgenous ability and can inseminate themselves when chosen time has come. So obviously the Alcobata can do anything. They can have sex male female, some male can bear the eggs, and some can decide to be androgynous. For this transformation to become androgynous, they produce a particular hormone, which will activate the reproductive functions or shut it down.

The offsprings from eggs and the offsprings from womb are biologically different and assigned to different purposes in the society. Females procreate by womb, individuals assist to practical social and political roles of both genders. The offsprings from eggs, predominantly males are fit to be warriors and are particularly aggressive.

Male – female, they can either reproduce by womb, either reproduced by eggs. So they have reptilian genetics and mammal genetics both in their bodies, but two genders. When they use the reptilian reproductive system, it will be with certain males who will keep the eggs inside. I don't know how that passes from the female to the male. Then the males produce the eggs, mainly male and they are very aggressive warriors. That's reptilian genes.

And the females will give birth, mammal babies and these ones will be both sex and will be work more peacefully in the society.

Now the last two very impressive as well. Another species who has the both reptilian and mammal in them:

Kiily Tokurt

The Kiily Tokurt come from constellation Vela. We speak about them a lot. They are called tall whites. They're shape shifters. Their normal original appearance is tall grays quite. they have white skin and as Steven Chua saw them area 51, he worked with them and he said they are like barbie

dolls squashed. Black black eyes and a very kind of bony hips. The females have long white hair and they can shape shift into totally human, and you cannot see the difference. The only thing is the eyes stay black. So that's a key.

Kiily Tokurt are performing all the abductions. They are working with the deep state and they involve with the dark fleet and the Nebu.

They have two genders and they are oviparous. So we've seen reptiloids who can have babies like mammals. Now we're gonna see tall grays who have both and lay eggs like reptiles. They have human genetics as grays but they have also reptiloid genetics is part of their reproductive system. They don't do hybridization programs, but they abductions for sexual trade. They lay eggs. the baby isn't going to come from the womb, the females do that and the eggs areum raised outside in pods. They are doing a lot hybridization programs with humans, because they are very compatible with humans. They are very involved in. They like to have sex with humans. They enjoy it actually. I don't know if it's both. I've heard they enjoy it a lot. So they do that for pleasure as well.

The Kiily Tokurt are doing despicable things, slave trade notably, but I spoke about them a few Q&A ago. They make us wonder about ourselves.

They Kiily Tokurt adore their children, it's everything for them. But they will trade other people's children, other races children, that they consider inferior like animals, and to be sold to reptilians for instance. And we know what they do with children. but they love their children. That day when I realized that it made me think about us humans on earth. We love our children so much. but we eat other animals children's. So it's kind of makes you think.

Strom

These ones are the sex stars of my book.

The strom, the dog people. They're called the dog people, because they look like dogs but they're not related to dogs. They come from Ursa minor. They are six foot high with big head and which look a bit like some dark dog and non-related, and they feed on nutrient liquid not liquids and vegetables. They are vegetarians and have amazing sex, for those who criticize the vegans.

Strom have three genders. Thor Han dictated me this text, I took notes. So imagine Thor Han speaking.

Strom have three genders and need the three together to procreate. One is the egg layer, the second the fertilizer, and the other one the third one the bearer. So one produce eggs, one produced semen and the third bears the eggs. How they do that? Pheromones are first generated by the bearer, who feels it is time in its cycle. They have four cycles in a lifetime of 200 terran years. It searches a couple of the two other components, to attract for reproduction. So it's going to produce pheromones (this one) to arouse sexual desire in a couple, in two other ones. He is going to arouse the both a male and a female. And when they have gathered all three together, start to be a little bit excited, the pheromones produced by the bearer stimulates the sexual functions of the two other, ones starting to heat up, who switch into a chemical reaction activating their genital organs. Now you have visualize it. You have three six foot five tall aliens who look like humanoids with dog heads, who are starting to get so aroused all three together. There is nothing then that can stop them, and if the process is interrupted both the two creators die rapidly. So it's serious stuff once. The process is activated they need to do it, they need to do it. If they don't do the both, they die rapidly burned by the chemical that needs to be transmuted by copulation, because this little bearer, he has aroused them both. But as he has aroused them both, these both they start to create, this chemical that that is starting the procreation process, and if the procreation process is not performed this chemical won't be released and will kill them by burning them inside like acid. So once the intercourse has occurred, the chemical is released from their system in the creation of the egg. And the feckond egg matrix needs then to be implanted in the bearer.

So this chemical is what's going to create the egg. So they need to do it. It is then that the bearer inserts an appendix into the matrix holder, the female, to grab the feckondated egg and ingests it. So the female bears these eggs and the other one is going to insert into the female a (Thor Han didn't tell me where these appendix go, in the mouth or in the but, I don't know.) Welcome to the wonderful biodiversity of this universe.

The bearer ejects the matured specimen by an orifice at the back of his lower body. Do not be horrified, they do enjoy this. There must always be a minimum of enjoyment in any reproduction process otherwise nobody wants to do it. It's necessary for any species to be motivated for survival.

Elffaf

The galaxy holds on more surprises, because now we are passing to four genders.

The Elffaf they live near boötes. They could be mistaken for the Solipsirai, but they're not related, not even from far. The Elffaf are mainly interested in studying exosciences. They have four genders, three having a role to play in the breeding process. Two genders are assigned to procreate, the third to bear the embryo at term. We see this pattern repeating.

Those of the fourth gender are not fertile and often vow their life to science prospects, because allotted with higher psychic abilities.

Noor

They No'or, Noor come from Lyra constellation. They are reptiloid species. so They look humanoid. but they are reptilian species. They are nonetheless gracious humanoid looking features and they are very spiritual. This is a rare case, where reptilian species reaches out to a very high level of consciousness.

They have four genders, they are vegetarians, pacifist and they love colored clothes.

Thor Han didn't tell me how they do that, but have four genders.

Al Gruu-al'ix.

There's better: eight! Eight genders together.

They come from constellation Cetus. They are not numerous and live only on this on one planet of their system. They are about six foot high and look like reptilian. It's a very ancient race, wise and quite people with a lifespan up to 350 earth years. Although they are often mistaken for reptilians, they do not share anything with them, except appearance.

This race has eight genders, and all of them can reproduce when in sexual contact with each other. Each of them can reproduce, copulate with any one of the other eight. No matter which mates with whom and they can have babies.

I do not know how biologically this is possible.

Akara Mantis

Now I'm going to present you a last one in this series. These ones are a particular example of the hive society structure, the real hive like the bees and ants.

They have two genders, but imagine now, it's like the ants: you have the queen and you have the soldiers or all the other ones males. It's exactly working like an ant society. The Akara mantis they come from another galaxy. they are interdimensional beings, they come from the m 104 galaxy. The mantis strive on a hive society. They are going to fertilize the queen and the queen is going to

produce eggs. There are species of greys, who work like this, who go like this: the Zeta, the Zrog are a hive society.

They are special, there are many casts, that's why they have different colors: green, white, black. You see in the abductions people relay different colors of mantis, because they have different attribution in their society. It's like the ants, they have different shapes in the same ant house, because they have different attributions. It's the same for the mantis. There will be a cast of males that will be especially attributed to fertilize the queen.

There's way more in my book.

9-08-2021 – Taami ancient Lyran language

<https://www.youtube.com/watch?v=kMgI5K8ZG9Y>

At dawn, I bring you a gift... from the stars

TAAMI is a very old galactic language born in the Lyra constellation and still spoken to this day by the Man races and in the Pleiades.

Taami is also the diplomatic language used in the Galactic Federation of Worlds.

So here is a gift for you, for all those who long for Home. This song was written by Thor Han and I sing it for you.

listen to the song

10-08-2021 – LAAN - From Lyra to the Galaxy

<https://www.youtube.com/watch?v=LBxOIPrcY5g>

Who are these mysterious beautiful ancient beings who have humanoid bodies with feline features in their upper body?

Situation updates

Go and check on dr michael salah exopolitics, the latest update that we've done together. This update has been horrendously criticized by people who do not know what's really happening out there. ... There's been a lot of misunderstanding after this video and Michael and I have been like bashed like a witch-hunt, medieval witch hunt... We've let out the information that Thor Han was allowed to share with me that certain meetings have been going on in the facility of the galactic federation of worlds on Jupiter. These meetings were the equivalent if you know on earth before the end of world war two there were the Yalta agreements, who were preparing the afterward after victory when the allies know that victory is secured but we just need to finish the job, then you plan for the future. You plan for the organization and the logistics of how the world is going to be managed, because you don't want to leave behind a world of chaos, where we've won now we go home and just help yourself - that's total chaos that allows any predators to step in. So what you need to do you need to take the people that and the institutions that are the best able to manage the chaos and to bring everyone back into a path of social peace, balance and prosperity. That's what's happening at the moment and the galactic federation of world is helping us, Terrans to reach this this, because it's quite difficult. For all those who have studied all the history of secret space programs you know. I invite you to read the work and the books of dr michael salah who has spent years and years studying this.

Why was it so difficult to hear for people? Because here is the intel I got: Thor Han was escorting delegations to Jupiter and he was staying in orbit of Jupiter with his fleet and he told me there are agreements going on. All the details is in what I gave to Michael. So you want the details of this story go and watch his video.

These meetings were helping earth people to take back their solar system in hands and avoid a situation, where all the different predators and space programs competing each other would just make of this star system a battlefield. No! Now it's time to plan for the future, now it's time to organize ourselves as adults. So what happened is that there has been no agreement with the galactic federation. They just helped us organizing ourselves as guides and big brothers. They helped us to organize ourselves to find what structure and organization would fit best, are rebuilding of ourselves as a civilization. So the one the country having space programs and that were the best able to take care of peace and secure safety zones was the u.s. You cannot never please everyone. What they were looking for was the spirit, the spirit of guardianship of taking care. The galactic federation has been working with the U.S navy since the 1940s, building solar warden building technology and scientific cooperation. Now they've helped us organize ourselves. So the US is going to be managing the logistics of an alliance of different space forces and countries regarding to space. And this has had its bases on the Artemis cards, the artimisa cards were the first step and then it unfolded with interaction with the ETs. So the andromeda council, the galactic federation of worlds and the council of five were represented on Jupiter.

There are six countries who form like a Starfleet. Many others will join but uh these are at the moment those who are best able to take care of peace and behavior in this system. These six are regarded by deduction with Michael us, China, Russia, France, Japan - these are forming a coalition. Why they did want to include Russia and China? Because then they are not set aside as potential opponents and troublemakers, it kind of forces everyone to get on with each other and put all knowledge and technology together. That's what the galactic edition did.

Now you need to find one who would manage them. Well, the u.s won the price because the most able to do it for many reasons.

Now, with these different countries we're also beside the officials of the space forces CEOs, because the rebuilding of a civilization is not only with military, it is with commercial aspect. So they there were CEOs as the the galactic said, progressive cooperation. Cooperation is not a bad word, a corporation can work for the greater good. It's like "technology is bad" No, it depends who uses technology, it depends who runs a corporation. But you can have technology use for the greater good, you can have corporations working for the greater good yes it is possible.

Thor Han was the person, who told me this, at any moment named any CEOs names or companies. He said, it's new companies that have been judged by the federation as potentially progressive. So now they're having an eye on them and they think they're going to be good behave. If they don't behave, they are out of course, but they have interest to be to stay in. The only names Thor Han named was after the penultimate like the semi-final set of meetings, where was about to be decided who would manage the three ships left, and these ships where are those who were not voted to manage to start new Starfleet. Thor Han said it showed me this oblong ships and that I couldn't identify later as solar warden ships, bringing back the delegations to earth, these ships were Thor Han said "oh look they are coming back, they they're going back to earth these three delegations, and two of them are Chinese and Russians and they are really unhappy and I didn't say more. So I deduced that they were unhappy because they didn't get to rule over the Starfleet. And none of them is happy to be under management of the US of course. So China and Russia are not left out, they're just unhappy because they don't neither of them got to manage everyone.

That's great news. That means the victory is secured. But then, oh boy. Michael tried to because Thor Han said, I am not allowed to tell you who these CEOs, are I am not allowed to to tell more and just this you can disclose of course. So we understood very well with Michael, why and we didn't want him to get in trouble. Michael asked Thor Han, it is okay that we speculate about whose countries were there and CEOs and that I got answer from Thor Han say "yes of course at the moment I am not giving you the answer. I am not breaking any disclosure. But at the moment you speculate it's great."

So Michael, who is fantastic researcher found out who these corporations and countries were. I invite you to watch the latest video we did. When he announced in this video what who he thinks by um corroboration of facts are these progressive CEOs involved in this new Starfleet, he got hammered, and I got hammered too. Why? Because nobody's happy with that.

I am going to read Michael's comment under his video and that will tell you everything about it because that speaks better than what I would say.

"I've read the comments and many are incredulous that the galactic federation of worlds is working with the likes of Bezos, Musk, Branson etc and regards them as leaders of progressive corporations. Everyone needs to calm down. From the perspective of the galactic federation of worlds these are newer aerospace companies, that respect workers rights etc, and are introducing more advanced technologies, reusable rockets, electric cars for instance in comparison to the older aerospace companies Lockheed, Northrup, b-e-a-b-a-e etc that are linked to the interplanetary corporate conglomerate ICC and hoarded everything for decades. The ICC worked with the dark fleet and was complicit in forced labor, galactic slave trades weapons proliferation etc. When one compares Bezos, Musk et cetera to the ICC practice, it is easier to understand why the federation regards the

former as progressive. Big difference between how Musk, Bezos, Branson and all their employees to how the ICC treated workers and captive slaves in their classified facilities in Antarctica and of planet.”

I honestly feel, that are you really ready to learn about what's happening? When Thor Han told me “i'm not allowed to tell you names”, I understand why now - because people aren't ready to hear. You're so all like filled with fears and you need to calm down. Yes as Michael said, these are speculations based on facts. You can't beat facts okay.

The galactic federation has been fighting since ever since long time not ever to help us liberate ourselves from the Nebu and the Dracu. We're winning thanks to them thanks to them, we have the alliance, thanks to them, we have all the technology, we have solar wardens, we have the med beds, we have the free night, we have everything, thanks to them. Their only aim is to set us free and they are doing it well.

You need to open your mind to a broader perspective. These people, I mean they are businessmen. They have turned their interest to what will serve their interest. The cabal is falling, nobody wants to work with the Cabal anymore. Now everyone wants to work with the winners, the bankers. And honestly - do you really think you know everything about these people? Yeah they've done bad things. Haven't you? Yeah. do you know you know do you think you know everything that's happening in space? No you don't. I don't know everything either. Who knows? This is information this is what's happening and if you think that you know better than Michael Sala, who has spent years of his life studying exopolitics. He has a phd and he has a compilation of personal testimonies, that are so invaluable and that are so proved, that they are real, with real people who have worked physically in secret space programs. Bill Tompkins for instance, people like this. Michael has written so many books about the subject. So when he speculates something it is based on something concrete, it's not just speculations. If you don't like it, well come up with other speculations! I mean, every suggestions are welcome, instead of attacking people for delivering information.

I never said about Moscow, whatever, I just delivered the information about these agreements. You know, when sometimes, when personnel from the galactic federation say “people are not ready to hear their stuff” - well I think “yeah”. I ask you to trust that the galactic federation of world is working for the greater good of humanity. These new companies, spaceX and else are the future. There are no others. So you take what's there and with what's there you make a future that is progressive and serve the greater good of everyone. The ISS - that's over, it's crumbling. The ICC and the cabal, interplanetary corporate conglomerate, it's crumbling down, the dark fleet. the cabal it's all falling. Now there are fresh new corporations that are going to prove themselves and they're well looked after watched. If you know better, say it.

...

Who you know is a good guy and a bad? Five years ago.,four years ago everybody was saying “oh my god trump is horrible, he's such a bad guy” A year ago “oh my god he's the savior, he's wonderful he's amazing, he's gonna save us. All we all pray that he still come back as a president” That's how you manipulated. What do you know really about people? What do you really know - just what you hear. So don't go in the crusade on just words.

I'm just tired of that. I just died of working my ass off to deliver you information and then...

We are going towards a great future and the way it is done is forced to serve the best interest of the many, and I will keep on giving you this information, that you want it or not, that you like it or not because that's my job. To get intel and pass it on to you. Tat you criticize me that you think i'm

listening to the CIA through my headphones - I don't care. Do my job business as usual, i'm here to help you. I came here sacrificing a lot to help humanity and nothing and no one is gonna stop me doing my job. ... I don't I spent my days my night working for that. I do not have a regular job. I had no time for it. All of this because I love humanity. So I will keep on doing it, if some don't like it. I don't care now.

I'm a normal person, I know nothing, i'm french I live in Ireland. I don't think about American politics, i'm just a normal person who's been abducted and I mean who tries to sort out everything.

Laan

I'm going to tell you about the Laan, about the Laan people, because they're amazing and they're also part of the federation and they are helping us working for us. We are so many who have abandoned everything to come here and help you.

Lyra constellation is a place in our galaxy where an intergalactic federation has decided to seed humanity, humanoids as a project. And from lyra humanit races have spread throughout the galaxy. One of these different genetics that were implanted there was what they call themselves, humanoids. They're quite tall and they have what looks like feline features, but it's not cat people. They look like it. but in fact it's a special genetics that make them look like it the face the features. because they have a wider slanted eyes and larger nose and they have a little bit of something here.

So i'm going to tell you about this in which system they first. They did originate form one just one system in them in the Lyra zone. I would say because "constellation" is a visual illusion pattern that we see when we are from earth for instance there is a bit of a confusion. I'm really glad to clarify.

People mentioning these beings with feline like looking features are calling them the "Lyrans". They are lyrans. But pleiadians are Lyrans too, Ahil are Lyrans too, Taal are Lyrans too. Even some species of reptoids are Lyrans too. "Lyran" means from the constellation Lyra. Lyra is a word from ancient greek that means a small harp. because seen from earth few of these star systems seems to form a pattern of a little harp. But when you say "Lyran" it's a word invented of course on earth. I'm a reminded ET's are not calling themselves by names created on earth. These people live so far so far.

Let us call them by their real name which funny looks like la'an. The Laan this beautiful race was born in few systems of the lyra constellation. I'm going to show you because my book is a real bible to me as well everything is in it about these people.

page 184

You have a beautiful illustration done by me. You yes so yeah see they are humanoids, they have big slanted eyes and they have a prominent forehead a lot of humanoids have that, and a large nose and they look a little bit like a feline. And they have thick hair.

You know these people the Ptal and others - they've played a lot with genetics so you know i'm not able to explain to you why they look like that.

The Laan come from the star system we that we call Kepler 62. This is the Lyra constellation and K-62 is this big star above. Kepler 62, Man system, five planets, origin of man, humanoid races.

Kepler-62 it had five natural planets, not terraformed. Egoria next to the star mana, where you have the famous Laan people. Then second planet G'mún, Ladrakh a very nice reptoids. Third planet, big

one, Pmankhera (Taal), rulers of the star system and then Maya. Planet of the Ahel. And the fifth one Tar and you have here the Noor, the big ones, the tall giants.

We go back to Egoria.

Q: I have heard that the Ptaal have bases in Himalaya, ist that right?

The Ptaal had, yes. In Himalaya there are a lot of bases different bases, I think there are four. They have a base there, they are tall humanoids with white hair, but they are very discreet and they have a base here to control bit and monitor ours. They have a base in every planet they have seeded.

The Laan live on the first planet Egoria. This was the most magnificent world. Unfortunately first in line when the massive Ciakahrr fleet approached the man system. The survivor escaped to the third planet Omanjera inhabited by the Taal and central power for the whole planetary system. Unfortunately Omanjera was the next in line.

The Taal managed to halt the invasion by attempting negotiations with invaders which allowed enough time for the whole four inhabited planet to put an evacuation plan into action. Taal humanoids with beautiful feline faces features for the upper part of their head from their flat nose with noticeable nostrils to their long wavy red or golden hair, although their mouth is humanoid like as are the rest of their bodies. Their ears are small and rounded and they have a tail, small one. Their skin, generally light brown, is covered with a short silky fur and their eyes are of all sorts of shades: amber and turquoise being the most common color.

Egoria their homeworld before it was ransacked and scrapped off its vegetation to become a reptilian mining facility, was a beautiful world we still spoken about in our legends (the legends of the Ahil). The vegetation had on Egoria colors not found anywhere else, such as golden magentas pinks and purples. And the sky had a green blue shimmering light. Laan cities were built from crystalline materials. Laani treasurer above all beauty culture and arts, such as music and poetry. Laani have an active part in the galactic federation of worlds, taking an important part in the galactic diplomacy.

Laani discovered terra about 1 million years ago and settled a colony there, starting genetic experiments on the indigenous hominids. Shortly after the Ciakahrr empire arrived at their turn and two factions fought in a series of historical conflicts called the Terran wars. This was violent, and different parties joined such as the Anunnaki, who had until then been cooperative with the Laani on the basics of territorial agreements. The Ciakahrr wanted to enslave the genetically upgraded Terran species with the Laani and the Anunnaki had better plans a little more practical. Than the Ciakahrr the result of this long series of fights rescinding entire civilizations eventually ended by a faction of Ciakahrr and Nagai, redrawing underground, while the rest of the troops left the Terran system.

Nowadays they are supporting the Terrans in their spiritual awakening, working together with the other races of the galactic federation of worlds and the council of five to terra's ascension and to the purging of the cabal.

They have oblong ships like cigar shape, shape-shift as well.

Now their colonies have spread very widely throughout the galaxy and through masters they are true masters in genetics and they adapt to their physiology to the new environments, giving birth to a wide genetic diversity of features as for instance: the bird-like mutation in the Carian system in Orion. Laani and Taali are naturally compatible and their crossbreed is named Ahiel.

When they decide to settle colony in the world without disturbing anyone, they are going to breed themselves with the locals to be able to create a race of hybrids, able to strive in the new environment. In the meantime they stay on board a ships. And when the new race of hybrids is ready to live

on the planet the descendants they go, and the ancestors say stay in the ships. That's a bit like what happens on earth with the gods, staying in their ships and cities in the sky and you know ...

Q: Do you have info on planet Reyla in Epsilon Lyrae in the constellation of Lyra? Inhabitants?

Epsilon Lyra (on page 181 you have the list of all the systems where you have life in Lyra)

I actually don't have in my book. That means these people are not interacting with earth. I have been told. But you know there are so many... Lyra constellation is teeming with life absolutely everywhere. So I do not have um info on these ones. I'm going to ask about that.

Q: How do the Laan educate their children?

The Laani are educating their children in the way of the man cultures, they do as globally as the Ahil and the Ta'ali too and the Ori. They first are going to discover who the child is, and they are going to do whatever they can to develop the personality, the abilities and the gift of this child, this new being, to be able best to enable this being to perform his life mission. What they usually do. The Laani are more individuals, they are going to homeschool the kids and educate him. It's not really as we do on earth overwhelming the child with knowledge that comes from outside. They're going to do the contrary: they're going to teach the child how to go and find the knowledge within his heart, within himself and how to exceed knowledge by himself, find the inner portal, who are you and tap into the knowledge of the universe.

They can also in like the Ahil, do that a lot, group kids by sectors of abilities. For instance if your kid is very skilled in arts for instance in music, you're going to group this kid in a kind of school groups, learning groups of other kids who will also be talented in music. Then they will motivate each other and build each other and that will multiply the ability of developing their gifts. ... There aren't schools like buildings with a teacher. There are teachers but they are more like spirit guides, spiritual masters let's say and you know that's the way of the school of tomorrow and it has started already I know in England. In England UK you have already schooled and i'm sure there are others developing all over the world now and that's the future of tomorrow of the schools system of tomorrow, there are schools in UK where they first identify the psychic abilities of a kid and develop it. They they entice the kids to develop telepathy and remote viewing and energy work and everything. That is fantastic. Imagine if all of us would have been in such school instead of being told learn this by heart and shut up and don't think you know.

Q: Is in Egypt the goddess Bastet related to Laan people?

I don't think so, although there are gods who are remnants of ancient gods, where races of beings from different origins have simulated with animal-like features. Some other egyptian gods such as bastet who is a minor god, she's not part of the Aniad the nine primordial gods, she's the goddess of the home, child birth. Se looks after the home, the household as cats do. So Bastett represents this, a divinity who protects the house and she's the healer she's the medicine, because that's what cats do too.

The Egyptians had ability and the not the ability done the habit to imagine divinities to represent aspects and they would give a head of animal. It's to represent the abilities of this animal. For instance Anubis. Anubis is the guardian of the dead. He and it's not it's not bs what i'm saying, I am qualified Egyptologist, it's very sad that you need to precise these things nowadays. Anyway, Anubis has the head of a jackal you know. So why he has a head of a jackal? Not because he really had one or it was itis with charcoal head, no jackal is a wild dog, it's even the family related to foxes. Why? Be-

cause when you've been to Egypt those who have been to Luxor - something that strikes you is the perfect separation like cut off the green Nile valley, the fertile valley and the desert. It says cut. You're in the field and suddenly there's nothing, it's sand. That's it because it was the ancient fertile soil coming from Ethiopia going with the flood, and now it's there and that's the fertile valley. And all the necropolis were not in the fertile valley of the living, but in the desert in the realm of death of nothing, of sterility, the realm of Seth. So they would put their necropolis in the desert but not too far, because you want to go and honor your ancestors regularly. So at the entrance of the desert are the necropolis everywhere in Egypt, at the doors of the desert, when you lived in Egypt like I did as I did for eight years. You do not go at night in the desert, especially not at the entrance of the desert, because the wild dogs, the hordes the packs of the packs of wild dogs, they are cuties by day but by night they are ferocious predators. They are biting people, they guard their territory because they live in the desert by day, they are going to walk in the valley and look for food and do the beans and eat few rats and stuff. But during the night they sleep and live in the desert and they're going to protect their territory like hell. Hounds of hell. Why Anubis who is the guardian of the necropolis is represented with a doghead or shackle head? Shackles and the dogs, wild dogs are two different species, but they are together doing the same thing: biting people if you go there at night, because it represents this. Anubis is the guardian of the necropolis and who are the guardians in the necropolis? It's the wild dogs and the jackals. That's why Anubis is represented with the head of a jackal. And this goes for many, many Egyptian gods.

Orman

Now we are all going into the system of Derisim. It is in Lyra zone, Kepler 7b.

There are many races living there, but there is a race of Laani there. Who do we discover here? The Orman, still feline features. They're still the same species, but these ones they live on the third planet of Kepler-7b. They are a Laan colony from the man system which evolved by genetic assimilation to local life forms in order to adapt to new environmental conditions. Initially humanoids with feline features they mix with local reptoids and stabilized with time. So you have now this Laan humanoids who have interbred with local reptoids, imagine that!

The Orman, smaller than the original Laani, the Orman physiognomy combines feline characteristics with reptoid biology. They do not interact with terra's affair but they are members of the galactic federation of worlds and a peculiar race worth mentioning about.

Hargalii Ayal

Har galiat, it's kepler 37, just right in the middle of the Lyra constellation. They have feline features of course, they are Laani, but they it's more their name is and you know why they look like more humans, because they are Ayal. The Hargalii are a mix from caucasian humanoids you know so much and that is no more worth telling about them. So they are are girly hail. They live in the Hargelia planetary system of three Kepler-37 two of them are sterile planetoids but the Laan colonist terraformed the third one which offered satisfying background for the seeding of life.

Hargalii are hybrids of Taal and Laani, a particular man subspecies, named Ayel or Ayal, still keeping some slight feline features. The Ayal have more humanoid look. They their abundant hair, varying color and textures. They have human proportions in their face, but their nose and eyes kept the recognizable Laan signature.

They did make it to terra a very long time ago and even played a role inside Laani in the colonization of some territories of middle east and north Africa, before retiring, when a war with the Ciakahrr brutally occurred. Although involving the galactic council they never came back to terra.

The Laan are humanoid species with features that look like feline, but they are not feline. They have nothing to do with earth animals such as lions and cats, they are not related to cats and lions of earth.

...

Q: Can you say a bit about the Man system and how it relates to “human”?

Man system, kepler-62, why? Because they call their star “Mana” and they're all man people and who in Taami language which is the language from the man system, who means “sun”

You know, the Laani been all over the place in this galaxy, they have seeded colonies everywhere and they like to try genetics and they're very good at that and they love doing this. Why do never find yourself abducted by Laani on spaceships doing experiment on you? Because they don't do that they don't abduct people to do experiments. They do hybridization agendas, but for good purpose, to breed themselves when they arrive on the planet to be able to that their descendants can settle there. Yes they do genetic researchers and experiments but it's very ethical.

Oh by the way, I met a mantis being last week and visiting Thor Han and i'm going to talk about that in my book, an amazing female mantis, Maesha – and I learned a lot again.

Q: Their worship source?

They don't worship, they tuning with source by themselves. They have embraced the spirituality of connecting with source.

In the Orion constellation not everyone is bad! It's like on earth: not everyone is bad not everyone is good, I hate these names, I rather say “progressive” or “regressive”.

Blue Avians, Carians

There is a species that is very progressive, that some of you have heard about by the name the Blue avians. They have colonies everywhere. The Blue avians that are in this Orion star system which is Betelgeuse, as well the Eban. The Eban are pure criminals. they are the ones who signed with the mj-12. ... Betelgeuse – the place you don't want to go.

The Carians they are humanoid like with bird features. They come from the fourth planet in the Carina system, Carrion. Carians are originally Laan collonists who settled in the Orion zone on a world name Carrion. Regarding to the conditions being more tropical damp and hot than their original homeworld in the man system Egoria and due to the composition of the atmosphere that they couldn't change risking to endanger the local ecosystem, they genetically mutated by hybridization with local species. They look like humanoids with bird features, generally with blue feathered hoodies, bodies and wings and very sharp and angular facial structure resembling to bird's head. Because of the genetic freedom of experimentation on themselves they reached on Carrion fascinating diversity of forms but although they mutated greatly. The Carrion preserved with immense sacredness the culture and principle of their world of origin in the man system.

Carians (Cariu) even though they resemble two birds have remained mammals and kept their reproductive functions unchanged. You call them by the terran term “the blue avians”. They have

joined the membership with the galactic federation of worlds although they very rarely leave their planet.

Caryu are wise beings and peace ambassadors for the federation. They have passed agreements and treaties with their threatening close neighbours, the Eban and the Grail, which protects them from any harm from them.

They chose to intervene in the process of the terran ascension by psychic and etheric contacts. They have starseed programs.

Carriyo use etheric ships and interdimensional travel.

Q: Are the Carrey the ancient builder race? If yes how far into the galaxy have they gone? Also ABRs really gigantically big guys?

I don't think there are builder race, because they're hybrid race. They're they're not very ancient. They are derived from Laani who are genetic masters geneticists, so they may have also build other worlds and races, that's totally possible. I know they have colonies a bit other places in the galaxy.

They have the same size as Laani, means maybe two meters high.

Q: Are the Carrie 6th density and apparently Ra was known to be a Caray according to Correy Goode.

Thank you for telling me. I think they are higher density. They may be 5 or 6.

Q: What about the golden bird like specie?

The Kur, they are from the Orion zone as well. These are totally different. They have nothing to do with the Carryu. They are called the golden birds, because they put on their body a kind of a golden liquid. They are bird humanoids, C Orionis. Their race is related to the Anunnaki,

Conclusions

I wanted to tell you about a device, which is the deem device. I will talk about it better next time. The Deems device is a healing device, that has been downloaded to someone who contacted me. who might again ummites. The dims device works with electromagnetic fields and torsion fields, and it's a healing device and you can remove implants with that.

There's a lot of Laani star seeds here. You call yourselves Lyra and starseeds but in fact you are Laan star seed, you are part of the program and you are a very wise old ancient being belonging to a culture that is so wise and so non-legible and so beautiful. Be proud of who you are! Connect with who you are, embrace it, behave like this!

The Laani they are very they have poise, they are very elegant beings but don't mess with them. You know in Egypt the goddess Sekhmet is a total representation of Laani, you didn't mess with this one. She could purr in your arms. she could bring knowledge, she carries the fire – the fire can be the al-chemical fire of enlightenment but it can also be the fire that destroys the impurities and cleans or destroys your enemies.

That's what the Laani are, keepers or the fire of knowledge. If you are not Laan you have access by

reconnecting with yourself to tremendous wise knowledge, and you are here to teach others. Laan starseeds are teachers here and healers also. You have a fantastic ability to heal, but also you are here to teach to teach what to teach humans of terra, how to reconnect with themselves, how to reconnect with who they truly are and how to access this knowledge by accessing the inner vortex in the heart.

When you are in difficulties in life ask protection from the Laani.

2021-08-17 – Q&A - Our Greatest Power

https://www.youtube.com/watch?v=laEespWY_iA

Meditation “Reconnect with your true power” only:

<https://www.youtube.com/watch?v=eeZuvcSqKqM>

The Deems Device

At the same time, I would like to introduce you to the Deems device. I have no financial interest in doing this; I am just supporting a fantastic tool that can help Humanity. The blue print of this device as been given by extra-terrestrials to someone who contacted me, and I decided to help this person promoting it because it is sensational.

The DEEMS Device is a powerful electromagnetic device which creates a vortex of electromagnetic and piezoelectric energy. This energy is believed to help ease pain, clear/balance damaged nerves and balance nervous system pathways for a holistic natural healing. The DEEMS Device is also helpful to practitioners of acupuncture, reiki, energy healing and light workers. The device uses the native energy found in the practitioner and the patient as well as universal and crystal energy and amps them up exponentially assisting in the balancing of the meridians/chakras and healing of the body, mind and soul.

Video about the deems device: https://youtu.be/NM1pJ_60Nsw

---CONTACT Chris O'Connor for information on the device: DEEMSDevice@gmail.com

---TO PURCHASE the device (at 50% OFF for Elena Danaan channel's Subscribers!!!): www.LightLoveMedia.com then scroll down to the “50% OFF for YouTube Subscribers” section. Please subscribe also to the “Divine Evolution Channel” on YouTube and “like” a video, and sign up for emails to Light Love Media.

So that you are aware, Chris is currently working alone to create each device and it can take a couple of weeks lead time to get a device out to you, once you’ve ordered and paid for it, especially international purchases. he doesn't carry them in stock but makes them as they’re ordered. You may expect a small wait time (2-4 weeks with shipping) as each one is custom made.

The DEEMS Device: <https://buy.stripe.com/4gw29sexy4rVcrC149> (895 \$)

The DEEMS 7 Healing Crystal Heads: <https://buy.stripe.com/5kAaFY1KM6A3gH...>

Tonight I want to start by introducing to you something I promised you since a few weeks and I know Chris is here and is listening. Chris has been given the blueprints of a device, a technology that is not from this earth but which uses principles and dynamics and physics of the whole universe and that works on earth as well. Chris lives in hawaii and he has given all his time and energy to make this vision real. He created this device. This is a healing device. It is called the deems device and I want to introduce you to it tonight. I gain nothing to it. ...

The deems device it is a powerful electromagnetic device which creates a vortex of electromagnetic and piezoelectric energy. This energy is believed to help ease pain, balance damaged nerves and balance nervous system pathways for holistic natural healing. The deems device is also helpful to practitioners in acupuncture, Reiki, energy healing and lightworkers. The device uses the native energy found in the practitioner and the patient as well as the universal and crystal energy, the Vril

for instance, the energy for from the void, the zero point energy. And also it amps them up exponentially assisting in the balancing of the meridians, the chakras and healing of the body, mind and soul. You have all the details how to contact chris and purchase this device in the description of this video. I really want to support it because I believe in this thing and I nothing to gain from it. I don't even know Chris, he just contact me by email and we chat, and I really believe this. This thing can help humanity...

He told me by email that and we believe both that this blueprint was given by extraterrestrials and I know the Ummites are behind that, because that's what they do. ... (promotion for the device, that she has not tested yet)

Situation update

These are times of change, amazing times of change. The oppressors of humanity are losing, they are losing ground, they are losing power, they are losing forces and they are going, they are being expelled from this solar system by those who have been fighting hard for us - the galactic federation, the andromedan council, the council of five and the earth alliance. Now it's time to start to plan the future, because victory is near. War is not over as I always say it is when we approach to victory that we need to fight the hardest to secure the victory. When you see the shore from afar you know you are touching destination, but you'd still need to sail - otherwise you'll never get to this shore.

Agreements are passed at the moment in the star system between the galactic federation and the companies and the space forces, who have the abilities, the skills and the spirit to lead this world into a progressive future. And I'm very excited because the enemy has been losing allies since a few years now, since this this cleansing has started. Everyone turned their back to the dark ones slowly, slowly, one by one. And now it is time we join the galactic federation of worlds as members to benefit of their protection, the official sharing of technology – and once we're in, we're so protected. The nebu and the Ciakahr cannot do anything, they will go and leave us alone.

But to reach this point we need to unify as a peaceful world and all those who have turned their back to the dark ones are now being offered agreements and accords with the galactic federation, who is here to help us set up our own future. And they are giving us the keys of our star system. They'll still be here keeping an eye to protect us, because we will then be part of them.

So this is so exciting. You know it is only by the spirit of integrating that you can go forward in the future unity instead of division. And there's an emergency for us to join this galactic federation with what we have and it's okay. We'll get there we are helped by our big brothers and sisters so it's very exciting.

And now that these updates are given I am going to lead you into the second part of this video which is embracing our greatest power. For this I prepared a little presentation and i'm going to share with you.

Embracing your greatest power

Who are we? What are we made of? What are all the strands that compose our identity? We need to remember we need to remember who we are, what are all our capabilities, where do we come from. And all these answers lie within ourselves within the core of our being, in the center of memory in our pineal gland, the portal to all knowledge, the door of our genetic memory.

We are inter-dimensional beings made with 22 different royal genetics. We are unique, we are magnificent. Our DNA is the two coils of our kundalini polarized into masculine and feminine a

join in the pinal gland and emit the signal that opens the portal. This is the druid egg, the euros on the forehead of the pharaohs. The ancient knowledge is encoded everywhere for us to understand and integrate the kundalini blossoming and opening in a perfect union in the middle of our head. The two coils joined as one allowing us to fly to other dimensions.

Yes, this knowledge was known by the Anunnaki, by the ancient Egyptians, by the north with the igtrazil, the tree of life, our dna, the sacred shamanic tree allowing us to travel the realms. And the serpent coiled around this tree is no more than our own power. Civilized by those who didn't want us to awaken, cast from our rights of being truly human beings, homo sapiens sapiens, forbidden to gain our right entitlement of knowing the true power of the inner coil of power. This is the tesla energy, this is the mystical way of the ancient traditions. This is physics, this is the toroidal magnetic field generated by any human, living creatures, planets. Our earth possess the same electromagnetic field as we do. This is the tree of power, polarized masculine – feminine, positive – negative. This two opposite generates a field, a dynamics. They want us to be in fear, but if we move to the frequency of love we become so powerful.

Some beings disagreed with us reconnecting with this power. Who are they? Who were these custodians of humanity who hid this knowledge from us? Who are those who modified our genetics and try to bind us as slaves? Why? Where do they come from? They try to erase our memory, but the soul never really forget.

It is time now. We regain our own power, we remember and cast these ones away. It is time to say that we do not consent, and that all the technology that's been kept away from us, is given back. And that we become, we are inter-dimensional beings.

Let us break our chains of ignorance and reconnect with our memory throughout the pineal gland, the portal of the heart – and once we reconnect with who we are, we are so powerful. That's what they don't want us to remember.

We are the powerful beings and knowledge is power. Knowledge is power. Let us awaken the two coils, masculine and feminine and proceed to the sacred marriage within ourselves, the alchemical union of both polarities to become one within ourselves a sovereign being, and one with all. One with all dimensions, all universes. It is time, we rebel and stand up for our right as sovereign human interdimensional interstellar beings.

Time is now.

Reactivating the two coils of our DNA by reactivating the two coils of the kundalini - it is the same thing. As you know a Tesla coil is the same thing. You have two coils around going around a central axis and this is what it is about our DNA is the same. Imagine when we activate it, imagine what we can do, the power we can spread...

Imagine the power contained in the ancient devices, the ancient pyramids. You had a crystal with two coils around it. That was the power of Atlantis. It is exactly the same principle: our spine with all the chakras on it it's the crystal, it's the central core is the power generator and the two Tesla coils around it it's our two natural serpentine coils of our kundalini - and that equals in all our cells. When we activate it, we activate in all our cells the two coils of the dna, which equals the kundalini, the cause of the kundalini activating the power of our DNA. The power that lies all the potential. that lies into our cells into everything that his body is. These bodies are generators. They are power plants and it allows the being us who inhabit these bodies to just wow expand our power. The two coils of the kundalini are part of the light being, the astral body, the soul, the light being that inhabits this body. When we activate these two coils, this kundalini within which is part of our soul light being energy body, ...

When throughout meditation we activate, we uncoil the kundalini and we let the two coils go together around our spine and blossom in a lotus flower or the crown of serpents serpent heads like Buddha this is going to activate then the 3D physical body. What is going it is what is it going to do with it it's going to activate all the little coils present everywhere in all our cells, the DNA. All the

little coils will echo to it and suddenly ignite, activate and suddenly this body will be activated and everything we can do with it. It's absolutely incredible.

And when this body is activated it doesn't block anymore the power and the abilities of the light being that inhabits it, because this light being who we really are is extremely powerful, interdimensional, but constraining this body it's limited.

Now let us activate this body. When the body no more is an obstacle, when 3D matter no more is an obstacle all the things we can do defies imagination. So the work doesn't go from outside to within, but from within to outside. We are not going to start to work on the physical body and climb the stairs. No, we're going to directly work from above from this the top of the ladder and activate down everything. This is not the same as working with opening the chakras of the energy.

We have three different bodies:

- the flesh body, the biological body with the flesh bones hair fat everything. That's the envelope that grows. that decays and that stops working after a while.

- Now this envelope has an electromagnetic field, which it. Everything has this, has an electromagnetic field, that's a dynamic geometry it has an electromagnetic field. Everything that's alive also has an electromagnetic field. The planet as you've seen in the presentation, the toroidal field as we do this is the electromagnetic field, that belongs to the envelope.

- When our light being which inhabit this envelope leaves the envelope, because the envelope ceases working this electromagnetic field just stops, working as well and is just released into the greater void.

So here are three layers: our light being, our eternal soul light being, who travels from body to body, who can come from the stars can come from earth (wherever you come from). We are immortal and eternal. Then we incarnate temporarily into the envelope, the flesh body. But this envelope once it is ignited by a light being when once it starts, starts working. well suddenly it produces an electromagnetic field light being and flesh envelope electromagnetic field of the flesh envelope. That's it in the ancient egypt you had also this knowledge of sen = the body flesh, Ka is the electromagnetic field. the energy. And Ba was the soul. Ba is represented by a bird with a human face that means Egyptian near higher eclipse it means this this is something that can fly and it's very metaphorical, means travel between realms and dimensions. Ka, the electromagnetic field and the aura also it's part of the Ka. It's two two arms like this. It's funny, because it's like two sides, two coils.

Three things: working with our light being upon activating the kundalini, the two coils of this light being, which is going to work on the consciousness as well. Consciousness belongs to the light being, not the flesh suit. We are going so to activate ... do something that that's gonna have repercussions on the envelope of course, and it will activate the dna of the envelope (because the dna doesn't belong to the light being, it belongs to the flesh) We temporarily inhabit flesh suits, that have a history, that have a bloodline, that have amazing memory - the memory of these flesh suits which are embedded in the dna. The dna carries memories of the ancestors. So we all have carrying the memories of the ancestors of this flesh suit and parallel to that we carry also the memory of the previous incarnations of this light being. That is how we have been in our eternity, that he is about reincarnation of course he or wherever of world so these two things are part of who we are, the journey of the soul and the journey of the blood, the dna.

And the two coils, the magical coils. So when we inhabit this flesh body we superimposed two axis: the axis of the light being, the central spine and the central spine of the electromagnetic field of this flesh suit - both are one with the other.

Everything we eat, emotions we take - it's going to influx all of course on the flesh suit, but also on the soul, it can lower down the vibration of the soul. If you're a broadcast and send fear you're going

to become sick and you're going to lower the vibration as well of your light being. So you need to do the work the other way around. Start within, start by working on this light being!

Q: Alcohol lowers your vibration

For sure that's a very good point. You can have a beer glass of wine times two times, it's exceptional. But you need to know that alcohol lowers down the vibration, and makes you more vulnerable to attacks. If you have like what we call spirits that's not called spirits for nothing like vodka, whiskey, tequila that really lowers down your vibration and bring takes down your defense.

Q: Most alcohol is compromised and it is easier for dark entities to get into your space

Yes. And give you a little example. I live in Ireland in a fishing village and I don't drink that much, time two times at the occasion. And sometimes I just go out to listen some music um when we are not in a totalitarian dictator and every time I approach the pubs, I see all these darks entity roaming around, preying on people. And when I go out (i'm well protected I don't care), but I see them chasing, hunting people who have lowered down their shields enough that they can get in. And sometimes they don't get out.

So alcohol is very dangerous. Not only in the way you know, but in a spiritual and metaphysical way yes even more.

There's other things that lower your vibration – what you eat as well. What you put into this body by ingesting - you integrate the vibration of what you eat and drink so it will modify the vibration of your flesh body and also your being inside. So for instance (do whatever you want with it) if you eat the flesh of an animal who died in stress, lots of adrenaline and stuff you're going to take that in and radiate this frequency, lower yourself down to this frequency, if you eat flesh and blood you lower yourself to the frequency of flesh and blood. And you smell flesh and blood to predator entities, such as reptilians or people like that. Tat's a reality and I need to say it. Of course these people are leaving,....

If you eat very organic, fruits or veg you integrate a much higher vibration and it helps flowing better.

The emotions as well modifies the vibrations. Sugar as well. especially processed sugar it lowers down your vibration. Drugs as well.

Q: Does injury or an unfound medical issues lower your vibration?

If there is pain attached yes. Pain lowers your frequency. If there's no pain. if it's just tissues that are altered but there's no pain and there's no infection it won't lower your frequency. ...

Raising your frequency will help healing big time, parallel to taking a treatment. Never stop taking a treatment when you decide to raise your frequency or do energy work to heal. You never stop the treatments! You're taking and that's something I want to precise. We are all starting to have the med beds in many places and it's gonna get more and more widely spread. I've heard stories of people for instance who have a cancer and they stop healing themselves. I'm not talking about Chem. you are talking about even alternative ways of healing cancer really work better. Anyway an example: people stopping their treatment, hoping that med beds are going to come in their town and maybe it will come in 10 years and you'll be dead by then. Don't stop your treatment! Then you can live until these med beds are available. If you stop your treatment now and you don't have access yet to a med bed that's insane! Keep on doing your treatment until you have access to it....

Q: It's important to be someone with a nice clean love frequency

Yes! The love frequency. What is the love frequency? The love frequency is first: loving yourself, going into a meditation state and forgiving yourself first for all the mistakes you've made in your life. Mistakes are not um bad things, they are teachers. You are maybe fooled maybe misled sometimes. It wasn't your fault that this mistake happened. Maybe you took a wrong path because you were misled or abused. It's fine, it wasn't your fault.

If you took decisions willingly and it wasn't something that brought you prosperity and health or happiness - forgive yourself for that, because you were learning. And you've learned from it!

And once you do that you're not angry against yourself anymore, you just ease down all the regrets, no more regrets, no more anger, no more guilt - because you just look at your younger self at that time and you said to your younger self "I forgive you. I know it wasn't your fault. I know it you didn't know this, because you took this decision. You thought you would do the best that was the best. You never had bad intention! You never had bad intention. I love you" say to yourself and hug your younger self and tell your and yourself "you are forgiven. Look I'm fine now, it's gonna be all right let's us work together now" and you start to give love to yourself at every moment of your life when these other things happened.

And then you only have for yourself love - and you start to really vibrate it and embrace it. And this vibration of love it is so high that you start to radiate it. And you radiate it and that becomes so powerful, that it starts to transform the reality around you, the reaction and the interactions of people and animals and everything else towards you, because the attitude that people have towards you it is a response to what you send. If you send love they can't aggress you. And if they still want to aggress you it will just dissolve, because you will not respond to it, because you will be healed. You will not be at war with yourself, will be at peace.

So then if everyone is at peace with themselves we do not project anymore our personal struggles outwards into our relationships with people, as a therapy. Because when we argue with someone because we've been hurt and we're offended and so we're going to attack this person, we just project outside our wound as a therapy and we play actors with yourself and the other intervene, and you're going to play out your inner struggle. And the other person is going to play out the same inner struggle, because if they respond to you and play with you, because you have to share the same toys.

Make peace with yourself! This is the only way we can go forward as a species, because for once in history of humanity, we will stop attacking each other. And you know when you are in peace with yourself - no one can manipulate you, because you have no more wounds and you do not respond anymore to attacks. You don't care, you know who you are, you cannot be mind controlled. you cannot be abused. You are strong you say no, fuck off, leave me alone I do not consent, I'm fine.

And you are going to be also happier in relationships, because you will not choose a partner because you feel lonely and you have you need comfort or you need to be comfortable, you need to be loved because you like to love. And so anyone who comes and kind of fulfill this but then you realize that "oh this is a person and this person has a personality. I don't like it"

You know, when you heal your wounds. you make peace with yourself and you give yourself love you are only going to attract people who feel the same way, on the same level of love frequency - and you will meet someone because you love this person, not because you need to be loved by someone. That's the difference, because this person corresponds to your vibration and this will be wonderful. All starts within.

Also not struggling with yourself. We stop struggling with others, the divide and conquer politics of the deep state will not have effect on us anymore and they lose power. We cannot be controlled anymore, we will start to unite and we'll federate in a peaceful civilization. Everyone will be empowered entities: people, countries all sharing together their cultures and interacting. Everyone offering to each other as individuals or as countries or as traditions and cultures - their heritage and their gifts, who they are.

That's what's happening in the galactic federation and that's what they are enticing us to do on earth: to unite, stop arguing. You don't understand the message - it's fine. Don't shoot the messenger because you don't like it. You don't like it because you don't understand. Make peace with you first.

Q: What about marijuana and thc?

It lowers your frequency. .. Many of you, I've done it as well, try drugs or substances such as alcohol or thc, mushrooms or whatever else that makes you feel good. Some substances are going to remove the barriers of protection, the barriers that separate the monkey mind to the consciousness and you're going to have amazing experiences with your consciousness. You're going to do what the shamans do. When I learned the path of the shaman with my granny and a teacher, I needed to experience these substances, traditional herbs such as megwort for instance, warmood or these things like that. It helps projecting you into different realms of consciousness even travel interdimensionally. But the thing is: when you do that, you need to be an experienced shaman or practitioner, never be alone and do that freaking well protected! Otherwise it does like alcohol. It makes you so vulnerable. It's like doing this outside doing something that makes you so vulnerable outside or doing it inside of a castle or fortress – well, you rather do it inside a fortress.

The thing is: we don't need these drugs. We don't need that. We can do without them! We can all do without them. You just encourage otherwise drug dealers to put money on their pockets. Don't do that.

We reach these states of consciousness, altered states of consciousness throughout meditation, throughout connecting with who we are and what I was telling you earlier on, activating our double helix power coil.

Don't go be addicted. Addictions are controlled by entities that are going to make you wanting to take more and more because, then they look at you and suck out your life force.

Q: Do some souls prefer to reincarnate in the same dna bloodlines? Can this be a benefit to your next life vibration?

I think I and I believe that many souls are reincarnating in the same bloodlines. What I would tell about the purpose of it is, that it helps this bloodline activate their dna and their power quicker. And sometimes you won't experience a bloodline karma. It happens sometimes. I have incarnated into this bloodline already twice for reasons. Every time it's funny it's like an apex as well, because the bloodline of the body that this body I inhabit now has two 2 very powerful bloodlines. And when I choose to reincarnate twice - that's the third time, magical number three - it's like okay journey of the body of the bloodline, journey of the blood, journey of the soul and sometimes up incarnation up incarnation up incarnation is like the dna it's the same pattern. And when there's a singularity incarnation into the same bloodline this is a very powerful life, when the person is going to do stuff important for humanity. So that happens. But we're incarnating in different blood lines also of course on different planets.

It's very difficult to tell the difference between the memory of the light being, the soul throughout these different incarnations throughout the galaxy, and the journey of the bloodline that you carry, that this body carries in its dna - that's the memory encoded in the dna of the ancestors of these bloodlines, the forefathers and the foremothers of this bloodline. So sometimes you can build it mixed. You know, I've lived in Atlantis. Was it my light being who incarnated in Atlantis? Did I come there physically from Alpha centauri or was it this body who had ancestors living there? And I remember the dna memory encoded in the blood of this body. It's very difficult. I don't know how to tell you how to spot the difference. Only you can know.

So two different stories, two different destinies: the bloodline you temporarily borrow. And your

eternal interdimensional being, that always is. Both have memories. It's like driving a car. A car that can have had different drivers. The same thing. but you can drive different cars.

Q: I feel some have taken multiple bodies on earth simultaneously?

No you can't. You can't fraction your soul. Okay, you can do it, but not by... A soul cannot be cloned, but a little bit of essence of this unique being that you are can be extracted, a piece of it and be put in a clone body, or incarnated into something else. So you who you are will have a resonance with this other person, which will be always in contact with you, but it will be in a different body. But it will not be a second soul it will be a fractal of it that has been extracted.

This is unnatural, this is synthetically done, this is artificial. That's not happening normally and naturally you cannot incarnate in different bodies. You cannot naturally fraction yourself and live in different dimensions, different bodies. You can't do this. You are unique-

But as I said, I know, I recently had the proof of it chatting with a man who had that done to him. He was taken in in a dumb, in an underground base, and there he was greys have taken a piece of his soul to put it in a clone. This man is Marc Domingio and it was in Dulce.

Q: Are identical twins one consciousness?

Now that's interesting. Identical twins, it's not two babies who grow in two separate pouches in the womb of the mummy, it's a same pouch and they are in it and it's two different people, two different light beings, two different souls - but they share same genetics. So they will be in total quantum correspondence, quantum link, all their life by their body, by their DNA. You can you can do telepathy, mother can do telepathy with her child sense when the child is in danger. My mom used to do that with me when I was in danger, she used to sense it in advance because it's the DNA it's the genetics. The quantum link between the DNA between a mother and a child, a brother and sister and twins have that very strong, because they share the exact same DNA, same genetics, same genome. So they will be in quantum resonance all the time. That's why they can do telepathic easily. They will be drawn to do the same things.

Of course animal have souls and consciousness. Everything, the plants as well.

Supernatural powers are real, we all have them, it just needs to be activated.

Q: Can you talk more about the galactic human divine counterpart, twin flame relationship. I see and have contact with my own through light ships and telepathy.

So that will be the quantum link, not on a biological level, not on genome, 3d flash dna level like the twins. No it will be on a light being level, to inflame what we call twin flames is two beings who are sharing the same um frequency of soul, and they are bonded by a link of love and they are most of the time masculine and feminine. But it can be masculine-masculine feminine-feminine. But one of them will have more masculine polarity and the other more feminine polarity, because you need this to activate the dynamics, the link in a same gender relationship. One will vibrate on a frequency more masculine on a masculine frequency and the other will vibrate on a feminine frequency. This is necessary for the dynamics.

Now I'm going to see later how you can. You will need all to have the both activated within us already. That's something else. Twin flame is. yeah I said that you come from the same pod of light and it's split at the stage and we all have our correspondent. The other who is somewhere in this universe. And only with this other can you share the bliss of the ecstasy of the union and mergence of the two souls. Two different souls, one consciousness, two different souls. It's very special. Two twin flames - it's like the twins in the biological flesh, twins in the belly of the mother share the same placenta. Twin flames, twins of life share the same light pod when they are born. And they are

born to the universe, and they do their lives. They wander and they are all the time drawn to each other, because of the quantum resonance. And when you have a twin flame, a twin light twin, you are always missing this person, because you know you vibrate and you feel the lack of this person, and you can be well only when reunited with this person, only when in his or her company, when you share the same energy field, the same aura then you feel complete. Because when you both unite in the act of love you create a vortex, you create a toroidal field and this is a fantastic power plant. You are drawn to this, to find this person wherever he or she is. And as I said there's a polarity. A polarity is necessary to create dynamics. If they are male-male or female-female, it works as well because as I told you one will activate the feminine and the other one the masculine.

Q: Can you please talk about your our higher?

Our higher self is our consciousness. I would say our eternal being. The being I'm telling you about since the start, a light being, which is not only a body of light but also a consciousness, a consciousness body. Consciousness / light / energy body. Light consciousness being, conscious light being. I invite you to find a word for it.

The higher self is our true self, which is of a higher frequency and a higher state of awareness than our monkey mind in this flesh body. Why is a monkey mind? Because when you incarnate into a flesh body you just take also the monkey mind that goes with it, the genetic memory and the instinct animal instinct mind, which is something very primordial, you inherit you have it, but you need to deal with it because that's in animal instinctive memory of this bloodline. So that's you need to pass beyond this and go within and just connect with your higher self, with yourself and then with this light being in it. And that's your higher self your true self of a higher frequency and it is full of wisdom.

Q: Does the heart transplant affect the soul?

Not at all it's just replacing an organ. There is a difference between the biological heart, which is a pump, pump's blood and it's just a mechanical organ, generates electricity a lot - but that's different nothing to do with the heart chakra. The heart chakra and the heart of the soul it's it's the same place, it's in the middle of the chest. The biological heart is on the left side, and you at that same height you go in the middle and you have the heart chakra which is something different. It's an energetic portal, energetic it's all about energy, the chakra it's absolutely not linked with the biological pump. So you can replace it.

The animals also reincarnate.

Q: Do you recommend activations by others?

No! You only activate yourself. That's going through the process yourself, that's the thing. The butterfly does it himself, nobody does it for himself nobody's going to glue wings on it. If you can't manage to activate yourself, practice! And it is through the practice that you will enable yourself you will transform yourself. All is about practice! Musicians will understand that.

Meditation

Sit comfortably or lie down. Find a position that will not strain your muscles. Do not oblige yourself to take a complicated position. Just be relaxed, cool. And if during the process you need to move – move. The purpose is that your body is not an obstacle, that you do forget about it, that you do not think about your body anymore.

Now you are set, all lying down very relaxed. Listen to your breathing. Pay attention to every breathe in and breathe out. Every each of them is important. Breathe in and breathe out. Breathe in and breathe out. And when you breathe in you breathe in light energy, the life force the Vril. And when you breathe out you breathe out all the impurities, the negative energies the fear, the doubt. Breathe in light, breathe out the fears until you become all light, only light and peace and relaxation.

You feel your body relax. You are the sound of this breathing. You are the air. This is the only thing you feel - the air coming into your lungs in and out, throughout your nose, your mouth this is the only thing you feel. This is the only thing you are aware of.

Now bring your awareness to your body, continuing breathing of course, paying attention to this breathing. Bring your awareness, wrap your awareness around your body. What do you like about it? What do you dislike about it? What parts of these bodies you want to give love? What parts need to heal? What are the strengths of this body? Feel the blood going through all your muscles. Visualize the heart pumping this blood and sending it by pulsations. Visualize the flow of the blood in this body. All the veins, everywhere, the capillarity of your skin, the blood nourishing the organs, The inside dark and wet and warm. The smoothness of your skin.

Smile slowly gently to yourself. You decide to be gentle with this body, because it has carried you since your birth. You realize, you didn't pay that much attention to how important it is and how important is to honor it and respect it. First by yourself and also protecting it from abuse from outside. Respect is love and love is power. And as long as you've been since a few minutes, focusing your awareness on your body, your flesh suit, nothing else has been able to reach your mind. As long as you stay aware to inhabit this fortress of flesh, this auric field as long, as you were aware of this nothing can attack you, nothing can disturb you, nothing can scare you. Because inside of this fortress feel safe. Nobody can get you out of this. Nobody can touch your soul. So now you know how important is to take care of this envelope, to keep it complete and clean and nourish it with good frequencies throughout food, throughout emotions, anything that you are going to put in - be it material or etherical or emotional - needs to be clean and offer decently high frequency. You love yourself so much, you love this body so much.

And now that you are totally cut from the outside, you are just in this body, let us go deeper. Deeper in consciousness. Who is within? Who inhabits this body within? Who's there, knock knock? Who's there? That's you, well that's the real you inside of this flash suit. Wow - what do you look like? You are all shiny and your shiny real body is superimposed to this flash suit. For some of you it's smaller than the flesh suits, for some of you it's way bigger than this flesh suit, but it's superimposed to it. Maybe you're not the same gender as this flesh shoot that was your choice of experience, but normally you may be. What color are you? Do you see your color? How does it feel like to be in this light being? If you close your eyes, can you see the reflection of your face? I am sure you're beautiful. Maybe you are not from here, maybe the shape of your eyes are different, maybe the shape of your skull is different. Maybe your skin has another color. Or maybe you're just human. But in an ethical magnificent translucent version we are all magnificent, because a light being is magnificent, and is powerful. Who are you? Do you know your name, your eternal name? Put out the request in the universe and you will remember it.

Where do you come from? Close your eyes. Some of you will see the forests and the rivers of earth, some others will see a million stars and worlds very far away. Only you can know, what you look like, who you are and where you come from.

And here you are - this magnificent being, sat there within this flesh suit. You start to understand that you are way more than this flesh suit, that you are way more than what you thought.

Let us go within deeper. Center your awareness at the area of the heart chakra of this being, going to the chest of this being. Bring your awareness there. And you see that there is a spine of light going through this body, from your feet to your head. And it passes through and reaches out to

cosmos. This is a skeleton of your light being, and on this skeleton there are globes of light, of different colors. These are the chakras. You have way more chakras than you thought. Different species have different chakras, and some of them are just locked with the energy centers of the body, you now inhabit to lock your light being into this body. So it is once you share them, they are locked with the energy centers of this flesh suit. That is now how we know. We understand that the chakras have also different levels. The electromagnetic level and also the etheric level.

And now we are going to activate the power of this light being. Now along this tree that is this spine of light with all the globes, that is the tree we will awaken, the double helix. See this axis of light rooting into the ground and expanding to the cosmos. This is the sacred tree of your life. And at the feet of this tree is a globe of golden light. It is located in your groin, in the root chakra, where the root chakra is in between your legs at the tip of your coccyx. There superimposed to the energetic root chakra of the flesh body there is the secret cave, where the dragon of gold sleeps, the kundalini, good dragon. There are actually two dragons sleeping there, two twin flames dragons – the golden and the silver one, the sun and the moon, the male and the female, the sword and the cup, the emitter and the receptor. Visualize the two dragons one of gold, one of silver sleeping there, coiled together in a dragon's egg. When these two awaken and dance together we awaken. It is all about visualization. Visualization is intention, and it has an effect on energies. No one better than you can have an effect on your body, on your being.

Send love to these two dragons and awaken them. See their eyes, beautiful eyes of gemstones opening. And they rise, these two dragons are like the Chinese dragons without wings. They really look like the Chinese dragons, these flying serpents without wings. That's what they look like – two chinese dragons, gold and silver. And they start to lift and turn like the double helix of the DNA around the spine, around the tree, at equal distance, always the same distance. They pass the second chakra, turning around, the plexus. And every time they activate the chakra, the heart. And they turn like the helix of the DNA, the throat. The third eye. And they arrive here dwelling a moment in the pineal gland, keeping on turning and turning and turning.

And suddenly, as they linger there for a while, a big flash of light explodes in your head. Your pineal gland activates. The portal is open and the two dragons pass through it, reach out the seventh chakra of the crown, and suddenly as they are out, they open each one wing and a beautiful lotus flower of light, purple light blossoms on the top of your head. This is the crown of your sovereignty! And this lotus is the receptacle, that he's able to receive messages like a radio antenna, messages from the stars, messages from your family, messages from your guides. Anything that is of a higher frequency.

Visualize this these two serpents! They're spinning, spinning like the two coils of the dna, spinning, spinning around the tree, and lotus on your head spin, spin, spin, spin spins – it's like a spiral energy. And it starts to spin faster and faster in a vortex, and the vortex generates so much energy more and more energy. And the energy starts to become a power plant and expanding all your body. It expands and the power plants it's like a tornado of energy, and it becomes stronger and stronger and stronger. And it's like thunder and it's so powerful and you know, that now you can ride it anywhere. And you need now to let it go. And you let it go by expanding it in a blast of energy, and it will reach the limitless ends of the universe. And that is your power. One two three, let it go.

You are, who you are. This is you, activated. These two dragons, now one male and one female, still dancing together, are going to unite in the sacred union. A sacred wedding of the soul. This is the alchemical process that creates all life, that creates all the intention.

Take an intention a wish a dream that you have that you want to realize. It may be for you, it may be for someone you love, or maybe for a world you love. It can be in the past, it can be in the present, and it can be in the future as well. It is nice to manifest things for the future by manifesting it in the present and making it real.

Make your wish.

And now your wish is made, you have it? May the words be clear. Repeat it three times in your head, your wish in clear words.

And now see the two dragons dancing, coiling – the masculine in gold, the sun dragon, and the feminine in silver, the moon dragon. The golden one holds the action and the silver one holds the manifestation of this action. The silver one is the womb, the chalice. The golden one is the thought, the intention. You always need an intention and something to create it into it. That be the job of the silver one. And then both are complementary, and they dance, they dance. Think about your wish. And as they turn around each other they are going to get closer and closer to each other, and you can feel the love of these two parts of your being, the feminine and the masculine, the animus and the anima, the male soul and the female soul, which turn around, around closer in a dance of love, alchemical love.

And they are going to touch each other dancing twirling until they form one only serpent. And when they join, say your wish – and the dragon is now a single, unified dragon of light, white light. Focus on your wish! This is the child born from this union.

And when you will be ready, this wish will expand into the universe in a blast of light. And the white dragon, the child of light will expand in sparkles and particles and dissolve into the universe. And he will be part of it when you are ready to it.

Your wish is now into the universe you have created. This is your power.

Whatever particles of sparkles of gold and silver just recoil down into your root chakra. And you open your eyes, really open your eyes and see that now you are this being of light. And you just did it! You just did what Adam and Eve were cast from heaven – for the knowledge.

You can do this practice for a different purpose, as a vision quest to reach out to the higher knowledge that you receive into the lotus. You can send out your two dragons out into the cosmos and seek for answers. You have no limits in time and in space.

And now that you know that, now that you know who you are – nothing can scare you. And when you walk in the street, you recognize in everyone you meet other magical trees with magical dragons – but they don't know it yet.

All beings, especially human genetics while human structured beings in the universe are made with this light structure. Species like the grays for instance don't have this. The reptilians haven't developed it. So they really want to crack the code, the secret of it, the secret of this double helix of power, the coil of power. They haven't been able until now. then they will not because it's too late now, we're setting ourselves free.

I am going to leave you and wise beautiful magnificent beings that you are. I wish you a good evening a good day and bring to this world. The change that you want – you are this change.

2021-08-24 – Q&A starship technology

<https://www.youtube.com/watch?v=8l5st5jF-Rs>

Everything you want to know about how alien starships are made, what powers them, how do they move and what are the different ways of piloting them.

All these data I'm going to tell you about will be in my next book published start of September 2021. All this information has been given to me by Thor Han. He's been shown to me all these things. I've even had the privilege to sit in a pilot ship seat of the ship and even pilot a ship a few times. So that's big it was a big adventure.

Situation updates

What is happening in this solar system? Now at the moment you know these agreements have been signed on a facility on Jupiter and this is preparing us for the after victory, which is soon and it's preparing the star system to be handed to the Terrans, people of earth. The star system is about to be handed to them. ...

Thor Han told, say that we need to hurry. Why do we need to hurry? There's no catastrophes impending for the star system, not at all. The thing is why do we need to hurry – it's because to be protected. You know all the dark alliance has been kicked out of this star system. So you we don't want them to try to come back. And to avoid them to try to come back is to put an end to their will to come back. How do we do that? How do we discourage them to do that? By getting the people of earth entering membership with the galactic federation of worlds officially and once and for all, openly, publicly.

This will happen only when we will be organized as a peaceful and federated world. Otherwise we can't. We already have interstellar travel since a long time we do that. We go to different star systems. These are the programs of notably “solar warden” which was a cooperation between the U.S. Navy and the galactic federation of worlds. We have interstellar travel.

The second requirement is that the world of earth is not a threat to the peace of the galaxy. And only federated, peaceful worlds are able to enter membership with the federation. So once the troublemakers are out – which it's in the process. By the troublemakers I mean the Nebu and the Ciakahrr and the dark fleet. Once they're out which is happening well, we need to get on together with each other and there's no way to join the federation if we don't do that. We need not to take our personal conflicts out into space. And where does that come? That originates first it's within ourselves by making peace within ourselves, doing so by healing our wounds and our traumas are by making heavy making work doing a work of self healing, by becoming at peace with ourselves. We do not feel the need anymore to project outside out towards our inner conflict to treat them outside as a therapy. If we encounter someone who thinks differently I would say fair enough – it's fine, I acknowledge your difference of opinion. Before maybe you would have projected your frustration or problems into this situation to treat it. That will not happen, because you will have healed yourself and made peace with yourself. And this is the same as at the level of the of a planet, when every country will have sorted their own struggles. They will not project them outwards to other countries and make wars and we will have a federated world.

It starts within and its snowball effect. Yes we need to make an effort. Things are not going to fall from the sky into our hands. We need to make the effort, make it happen. The galactic federation they're doing whatever they can to boost our technological evolution, to guide us and help us organizing ourselves. They have organized these meetings on Jupiter to help us organize ourselves.

That's fantastic. But now I mean they cannot do everything for us. We are the only one to make this effort of getting on with ourselves on any levels, all the levels. Yeah that's the job. We need to grow up and start.

Everybody is part of it, everyone is part of it. Start by healing yourself by the best way that seems to you appropriate. And once you're healed, once everyone is healed, more or less well this world is in peace and we can move on, standing up on our feet, not bending on our knees. This is also the requirement standing into our sovereignties.

This is for tonight.

Well regarding to earth, the fights are still going on in the undergrounds. Interestingly **Dulce** base is being at the moment retaken by the alliance, it's a tough fight. Mount Chasta is nearly there I think it's it's done, now it's retaken, but it's there's still some clearings to do. Telos I mean 12 percents now of the undergrounds need to be cleared. So on earth, on terra it's nearly there.

A little precision that people ask me about the moon. Yes the machine that was maintaining the soul trap has been dismantled. That was a very ancient Nebu machine, that was dating back long before the coming back of the Nebu. So this method has gone.

On Mars there's still some fights. A resistance still retaking facilities. Reptilians have left mars. Still some dark fleet personal and mars defense force are fighting, but you know the military on mars they're turning to the good side. The earth military they've been offered of course to turn to the good side, and they are being rescued and saved. There's a lot of structures that are turning towards the winning side, such as all the corporations who want to keep the business. And corporations go with the winners. They look their interests.

The galactic federation has a policy to unify, not divide and include everyone to help the vibration of the civilization in general to rise. They believe in human soul able to heal, to progress and turn towards the light. So there's is there is a lot of things going on the galactic federation of worlds have been fighting since so long and sacrificing a lot of lives and effectiveness and technology and a lot of things, not to give up now, not to give the kids to the dark side. They know what they're doing.

I wanted to show you some visuals of the jupiter facility.

Q: Blessings for all the soldiers cleaning these DUMBs.

You know, if you meditate every day – have a thought, have a blessing have a prayer for all these women and men from this world and off-world, fighting for the freedom of the civilians, fighting for the freedom of the human species of terra. There's a lot dying. But I know it worse, these are sacrifices of the few for the many. And I want to honor these brave men and women, who fight relentlessly, fearlessly for the cause. And this causes freedom, freedom on many levels – physically, mentally and spiritually. And if there's one thing above all things, that are worth fighting for in this war – it's the children, because children are the future of these species. Children of today will be the elders of tomorrow. We are the forefathers and the foremothers of the humans of the future. So let us not mess it up and fight, because all of us will be remembered as the brave fighters for truth, for freedom.

And this generation, our generation will be remembered as the humans of earth who fought bravely and won this war, those who made the change, those who stood up and stopped kneeling, those who raised their hearts towards their sovereignty and power. This is how we will be remembered.

Protect your children. They are not stupid. Tell them the truth with words that children can hear of course. Tell them that the future will be what they make it. Keep them safe and keep them human. Keep their biology human. This is important – you all know, what I'm talking about.

Q: Do normal civilians in the galactic federation of worlds own their own spaceships? If yes, then can children own their own spaceship?

No children. I mean having a being in a spaceship is a quite of a responsibility you know. It's very dangerous. You can kill yourself, you can kill others, crush it. It's very difficult to drive and you need mental maturity to not to navigate a spaceship. I will tell this in details later. But you need to have a full control on your mind and your thoughts, which children haven't yet. They need to learn how to control, how the total control of their minds and thoughts. And this is training, hard training. That's why pilots are elected. I mean you know – so not everyone can own a spaceship. Usually spaceships belong to the federation. Civilians you have corporations or merchants who own spaceships or fleets of species. Yes of course you can own your own spaceship, but not in the federation. If you're part of the federation you all the spaceships are put in common, they're owned by the federation and you can use one whenever you have the authorization and the clearance to pilot it. So we'll get to talk about that.

Q: Have you heard from Annax lately?

Oh I hear from Annax nearly every day. Annax is fantastic. Annax is very busy as everyone is. He was involved in the jupiter meetings. He hasn't told me about it, but he was involved in them as a counsellor, he's part of the council of five – so he was involved in there. That's why because it's top secret. I'm allowed to know only what is allowed to be revealed.

I have the connection. He says hi every day and energy hug love hug, and just he's checking on me all the time.

Q: I always wanted to know why there are gold colored and silver flying saucers. Or are they only silver?

You have different colors regarding to the components involved in the the skin of the ship. And this skin is very particular and it's actually monoatomic gold comes in the making of it. So maybe it gives this gold colors.

Yeah there are different colors, either silver or either clear gold. Gold is more rare. It's usually metally gray.

Q: What about the children being rescued?

You know the galactic federation of worlds could have ended this war in one hour, of course. They didn't, it's taking years. Why that?

First because of the work that needs to be done in the human psyche to awaken. That's part of the thing. But there are hostages, prisoners, slaves, hybrids everywhere in every facility and even earth civilians, the military working with them. It's against the ethics of the federation to have casualties in a war.

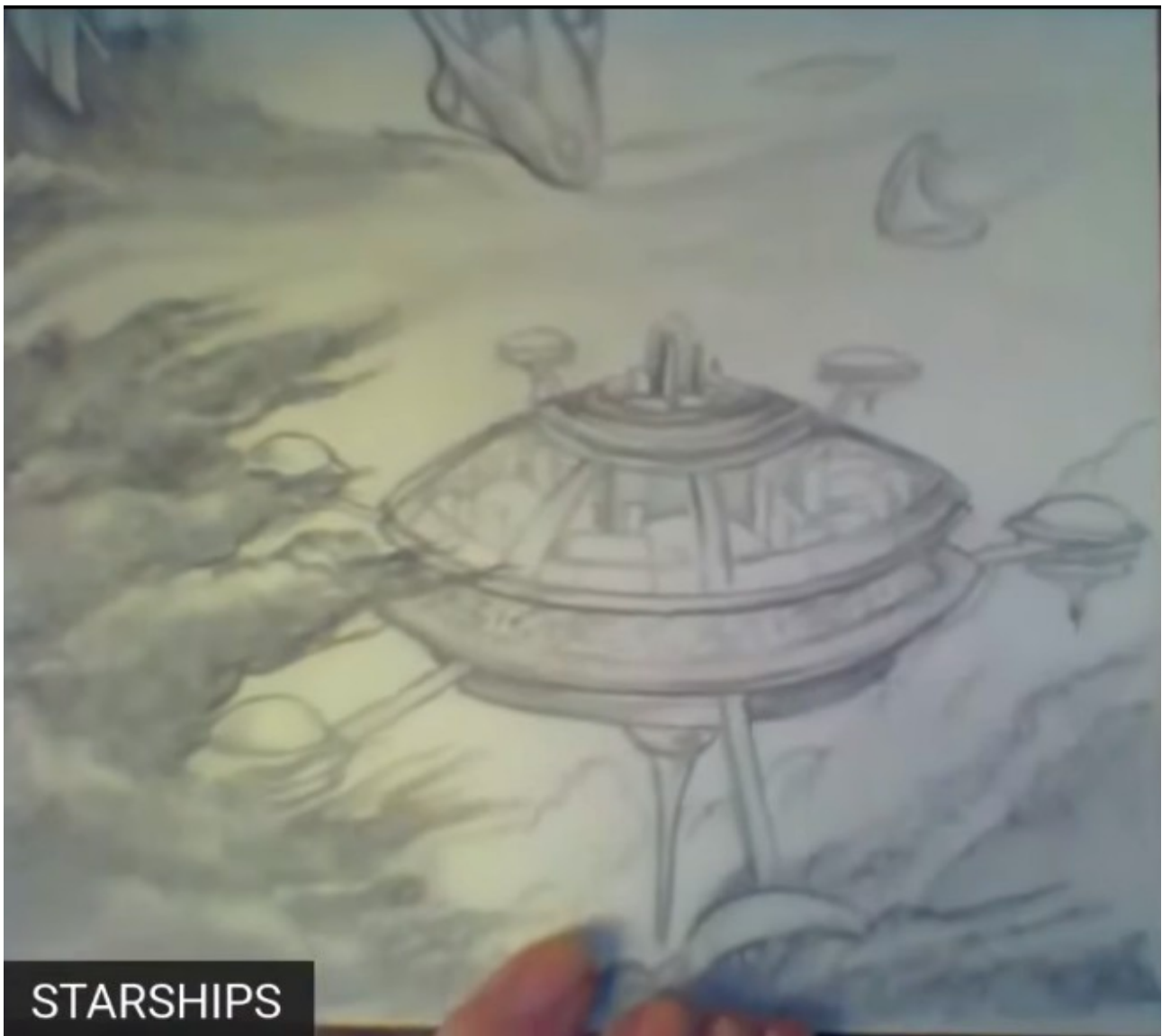
They are working hard at first securing the place, that all the hostages are evacuated. That takes a lot of logistics and efforts. If they start to attack first, which would be what the earth military would do, there would be casualties. It's different ways of working. I know they work together in the earth alliance that's what the alliance is to do that together, so I don't know in the details. So children of course are still being rescued. And it's not over. These children are brought on in facilities, either on earth in military places where they are healed, or upstairs in orbit. There's a mothership of the federation, where Myra works by the way, which welcome all these children and also the hybrids, all the hybrids creatures, because you need to know as well that in these labs in the dams, there is a large-scale manufacture of hybrids between anything. And these poor creatures need to be saved

also. Their lives, they are some of them, many of them have consciousness, even if they don't. They are living creatures. They need to be saved as well and given a chance.

So the human children are brought back to earth, they are giving back to structures on earth who can find their families. If not they put in orphanages or I don't know.

Now the hybrids cannot go to earth because they need special care and the earth is not ready for that honestly. We are not ready to socially, mentally accept these beings among us. You're not ready, believe me. Maybe all of you who listen "oh I would adopt a hybrid!" Of course, and I would too. I would adopt ten. But the thing is, what are their chances of being happy here? You know, you want to do good action. Will they be happy? They'll be bullied at school, they'll be people will be scared and point them with finger. And they will look at them like a circus animal. You know that's the mentalities general on earth. Not everyone of course.

But they want these hybrids to be welcome in societies who will properly welcome them as part of them. So these beings are sent to other star systems, to other places part of the galactic federation of worlds where structures exist. medically they need follow-up as well, which we haven't. So the centaurian systems are a great place for that. There are other places but I know about alpha centuries, Selo and Meton, Selo especially. It's a big hub to welcome them, there's a big structure there to welcome all these children, these hybrids, not only young of any ages.



On Jupiter there is a facility that is shared between the Ashtar galactic command and the galactic federation of worlds. There is also Ganymede there is a facility, an outpost of the council of five. So the Ashtar command has built this structure, which is a floating **city in the atmosphere of Jupiter**. It's huge. It has many ramifications. It's a mother ship, but it's like hundreds of miles. It's absolutely huge. It's a city. It's nearly a country or state. This is an outpost built by the Ashtar galactic command people, because the galactic version of old asked their help to come in the war. So they made their outpost in Jupiter.

But this outpost is so good, so well done, so secured. I mean the security level there, oh my god! I've been there once, I was eager to leave, believe it or not. Why? Because of the security methods. You are probed, mind probed all the time. Your mind is totally, constantly under probing, they listen to your thoughts. And they try to locate the difference in frequencies and energy fields of people, electromagnetic fields of people created by thoughts, to just locate when somebody is stressed or scared or angry – and they intervene. It was so uncomfortable. I don't want to go back there, it's really really annoying.

That's a picture inside. It's huge and you have big, big bay windows, where you can see Jupiter. Well you see only clouds, and it's very dark outside, the sunlight doesn't go through, it's very dark outside. So the clouds are lit up by the city. So it's very strange atmosphere, very strange. And it's the clouds, the winds are like horrendous outside. So the clouds are moving all the time. It gives you a little bit of nauseous, vertigo because when you're inside, you focus on the buildings and which are of course static and stable, but then by the corner of your eye in your vision you see movement, clouds moving. And there's like “wow” After a moment it's like “oh you need to ground and difficult to ground when you know you're floating.



The guy you'll see on it, is Celadion – a pilot, a friend of mine. It's in a bar, so that's a bar, yes they have that, anti-gravity tables and chairs and plasma orbs. Plasma orbs are the luminaries. There's lights floating and it's moving, it's like bubbles. You can just push them and it's like helium. They're just floating there and you can just boom and you float a little bit farther.

Q: How do they operate?

They are plasma, super highly heated gas, and this creates anti-gravity. When it's super heated and spinning I don't know how they do, that but it's super heated and spinning so fast and it creates energy and anti-gravity and that's creates ionization around them and it creates it. It's not very bright but it glows, it's ionization around and it smells like when you're close to one. You can touch them, you can push them, it's fine it's just tiggling in, it's cold, it's funny because it's very heated, but when you touch them it has no temperature. I don't know why. And it smells like ozone, like the ocean a bit.

Q: Are there multiple levels?

Oh my god yes! There are many, many levels. The astroports are down in the lower levels. So when you arrive with the ship you enter port halls that will drive you to landing bays and you'll have to

climb and climb. There are automatic stairs and you don't walk in there. You walk well in the places I've shown you of course you walk. But uh to go from one place to another to a district to another there's no flying cars like other places, no, no. It's platforms. You step on the platform and the platform there are um racks. You need to hold or in front of you in the front and on the sides and it's anti-gravity and it will float you to wherever you want to go. It can go very fast. First time I was surprised. I haven't been warned by the lads and they had a bit of laugh-

There was a question so funny questions, because I showed a bar. They do not drink alcohol – it's toxic for them, it burns them and it lowers the vibration. Many of these beings are of a higher frequency and alcohol is a frequency lowering, so it really burns them and they can't drink. Alcohol makes them really sick.

If they want to have a little bit of a buzz, they don't smoke either any substances, but if they want because that also lowers frequency. if they want to have a little buzz, they're going to drink and I've tasted them quite strong, ionized liquids with artificial flavors and colors. I don't know how they make that. It's fresh very bubbly, but so bubbly that it just goes right to your brain, and you have like brain freeze. That's what they they drink when they want to have a little bit of a buzz.

Space ships

When it comes to a spaceship functioning you have three main systems to consider:

- the core power
- the propulsion technology
- and the navigation system

And to this we can add the different routes options to travel from point to another. So you have so the core power, the core will be like the fuel. The core power – that's like the fuel carburettor.

The propulsion system it's the engine, that will be feeding on the fuel and will be able to take the ship from point a to point b. And then finally you have the navigation, the pilot, which will drive the ship.

The brain of the ship, the mind.

So these three points plus then the ways of getting from A to B.

Power core

Let's talk about first the core power. That depends also on the technology. It can be either Vril free energy, the energy from the void, etheric energy or antimatter system. So the **Vril** it is stored, it's the energy which is stored, the energy from the void. present everywhere. It is stored in the center of the ship, either in plasma or crystals. Plasma container it's cylinder so Vril it's the inexhaustible universal force binding the universe together. It's available in the void of space and throughout all the cosmos.

How to harvest it? Well by technologies or consciousness. You can also harvest Vril by consciousness and then you store it in specific crystals or minerals or in a tank. But the minerals are found, some of the minerals you can find them on earth and they can be mined also in our star system, such as monoatomic gold, tritium and many more.

So then as fuel, core power also you have the **etheric energy core**. These techniques works for only some specific higher density crafts, like such as the the Ohorai, Almanuk or Zenai for instance, that's how Annax powers his ship. It's usually the spherical ships that are powered by etheric energy core. Although not all higher density ships use this type of power engine. The etheric energy core

use the personal auric field of a being, connected to the ship's propulsion system. In that case the craft is navigated by consciousness.

And then you have the **antimatter core**. And that is something that is not using any carborant but it is using some special metals. but it is more done by technology. So monoatomic gold also is often required in this in this process, the antimatter, which can use as well other elements, rare elements. It's very powerful propulsion core, but the thing is. it has tendency to be unstable. Antimatter it's very difficult, can be dangerous. The container must be like a super secured, it needs to be contained in an extremely powerful electromagnetic field. That's only the way you contain antimatter by a powerful electromagnetic field.

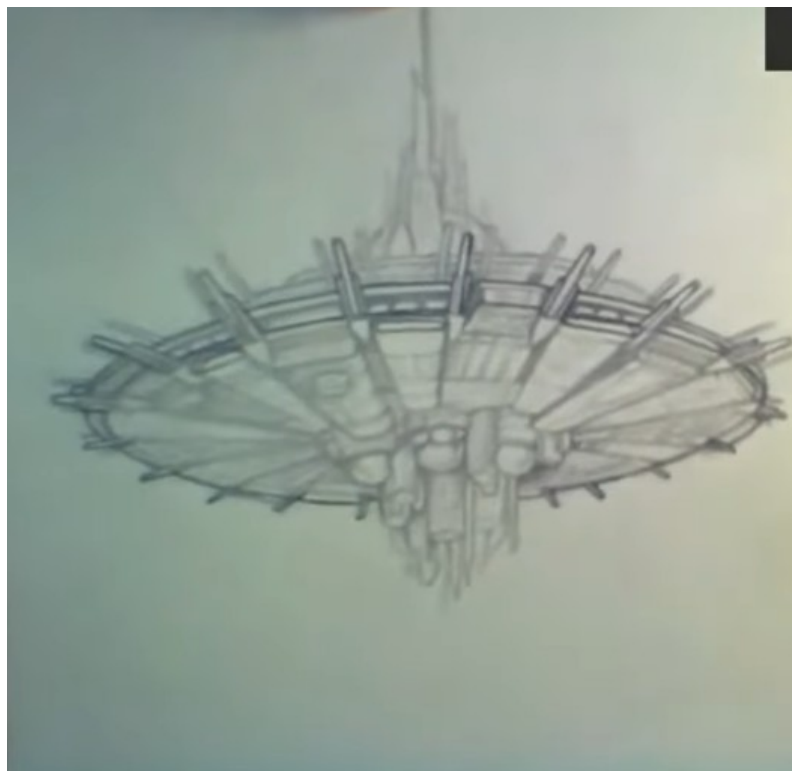
Q: Can the ship's consciousness be altered? Does each ship travel with a mechanic?

Yes, is each ship whatever the navigation system or the propulsion system has a team of mechanics, which are qualified in all the different technologies and are ready to withstand all the potential problems. Thus the consciousness of the ship can be altered of course, yes it can, but that is rare I never heard that that happened, but I know it's possible.

Q: Do the ships use mercury?

Yes. Red mercury I don't know, but they use mercury. So I tell you how they use mercury. When they use the double torsion field propulsion system, which is two toroids filled with mercury put in such a high temperature and pressure, that it creates an electromagnetic field. It creates antigravity. And the two crossed together, two fields cross square angle to each other – it creates a propulsion, an electromagnet an anti-gravity propulsion and it's very powerful.

They can use mercury in the skirt of the ship in the metal. Some ships have mercury in the composition of the outside skirts, but mercury is more used for propulsion systems, very heated and put under tremendous pressure.



This is Thor Han's mothership, that's the station.

Now the propulsion engine.

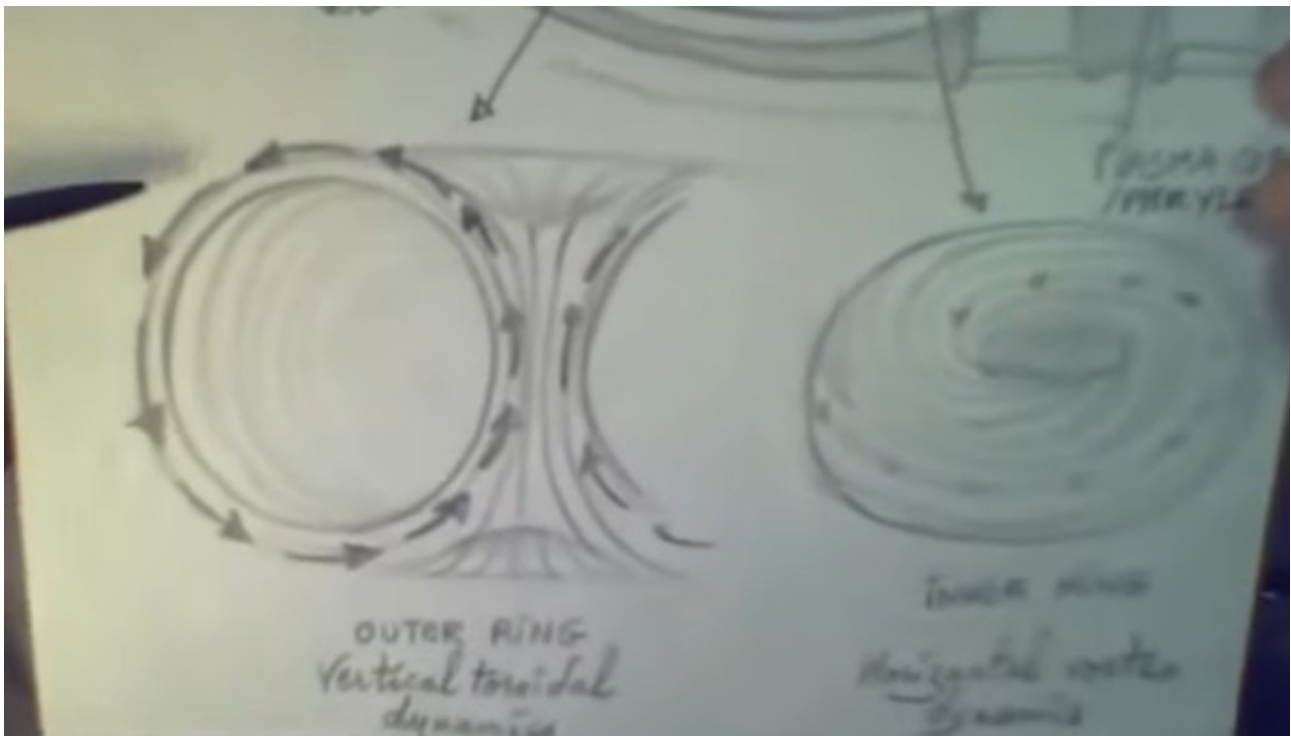
The core as the fuel. And now the propulsion is the engine, the actual techniques how the ship moves.

Now we're talking only about the engine. So it's a technology that transmutes the power core energy into movement and celerity. You have different ways:

You have anti-gravity torsion fields – that's exactly what we were talking about what Caspar was asking. The anti-gravity torsion field or also called **electrogravity propulsion**. It uses two toroid fields, in which extremely heated plasma or liquefied metal (such as mercury) rotates at a very high speed and in two perpendicular directions. It creates a powerful electromagnetic field and that with is going to lift the ship. How do the ship goes to right left front, back, up, down, because the ship in the in the skirt of the ship, in the ring around – it's divided into a lot of segments, like a cake. And each segment is going to receive an electromagnetic impulse from the core to calibrate and change direction. And it could also accelerate, slow down, it can also the more the impulse will be, the stronger will be the impulse, will be the faster the ship will go. So the impellers are sent in trenches all around and that creates around the ship a powerful electromagnetic field. Also that's why most of the ships are powered by anti-gravity torsion field and you can't approach them when the propulsion system is activated, because the electromagnetic field around – it's like so powerful that it can just hurt all the particles of your body. It creates also an ionization around the ship and an ionized shield and you don't want to be in contact with that. It really can burn you.

And when you approach a ship which has deactivated – well, you feel static electricity, you feel your hair, you know. It's quite powerful. Never go next to a ship that has landed as long as it glows! You need to wait all the lights are off and wait a little bit, a few minutes, then you can walk towards it. If there's light, if it glows – freaking no, don't go near! You can really be badly burned.

Also when the ship is in an atmosphere like earth with damp, it can create condensation around and in some damp planetary atmospheric condition so then it's like you have sometimes illusion to have clouds around ships. And that's the explanation. So the thing is that the electrically polarized pulsing and rotating plasma, this can become luminescent, because of the extremely high electric charges. The interior of the ship, the habitable is maintained in stable pressure and gravity, thanks to this electromagnetic field who maintains these conditions. And when it moves you have no physical sensation that the ship is moving, unless you see things passing by the windows. You have no idea you're moving.



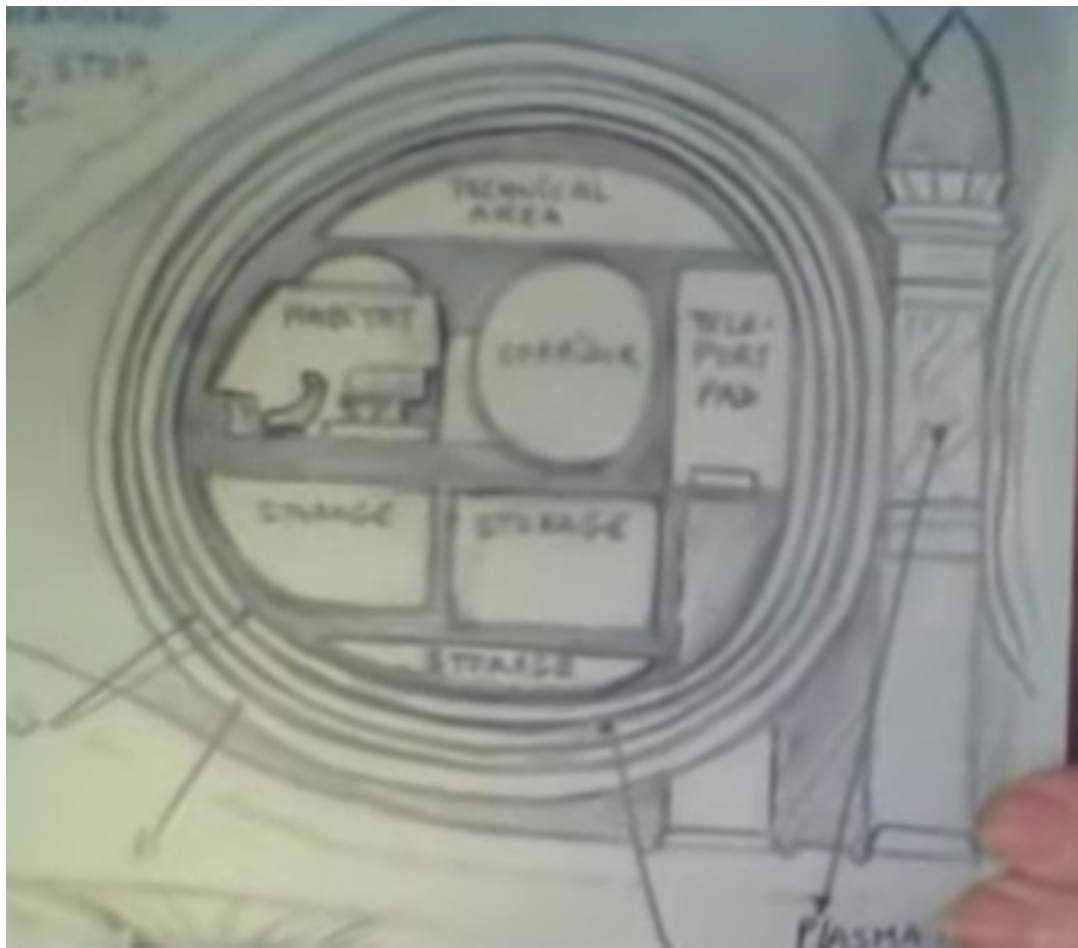
That's a torsion field, that's a toroid. That's the double torsion field propulsion.

Imagine the skirt of the ship around this. For instance you have the central core in the middle and so this is filled with plasma or very heated metal. So this is going to be induced because of the core. The core is going to induce a rotation in the toroid like from the center up the side back to the center, vertical portion. That already by itself produced by a very heated plasma creates a powerful electromagnetic field.

But if you want to create antigravity, you need to cross it at right angle with another one inside. So I drew a donut here, so that (b) is inside that (a). So that is inside that and here it goes like this, but here it goes horizontally. It's not even horizontally it's like this. I think my drawing just explains it to you. That's the inner ring.

And that also has a double wall and it's filled with either very heated metal or very heated plasma. And the speed of the rotation of these metals of plasma will create pressure. That's the speed that we create pressure. And around it sometimes you have magnets. The magnets are to stabilize and modulate the electromagnetic field. It will give the electromagnetic field levels of power like you accelerate or slow down the magnets.

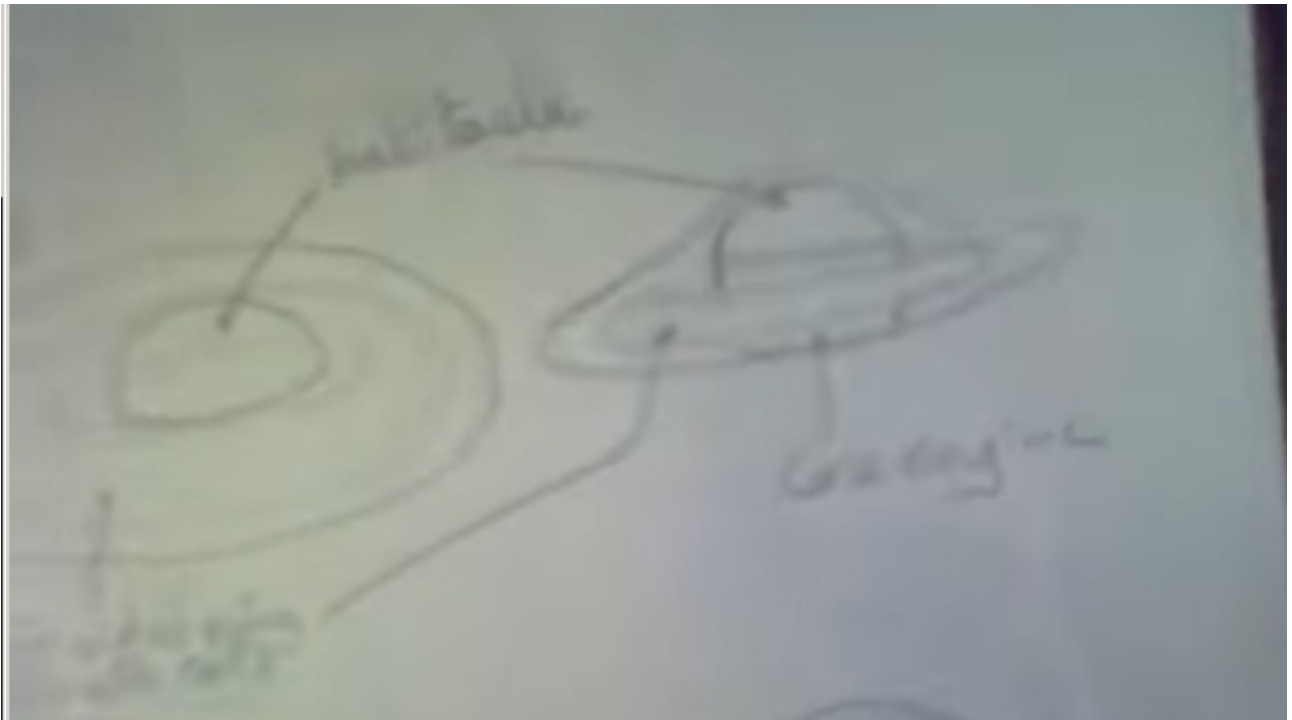
This is not blueprints, that's just sketches to show you how I remember it from being inside and mental images Thor Han showed me of the how it works.



I've seen the core engine –it's a tube inside, it's a container cylinder. That's a cut of it. So you can either have the habitat inside of the toroid, but that's not the most frequent thing. It's easy to maintain the pressure in it, but that's not the main ship. So you have the core in the middle and you have something to gather the electromagnetic field and send it also around the ship. So you have these two toroids here, you see the cut and void in between.

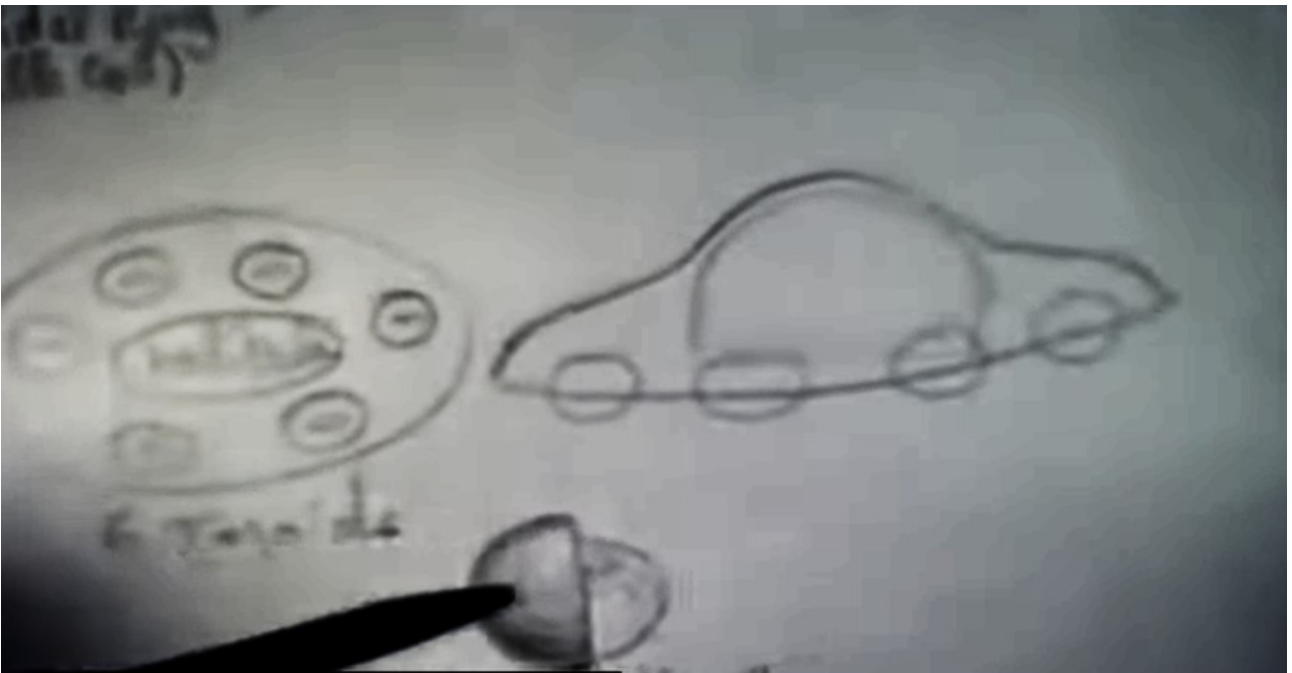
The voids are very important. I don't remember why, but the voids are very important. I think it's a question of electromagnetism.

I'm going to show you other ways of putting this double torsion field in ships for those who go by anti-gravity.



First you can have the torsion double torsion field as a ring, and the habitable inside of the ring. That is quite common.

And you can have the ring below in the bottom and the habitable on the top (right side). That's the scout ship of the federation. They are done like this.



Then you can have also not a ring but balls, like all around. And these little these balls are little. It's metal and inside you have a double torsion field. This is a cut (right side) and so the habitat will have more space in it in the shape. And the shapes are different. They have different shape, they are flatter, more flat at the bottom.

Q: Do the Zeta grays use this methods of travel?

Yes they do. They do so, that's just the anti-gravity. They're all their propulsion systems, we're going to see them now. I just wanted to show you this, because it's very important, because it's the most commonly used propulsion system drive.

Q: The large ship I saw seemed to be surrounded by a slight mist. What was it?

That was the condensation due to the ionization of the electromagnetic field around the ship. The ionization of the air creates condensation in some damp atmosphere. So that's a mist around that.

Q: Does it turn clockwise or counter clockwise?

Always clockwise. There are rules, it's dynamic rules. Always clockwise.

Q: Are they using clouds as a cover?

Yes, of course. Of course they do that regularly. They even cloak themselves. What is cloaking? Cloaking is changing frequency.

The Kiily Tokurt have a specific way of cloaking which is a quantum reflection. They're going to project what's above underneath. But normally the galactic federation uses the frequency cloaking, which is raising the frequency of the outskirts of the ship, the skin – and this will make it invisible. But the ship is still there and the ionized shield effect is still there and it still creates condensation. So behind the cloud you can have an actual ship actually visible or cloaked, you never know.

Q: Can they go to transwarp, for example Warp 10 like in Star trek and be anywhere in the universe?

Yes they can do that. Warp I'm going to explain a little bit further. They use a projection beam, they are going to create a tunnel in the space time continuum and they're going to create their own wormhole ahead of the ship.

We've seen the anti-anti-gravity torsion field, which is the most common.

Then you have a propulsion system, **an engine by dark energy**. What is the dark energy? Well, the dark energy allows disintegration or deformation of space. It allows isolating time and dimensions. That means bending space and time. Dark energy allows bending space and time.

It's the same material you find in the portals and in the stargates. The same material they call dark energy. It requires first a flight pattern, flight coordinates – so it's basically mathematical algorithm and interdimensional geometry. I've seen them doing that. It's like holographic spheres of bubbles and it's like you look inside, it's like infinite inside. You have lines everywhere and they just calibrate the route with that. It's ultra complex geometrical maps inside. It's like all generated by mathematical algorithm in, and it's all set in the control panel. So these are maps that depict the physical space mixed with the time factor in a 3-dimensional hologram. There's a very table in the ship that does that. I've seen it. So the dark energy is also called the black goo. It's the liquid substance visually liquid that shimmers and waves in the portals. This matter allows bending space and time. So it's one of the most precious things that is traded in this galaxy. It's difficult to contain it it's very dangerous. If not contained it can be very harmful. It can destroy stuff and if it's left on its own device, it can spread and it's difficult. So you need to really manipulate it in containers, very sealed, you have electromagnetic fields etc.

And then you have the **hyper drive** or **warp**. So that consists in projecting a beam of energy ahead of the craft and so then the craft is pulled into it rather than propelled. It's moving by vacuum. In fact it's not really a beam, it rotates. You see it's like a rotating double helix but it's made with plasma, and it's projected ahead. In fact in a very short frequency. I don't know why, that's what

I've been told and the very short frequency coupled to this helicoidal beam creates kind of distortion in the ship's gravitational field, because it's projected ahead. So the field of the ship is going to be like suddenly hovered and it's going to pull the ship into it. The ship is literally sucked ahead. It creates in fact an anti-gravity wave. It projects the ship into any distance ahead and you can of course have the ability to control and adjust the velocity.

Q: The Pleiades ships that visited with Billy Meier seem to smoothly ride the magnetic waves of the earth?

They do. They use magnetic fields in the universe, and when they fly in the electromagnetic sphere of a planet, they use it of course.

That's why you have markers left by the ancients, like such as the pyramids were also used as markers. They were put in certain specific positions and you have also natural lines like some ley lines are naturally markers as well. They're so powerful and strong that the ships use them to ride them. That saves them energy, it's electromagnetic.

Q: Is that matter inside the portholes contained?

It's not a porthole, is not a hole in the ship. In fact it's you have different airlocks that will make the transition between like in a submarine for instance. You won't go by a hole directly in it. Of course so you have a transition, different airlocks so that's how they contain the pressure and the gravity and all the things.

Q: Does the ship move inside the wormhole/portal or does the space moves around it

So the ship moves. The wormholes are short cuts. It means linear travel using shortcuts. Wormholes are actually black holes without singularity. They're like shortcuts.

(shows the common known wormhole concept)

If you want to go from here to here linear travel takes you like light years and you're so bored. But then if you can bend space time and find a wormhole, that's going just through it and you be instant nearly. Very short but it's linear still. You need to travel through, but it would be way shorter.

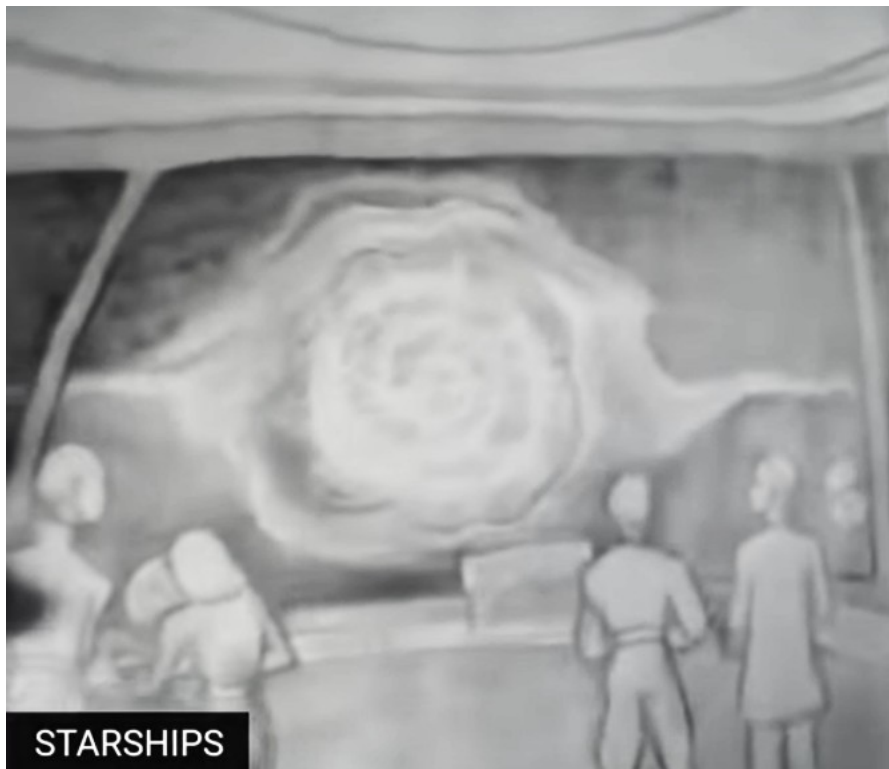
A wormhole is a portal, but all portals are not wormholes! Portals that are not wormholes act like teleportation. It's like in stargate movie, it's quantum leaps, it's like jump doors.

Some portals are wormholes, some are just resonance jump, quantum leap from teleportation. And these ones can teleport you anywhere in time, in space, in densities in dimensions. The wormhole will be set on one destination. The wormhole is a physical thing. There's a wormhole here, because there's a star like exploded, but it didn't create a black hole it created a wormhole, a hole in the space fabric continuum. It's stable – well not all are stables – but they all go to the same destination. The unstable wormholes are the wormholes that just don't stay open, but they are here. A wormhole that is stable is a wormhole that stays open all the time. But they go to only one destination.

A portal is not a hole. A portal is a teleportation device. So you have to enter coordinates. If you go through a portal that you find and enter no coordinates you will go to where the last coordinates were entered, last people traveled through it went. It would stay locked on that.

So you need a frequency key. What is a frequency key? It's a mathematical calculation, it's not actually object it's not. It's a mathematical calculation that you're going to broadcast by frequency into the portal, into the black goo dark energy liquid stuff, and that will send information to it and this will suddenly be put in resonance with the place, that you ask it in this frequency key.

For instance here's a portal floating in space, it looks like stargate stuff. Actually I have a photo of it because I've seen one by the eyes of Thor Han. It's very interesting, you really need to see that. It's in my next book.



That's the one in orbit of Jupiter. That's what it looks when you approach it, and you have this waving thing in it.

You see a portal in space and you want to go to Aldebaran, you need to enter the coordinates of Aldebaran. So you are going to your ship, you enter the coordinates of Aldebaran in your ship. But it's not at all. How will you enter the coordinates that are in your ship now into the portal? Because the portal is not a wormhole. It will teleport you. So how will the portal know, the dark energy the goo know, where you want to go? The ship is maybe calibrated on Aldebaran but the portal is not. So you're going to send a frequency that encodes that's, that encodes everything and involving this you have secret geometry, mathematical formulas. It's very complex. You have also sound frequencies also in space (you don't hear sound, but it travels) and it will so be absorbed by the waving stuff, and so the waving stuff will calibrate on it. And then you go can go through and you'll be to Aldebaran in second.

You have these portals everywhere in the universe. You can go from here to here, to here, to here. That's so how the Maitra come from Andromeda galaxies like this.

The Driver

I told you about the core engine, about the propulsion system and now I'm going to tell you about the third: the driver. We had the fuel, we have we've seen the fuel, what fuel you put in what engine you use and now who drives it and how to drive it, how to give orders to the engine and the core where to go. There are two usual ways for driving a ship and that depends the route you take.

The method of moving: linear, portals, wormholes etc. So you have thought or by manual drive, both and you can combine both.

Thought is the most common. So how does it work? You have the mind of the pilot, which is connected to the navigation system by either consciousness or an implant. And all pilots in the galaxy federation have an implant in the head, that allows them. It's easier, it's safer.

Commonly works by using brain waves in the gamma range most of the time for humans. So if the pilot consciousness is not able to focus powerfully enough, that's when the implant comes in.

There's also a third way which um uses the dna connection. I've done that. It's by applying the palm

of your hands onto octagonal patches on the side of the command seats. I'm going to show you drawing in a minute. That connects you to the mind of the ship. So in this last option only pilots belonging biologically to the same species as the one who built the craft. For instance Errahel cannot drive that way an Ohorai ship or Zenai cannot drive a Taal ship by dna coding. So it's a bonding of the pilot with the ship.

So target destination is set and entered in in a system first and t the pilot thoughts are used to to drive it, just to move the ship and to give impulse.

Sometimes there's no coordinates entered, that's what happens mostly. When you do a long travel, long distance for instance in times of peace, you want to go from earth to pluto. It's peaceful and it's fine. You just enter coordinates and you just give the impulse with the mind and you're there, and you just control the speed, and you can stop, can change your mind.

In times of war you need to change direction all the time, because you're attacked, you are you need to do this and that. So you're not going to enter coordinates, you're going to just drive with your thoughts, with your mind straight away, mind melt with the mind of the ship.



These are the octagonal patches, here and here. It's like glassy green in the pleiadian scout ship and you're going to put your hands on it. In these ships all the commands are in the seats. The front panel is only for the control panels and the visuals, but all the commands are not in front it's all in the seat. So that's when the manual drive comes in. It's for use for short distances and planetary

flights and linear travel of course. You can use manual drive for quantum leaps, portals and hyperspace as well. You can use that for warp drive. So in the Ahil scout ships of the galactic federation of worlds all the commands are in the pilot seats. And so the front board is used only for monitoring screen. So when you sit in the seats in the front on the board, there's nothing. It's like smooth and when you activate the power you have all these holographic screens that pop up from everywhere. That's quite impressive and reminiscent things as well that appears under the materials, half translucent.

So then you press the commands in your the armrest. And then you can have if you decide to go on manual, that doesn't happen without piloting. you can have holograph decide activate holographic commands in front of you. Holographic screens appear just in front of you. So I've had the opportunity of trying that. So it works with the static electromagnetic field, produced by your fingers. So you put your fingers through the hologram and it responds and you feel a little tingling. It's like a very mild electrical discharge you can activate commands. So I tried it to move squares with my finger, with squares here and square there it was moving the ship. It was quite impressive and so it's affecting the direction.



I have a drawing that I made quickly, that shows you how these things look like. So in the seat approach that's the holographic things that's what it looks like. And you put your fingers in it and you move the stuff with your fingers like this.

The roots – how to go from A to B

Ways to get from a to b you have different ways. You have linear travel, you have quantum leap, you have portals and wormholes, you have time travel, interdimensional, inter density and hyperspace. These are the main ways of traveling.

Linear travel is used in planetary flight and short distances and it doesn't involve bending either space and time.

Warp beam, as I told you, can be used in a hyperdrive, or the torsion field propulsion system as well. That can be used in linear travel or anti-gravity.

You have **quantum leap** – so that's the portal technology. It's pretty much teleportation, but it's not like in star trek where the particles travel through space, No they disappear somewhere and they

reappear somewhere else. Something that the producers of star trek maybe didn't understand quietly when they were told about this. The particles are not send and recomposed somewhere else. They just are quantum resonance. I don't know how to explain that that better. So the whole ship does that. It's portals, quantum leaps by portals.

You have **time travel** of course. They use the same substance that enters in the composition of the portal, dark energy or black goo. It's the waving liquid-like material, it's the medium transferring you to somewhere else. You can either travel inter-dimensional or into density.

There are a multitude of dimensions. **Dimensions** are parallel universes, imprecated one in the other, and each dimension has different levels of densities of matter. One dimension has many densities. The **densities** are the different octaves of vibration of all created matter in a specific dimension. I've explained that already.

So to go inter-dimensional you can use a portal, dark energy. For certain species, for instance the Zenei or the Ohorai species, who are really and really ... the Egaroth do that also, quite a high level of psychic development, you can use **conscious projection**. You don't need technology, you don't need a ship. You can just teleport by your power of consciousness. That's absolutely amazing. It's trans-dimensional shift of consciousness of the pilot, and the pilot does that and he shifts the whole ship with him, because he's connected by mind meld with the mind of the ship. It's very skilled.

Only some species can do it. Humans have still difficulties to do that without technology. They can't, any humans, even pleadians.

Then you have **inter density**. That's just a shift of frequency. It's like an inter-dimensional leap. Shifting density can either use technology or consciousness. Also it's no need for portals nor dark energy or antimatter, because you do not go to from a to b. You just shift to a higher level of frequency. You don't change dimension, you don't move through space, you just adjust your frequency to a higher or lower octave. It's the same technology used for instance in the frequency belts.

And you have also, the last one is **hyperspace**. I explained it with the beam ship and the vacuum, it's traveling in between space, where the continuum is warped and all notions of distance and times are abolished.

...

If I forget something, it will be in my book.

Q: Do they personalize the interior of the ship, for example like certain styles such as vintage or like retro with dance floors and disco balls?

No, everything, every shape in a ship is a mathematical calculation. Even the furnitures. You cannot add a goblet. It's all calculated, they have goblets they can drink, they have resting places with pillows and they have uniform storage, but all these are calculated in the mass, the actual magnetic thing, the calculations. So they don't do decoration. Everything is the purest designs as possible, because the ship works better. It's all legit. You cannot add or remove something from a ship. You know, there are a few ships that have been captured during the 1940s and 50s and try to be retro engineered to add weapons. The nazis have done that. But they couldn't add weapons, because the ship wouldn't work anymore. You can't, because it's a whole, it's one thing and for many people who have been abducted you can remember being in the ship, even if it's the grays. It's same technologies everywhere. Can you remember for some of you, how all the consoles and furnitures are like molded in one thing? Yes that's it. Ships are made in space also, they are not made in hangars or planetary. They are made in no gravity environment.

Q: Are specific space uniforms needed to be worn when on the ship?

Yes you have the environmental suits, that will regulate the blood pressure and the gravity and maintain you in the right density, when the ship will travel.

So I'm talking about the federation now. There isn't any global uniform in the federation. Everyone wears a uniform of their culture and sometimes the social rank is shown on it. So that's important too you know who you address. We are all equal, but we have work attributions. When you work somewhere, you need to know if that guy is the plumber or if that guy is in charge, or if that guy will do this or that. You need to know who does what to be able to work with people. That's why they have their stages by insignia or shapes or colors on their uniforms, but it's many. You can recognize races with uniform they wear.

It's the same with the smart suits. There's less variation with the smart suits, because it's not like clothing. Smart suit is technology. So usually they look like always glittery, because you have tiny particles of metal work like an armor. You can shoot someone – it won't go through. Either all kinds of blue and green, and you have silver or white or gold or you have even a shade that is warm beautiful, it's between silver and gold. This silver with shimmering gold reflections it's very nice.

Ahil have a blue turquoise blue, the Taal pleadians have white. The Centaurians will have silver. The Ummites will have this golden shimmering one. The Ummites uniforms are beautiful, really really nice. I like that.

And frequency belts will change color with species.

The Hull of the ships

Now I'm going to talk to you about the skirt of the ship, the ship skin. That's something incredible material. The ship skin are composed the outside, it's the outside metal the outside envelope of most of the spacecrafts, and it's capable of modifying its molecular structure, and as well as its magnetic charge and its density as well – and that depends on the environment and the conditions of travel. The first time I sat in the command chair and Thor Han connected me with the central drive, I felt the ship had the consciousness. It was very weird. He connected me to the center drive by my implant, he just attuned. It was very weird, it was like suddenly I was in telepathy communication with a pet and that the pet was ready to go and eager to receive orders. It was so weird and quite a bit disturbing. So I ask him “is that alive because it feels alive” so that makes you laugh and he explained to me that yes, the ship is kind of alive. It's kind of alive, it has a consciousness, controlling its own body and skin. I ask if it has a soul? No, no , it's no soul, it's synthetic intelligence. It's created with algorithm and that's how we can pilot by mind, because it has its own mind. The pilot connects the mind of the ship but the ship is an artificial mind, artificial intelligence, it's an AI basically.

What the ship is, it's this consciousness and the skin. So it's alive too, but it's synthetic, it's a synthetic material that responds to the ship's mind. It's like our skin so it responds to the ship's mind, but it does best better than our skin. It shifts frequency at will and it can slightly modify its shape when necessary but slow, slightly. So that's when you have rare materials that enter in this composition such as trillium. Monatomic gold and I don't know all the names, that other elements. You can find on earth monatomic gold a lot, that's why it's well traded here and other elements you can find on other worlds that are equivalent.

So when the power core is activated the skin ionizes and it kind of awakens – and that's incredible! The ionization is created by the magnetic torsion field most of the time, can be created by the other ways also, but I remember. I told you the torsion field propulsion is the most common. The radiation then that is emitted you know it's by the skin of the ship is very harmful. If you come to near, don't go! Because it go near when it's activated when it's shiny and glowy, because it can melt your own atomic structure. You can really badly burn you, you can die from it. But when it in inertia, the skin looks like and feel like a solid metal, smooth and solid metal. But

when you touch it feels not that solid, you can just like rubber. It's just technology. I mean it has a memory, kind of a memory.

I had the occasion to touch one once. Thor Han allowed me one day. He took me to landing day when I was upstairs and it just made me feel touched under the belly of a ship, it was a scout ship, and then my fingers went a little bit in it and it had a little bit of static discharge like “wow”. It was like touching someone's skin. You just touch the skin, it just goes in and then you relieve your finger and it takes back its shape. It was exactly like this, a skin. The material under my eyes reformed as pristine and sleek as it was before I touched it. It's memory cognition, but it's metal. It's a metallic compound, which has memory cognition. That's quite incredible.

Q: When the ship is cloaked with frequency, could it a 3d plane hit it or it's existing in a higher frequency?

Super question! There are two things here. A ship can be cloaked using higher frequency shift in its outside, so it will make all the ship invisible, but it will be still here.

Now it's not the same as when the whole ship shifts into a higher density, then the plane can go through it because it won't be here anymore.

So it's two difference. When it's just the outskirts that is raised in frequency makes it cloak all the ship, or when the whole ship is raised – that's different. Then of course it's not there.

Q: Who wears black suits and only for commanders and captains?

The dark fleet does that, the Nachtwaffe, if it's humanoids. Otherwise the Zeta reticuli they wear black glossy suits, and it's the ones in charge wear these glossy suits, the synthetics are naked.

Altair – if it has dark suits and white hair and there are tall whites it's Altair, it's the Alkhori and they are not friends with Terra. They are working with the dark fleet.

I am going to share something with you. Someone contacted me in Canada. It's a very interesting story, because in November 2018 when occurred in Ireland the famous Shannon incident that is very known in the ufology field. It was not far from where I live, and I saw the ships and that night I was being on board the ship. It's in my book “gift from the stars”. I saw two ships. It was two ships of the federation, glowing in a turquoise aquamarine haze, flying around the other, like these two. There were two and they were just flying like letting me see them and when I said hey “I saw you” this shot off south east. I'm on the west coast of Ireland That was the famous Shannon incident night, when planes, pilots related to the control towers that they were seeing these ships as well.

Now yesterday someone named Olivier from Canada sent me photos of the same ships. He lived in Canada, in the east Canada, so definitely there's a base in north Atlantic of the Federation, because he allowed me to share this. So he sent me the photo and I contrasted it on photoshop.

It was the same ships. That was absolutely incredible.



The two points above the moon, then that's a close-up and down a contrasted close-up of the right ship. That's federation scout ship and the blue haze is due to a special composition in the air that creates the ionization, it's different electromagnetic conditions of weather that create the colors. How cool is that!

Q: Does the floor have an appearance of a color, shiny/clean or windows?

In the Zeta ships I've been at the floor is tiled with octagonal grayish tiles. In Ahil pleiadian's scout ship of the federation it's white, it's not tiled, it's like a linoleum effect with little patches. It's never totally smooth or slick, it's kind of rough –you can understand why.

And windows – not in all the ships. Sometimes you think there are windows, but it's not windows it's especially for interplanetary flights. There's no windows, because it's a weakness in the structure of the ship. So you have windows only in the planetary scout ships or patrol ships, but these don't go very far. They don't do warp drive, they don't do inter-dimensional. They are just scout ships and patrol ships. These have windows.

But there are scout ships that are made for interplanetary flight and bigger ships. These are not windows, these have screens on the sides that projects what's outside inside. It's like windows, but that's not a hole. You think it's windows, but in fact you look through a screen. That's very well done.

2021-08-31 – Q&A Aliens & Religion

<https://www.youtube.com/watch?v=xAsxBCyFOUg>

Aliens and religions. How does that fit into religion especially the religions of the book.

...

What is the perspective of aliens regarding to god? Where does Jesus fit into the picture? Aliens and angels – are the angels or aliens are they demons?

First we need to go back to source, and when I say that going back to the source it is on many levels. What is the source of religions? A religion is a dogma that has been developed upon a message, a message of someone who allegedly received this message from gods or god or angel or whoever, some beings from other dimensions and densities. You can make a religion with everything.

Let's go back to the message. Why some ascendant masters have delivered some inspired messages and no religion has been made about them – such as Buddha? Buddhism is still remained a spiritual philosophy.

Well, it has been different for instance Christianity. When we go back to the primordial message – and this concerns Christians to Jews to Muslims. Primordial messages were about (i'm going to talk about Jesus) Jesus bringing a message. He was just a prophet, someone just inspired and probably channeling from a higher being, so god or whatever he was. He brought a message off and the message was this: love each other, respect each other, we are all equals in the eye of god, the kingdom of god is within you, be kind, be nice, respect and love first yourself and the others. And if you want to reach out to god – his kingdom is within you. This is what Jesus said.

He became very popular, because he was awakening a lot of people, the masses. The Roman empire saw a threat in his message. And you cannot shut down a good message, if a messenger delivers an incredible message that awakens the masses, you can kill the messenger, but you cannot kill the message. The message will prosper and spread. You can kill as many messengers as you want, the message will survive. So the best thing was to assimilate this message, and take it as theirs, and make of this message a tool of power. This was the Roman empire, and it still is.

The Roman empire now has sided with the reptilians, the dark ones, and there is many things to say about. It it's not the topic of tonight. They created dogma as tool of power.

They told us quite a bit contrary things, relative to what Jesus said. They said that we come into this world with sin, we should be ashamed to be here, and the only way to reach out to paradise and not rot in torture and hell is to obey and bend on your knees as a slave in front of the priest, in front of the institution. Nothing to do with what Jesus said, nothing! So that's what became of this religion which was at the start a wonderful message of love and empowerment.

And you know it is the same as Islam. Muhammad brought laws to help everyone to get on well you know and social rules, but you know, power leaders, greedy leaders they want to control what they can they cannot kill. So they did the same. Well that was a little reminder that is a bit astray from the topic of tonight, but I wanted to put the picture in the background.

Now let us go back to the source again. Another source: us. What is happening within us, when we are confronted to something, that we do not understand? We fear, we are scared and we say, this thing is divine, it's magic. It's either godly or either demonic, because we don't understand. The church, the religious institutions have groomed humanity into believing that any thing that is not controlled by them, is demonic. But the good news is that this is in this very institution that sided with the demons.

When we don't understand something, we are going to say “oh it's angels or it's demons”. So that's the first thing to consider.

You know, there are real angels and they have nothing to do with aliens. There are real demons and they have nothing to do with aliens.

Angels are supranatural entities. They are not incarnated in physical bodies. They are pure consciousness. And they are in different higher realms of existence. They belong to the orb of the earth. So now I'm going to tell you about, this is a shamanic view of the earth. I explained this a little bit in my previous video “find your true power”.

The earth is like an onion with different layers of densities, it's all one into the other. There is no hell and no heaven properly speaking, but there are lower densities and higher densities. Let us consider that we are on middle earth, the middle density, that we call 3d if we want. There are realms of existence that some can identify as the lower astral, where all the demons, the dark entities – well there are entities who are very much in suffering and in search, hungry they search for vampirizing your energy, by possessing people by torturing people, and they are going to haunt a vulnerable people. That they will be able to use to do despicable things. So these are the real **demons**. They are entities endemic belonging to the matrix, the soul matrix of earth.

And the **soul matrix** is not only for our souls. It's all souls, everyone. Not even the source of existence. It's an orb, it's the earth, it's around the earth.

The lower astral will be low frequency. They will be close to the core of the earth or the ground. And they are all sort of shapes and they are hungry, they feed on our fears on our sexual energies, on our pains, on war, on suffering, on stress, anxiety. They feed on all of that. So they are going to manipulate humans to get that. I spoke in one video about alcohol as well and addictions. These entities, these lower astral entities and demons are part of them, what we call demons, they will work on the addictions and get you addicted. Once you have a weakness for something, that will be useful for them to feed on you, for instance alcohol. Why alcohol? It's a good example because alcohol breaks down your shields, your protections. So any entity can hook at you, and so that is the lower astral and the demons.

You have the succubus, incubus. They can hook at you and just put their claws on you and you feel a weight. Usually it's on the back or on the hip. And they will suck really your life force, and they will maintain you in a kind of zombie state of addiction to whatever allows them to do that. So then you need either a shaman or either an exorcist. There's no other way to get rid of them.

Rising your frequency will not only avoid them to look at you, but also if you really do it well, expose them. If it doesn't work see an exorcist or shaman. Shamans are qualified for that. That's demons. See – nothing to do with aliens.

Angels are supernatural beings, but as lower astral they are in a higher astral and they are of a higher density, but part of the earth orb. Angels are just earth beings and they belong to earth. They're earthlings, but in a higher density, and some are very high consciousnesses.

They are amazing, powerful. And there's a whole hierarchy in them. They're wonderful, the angels. They may work with the good aliens and the demons may work with the bad aliens, with which I believe both works is true, but angels are not aliens.

Aliens are people like us, like me, like you. The only difference is that they are called aliens, because they are not born of this earth orb. They are born of another planet's orb. They don't belong to these soul matrix, they belong to another soul matrix. That's aliens.

They come in spaceships or portals, they come with technology to earth. Portals are also technology.

The angels and the demons are already here, because they belong to the earth. So aliens are not angels. Aliens are not demons. Although some can behave either like these or those, but they have nothing to do with them. I think that is very important to clear this confusion, because there's a lot of extremists in the actual official regions, who say don't believe in aliens they are demons. Because

the church tells them that, the institution who wants them to not believe in aliens. The thing is our best allies. if we are still alive as a species and if the planet hasn't blown up in nuclear wars, it's because of the galactic federation our allies, aliens. So of course believing in them suddenly empowers you. We're not alone in the universe. There are other life forms! So we are not alone prisoner of mentally controlling a religious institution. We're not alone in the universe, there's so many other cultures!

This was about angels and demons.

Jesus

Many people tell me: "how does Jesus fit in all of this?" Well Jesus is an ascended master. I'm sure he was a great guy. Jesus belongs to the history of earth, to the orb of earth. Jesus is not an alien, he's just an ascended master. Even if he is an hybrid, he was a hybrid because – let us not fool, you know, mary was taken on board a ship and fertilized, that is so obvious. So he was a hybrid, probably from an early grays and this young girl. That's an input from the ETs into this, because that reminds what I say earlier on, that it is have been helping humanities to evolve. And Jesus was probably carrying a message from a higher civilization, that was using him to help people to get on together and send a message of love and awakening. And this message of awakening, Jesus was an awakener. Well it has been turned away by Rome and the Roman empire.

Aliens may have inputs in our religions that way and then in another way as well. Now I'm thinking about the Anunnaki, about the Ciakahrr reptilians who are spreading control through the religions, using religions to control people as slaves. And they use them a lot they use them a lot. The reptilian Ciakahrr using religions a lot a lot, so much to control the masses, and I'm not going to go into the dark stuff. Others make video about these dark stuff, so I will let you find out.

So aliens can intervene in their religions for a purpose, and although the good ones have very sporadically intervened, very very sporadically, the dark ones they just go at it totally. That's a whole subject. I won't go there. I don't want to bring this dark energy here.

Jesus is now at a state of spirit being. Hhe belongs to higher realms of consciousness. And I want here to break misconceptions that are spread by the controlled opposition to make you confused and to take your mind away from your mission, which is finding the divinity within awakening and raising frequency. So Jesus is said commonly by new age movement that is incarnated an ET leading the galactic federation or ship named Jerusalem. That that's all manipulation, it's not true. I think, they call it Sananda. This is untrue, this is a manipulation this is a psyop. It's like a star cult, it's a psyop,

Jesus has nothing to do with extraterrestrial affairs. It is nothing to do with galactic federation, nothing to do with Ashtar and the Jerusalem ship doesn't exist. Why would it? First they don't name their ships. Why would they name one of their ships made somewhere in space at hundreds of light years away from here of a name of a town on earth? Why? That doesn't make sense. You need to just think a minute. That is not reasonable, it's not true.

So there's a lot of misconceptions with Jesus and the aliens. Jesus is an ascended master and it is wonderful in itself. The three letter agency uses the earth myths and religions to do the their psyops. So of course they use Jesus, they use saints like many saints or Marry Magdalene or that. I mean, well, leave these people alone! They are doing their spiritual stuff, helping earth on a spiritual level. They have nothing to do with aliens. So let us not mix everything. It's all about confusion.

So Jesus, the saints and Mary Magdalene and all the other ones – they are earth spirits, belonging to earth orb. They are working very well now the moment on the earth spiritual uplifting, even if at the time they were hybrids, they were mixed with people coming from I don't know where. They have nothing to do with aliens, they have nothing to do with the federation.

In the past, as people were seeing extraterrestrial beings appearing in front of them, they couldn't grasp what was happening and they were described as such: angel coming in wheels of fire with the sound of thunder and light above them. They lifted me on a ladder of light towards the heavens and I saw god on his throne” yeah, you see the commander of the ship. How can you explain with the words you have at your disposal at that time, that you are being abducted. I mean you have a contact. You can't explain it otherwise then through the words and the terms you have with you, and that's: divine, religion, angels and otherwise you can also call them demons, regarding to your mindset, because you don't know, you're not told “oh these these guys come from another planet”, because at that time people were not able to understand that, because their mind was set upon a very primitive belief of being.

The center of the universe etc. the galactic federation of world has a prime directive. That is a law of non-interference. So they needed to respect the beliefs of these people. Why did it take them? To give them a message, to help humanity evolve and awaken, because they were enemies. That's interference, but regarding to the code of the federation they can't do that, because the species is threatened by an outside threat.

They make them believe, that they are angels. They may even create holographic wings, to just fit into the local belief of the time, because they have a message to deliver. The aim is not to confuse the contactee, but to use what he knows. And within these boundaries deliver the message that the guy feels safe and not confused. That's why the aliens in the old times, the nordics especially... The federation is not going to send an (???) or an Egaroth or Emerther, you know. They're going to send Ahil or Meton or Selosi. They're going to send the human looking ones or the Taal of course. So they did that. They did that and that's how when the confusion between angels and aliens in the past, because not only people were unable to grasp who they were, but they were putting on them names and concepts that they knew. So this is what came the confusion.

Aliens have always interfered in humans history since the P'tal. Who came? The P'tal, the Agoni. There were many different creator races who came, to bit play around with earth and seeding of life. But there was always already local life.

But then came the Anunnaki and they really messed up with the homo sapiens sapiens. But then the federation arrived. I really shortened the story.

There were many colonies, many inputs. The Adari from Vega went in India. The Ahil in Scandinavia. The Selosi with Atlantis, the Martians with Lemuria. It was coming and going all the time.

And we have in our bodies now 22 different DNA from different planets. One is homo sapiens, 21 are from the stars. You are made from stardust! Our DNA is very special, very powerful. That's why many evil races want to take it to manipulate us and play around with us, what they do at the moment.

So the nefarious aliens wanted to maintain us, binded in slavery. But good aliens wanted to protect us and to help us against these nefarious ones. Hence: the contacts, hybrids surpassing messages. I don't know who was the soul that incarnated in the hybrid body of Jesus, but he was quite a powerful and ascended guy.

So I want to raise confusion. Aliens are not angels. Aliens are not demons. But some aliens were mistaken for angels, and some aliens were mistaken for demons. This is something I like to repeat often, because it is a very important point, that is confusing a lot of people.

Aliens, what are their religion? Do they believe in god and what is god? Where is god in all of this?

What we all consider as god, this concept, is universal. Every religion and every philosophy or spirituality acknowledges a superior consciousness, that is animating everything with life, be it an old guy on his chair, be it the life force that flows in everything. It can be anything. But this concept is real, it's there. Everybody can feel it, that there is something else to life, something else above

and beyond consciousness. I mean the concept of god hasn't been created by fun. Every living human that start developing a consciousness (???) that there was something beyond their comprehension, something that that is here all around and in everything.

God is not a tool of control, an old guy that's gonna say “suffer or you won't go in paradise, you need to suffer” That's the dark controllers who make you believe that. We were not born in sin, we were born out of love! We came in this world as free sovereign human being, pure of heart and of mind. No child is racist. But we are told to be intolerant and judgmental, as we grow up. We are told by religions that we were born in sin and in guilt and we need to suffer and be a slave to a dogma, to a power control, to people controlling you.

All of this is bs. We are very powerful beings and there are some structures that want us not to remember this.

God is a formidable life force, that is everywhere, that animates everywhere, and hence it animates us. Our consciousness is part of, is a fractal of the consciousness of god. And that is what the aliens believe also. They do not call it god they call it “source”. The Lyran races in the Taami language that became the official language of the galactic federation of worlds called source Imanna = the great mother (but great means in the sense of super old). They believe that Immana (source) is a consciousness and it's the force that is animating everything with life. It's the same thing. So aliens believe in that.

They have no clue, who Jesus are, they have no clue what Christianity is, they have no clue about our religions, because at the moment you open your consciousness, you wake up, you awaken to your own power to who you really are, nobody can control you anymore and you realize the formidable power that is in you.

And what is this power, what is this fuel? It's god, it's source, it's this consciousness, this force, this power. And by your special DNA that compose these bodies, you can really activate it and magnify it super strong, and that's why they did what they don't want us to remember.

The aliens believe in god as we do regarding to our different religions and cultures. They do it regarding to their cultures. There are religions all over the galaxy and the universe different from us. They may believe that I don't know in god rocks or maybe I don't know anything that you know. You can make a religion with anything.

But then as I said, as you reach a certain level of consciousness you realize that though religions, well, it was for a certain level of comprehension, you don't need them anymore, because you have the direct connection with god. We all have it! You don't need priests, you don't need church, you don't know need to go to the church.

You need to go to *this* church, this body – and inside it's the house of god, inside you have the connection. You are connected you just need to remember. Know thyself and then you have the direct connection with source, with the divine. You are divine, because you are a fractal of source, because source animates everything. So you have one fractal of it in you, you're alive.

That's what the alien believe in and that's why more and more people awakening to their own power, believing as well. You can still call it god, because it's the same thing.

Q: Do angels and demons exist on other soul matrix for instance, other planet?

Yes. I believe so. They call maybe them otherwise, but regarding to what we would say interpret them as demons and angels, yes. Because every planet has its... The universe is composed of many parallel dimensions, and each dimension has many layers of densities. Each density is a density of existence. So when you have a planet with gravity, it just collapse an orb around it with all the densities.

We have 12 densities plus the 13th is source. We have 12 densities in this dimension. So every planet has these 12 densities of existence, every planet. So when there are life forms on a planet, you may have no life form in 3d, but you may have life forms in like a very low, like demon like

level or angel like level. It depends on what level life is striving, what density life is striving on this planet.

So my answer will be yes. Every world may have beings and consciousnesses that can be accumulated to our angels or our demons.

Q: At the time of death do we go towards the light or not?

That is very important! Well, not. Until now you needed to avoid it. I'm going to put it like this. Now you can go to the light which is a true light.

When a soul disincorporates, you're going to reach out to higher density, you're going to choose if you want to stay in the earth orb or if you want to incarnate on another planet. To be able to incarnate in another planetary orb, you need to have reached already a certain level of evolution of consciousness. Otherwise you can't do it.

When you disincorporate of course everything is brighter. There's light everywhere – that's the higher density. Your soul is like blinded, like out of darkness, like “wow” and there's light everywhere.

There was a trap set up by the Nebu, the domain from Orion, on the moon, that was very very ancient, that was trapping this process to harvest souls. They had created a hologram that you would be drawn to go to a vortex of light, and that was a trap.

What would happen to you when you would go there? Well you would be harvested you would be put back on a lower density incarnation on earth. You couldn't escape earth. Nothing bad would happen to you, but they would put you back on earth, you couldn't escape. And this technology was very difficult to neutralize. It was in the hands of the Nebu on the moon and the galactic federation has been trying to get their hands on it for so long. Then in February 2021 the galactic federation liberated the moon and had this machine found and dismantled. So this doesn't exist anymore.

Now you can safely go to the light. It may still look like a spiral of light or tunnel. And then you have the choice: go back to earth if you wish, go back somewhere go somewhere else if you don't.

All the star seeds that came to incarnate now at this moment in time knew that this machine was about to be dismantled. So we all came safely. We knew it was going to be done, but it was in the agenda, in the plan. So brave courageous.

So yes, you can go to the light now, you can go to the light as a free human, as a free soul.

Q: God is in you and all around you. Split a piece of wood you will find me, lift a stone I am there. Saint Thomas

That's the true message. And not bad. On your knees, you need the priest because you're just stupid. This is the real message.

Q: Elena, if you can analyze the notion of prison planet?

I take this question again because I just spoke about it, and I want really to tell you, that earth is not a prison planet anymore. Earth is not a prison planet anymore. It's over.

We are free, we just need to know it.

If we keep on maintaining this matrix in our head by complying to fear and manipulation, we maintain the trap ourselves. But if suddenly we say “I refuse fear. I do what I want. I'm a free sovereign being” you realize that there's nothing to stop you. The net is not here anymore.

Val Thor told me, “We cannot liberate a slave who holds onto his chains” So stand up! Stop kneeling – that's what the religions, the institutions, the dogmas have wanted us to do, to kneel as slaves. That's over. Now it's the time we all stand up. We stand up and we take back the power.

Q: Talk to us about the cosmic being archangels.

Metatron is one of them. So there are supraconsciousness, that belong to no planetary orbs, but galactic orbs. They would be centered in the center of the galaxy, the center orb of the galaxy. This supra consciousness Metatron is one of them for instance.

They are not humanoid forms, they are just pure consciousness, they don't even have a body of light. They are consciousness energy and sacred geometry, consciousness energy and sacred geometry. Think about Metatron – that's what it is. It has no polarity, it is neither male or female.

Remember when we were told that angels have no sex, no gender. Well there's truth in it. The real ones don't, the real angels they are consciousness, they are not polarized, very high consciousness. Well, okay you take Michael is masculine, but that's the lower, that's the earth orb. But when you go at the level of the galaxy they have no gender, no polarity. They're just one the higher beings, higher cosmic beings.

You need to remove from the word “being” the image of a humanoid form. “Being” is to be, is existence. The soul that inhabits a flower is a being, has no human form. A being is a consciousness, is a something that is alive in consciousness, a living consciousness.

Q: Is Jesus a human or alien?

He was in a human body, that was hybridized. So he was a hybrid, was half human half e.t, probably from a nordic race, either from the Pleiades or either from Sirius systems, I do not know. But he was a hybrid.

Now the soul who came in him was probably from somewhere else also, because this soul was an awakened soul. He was a starseed and he came here for a mission. That doesn't make of him an alien. That makes of him a star seed, and many star seeds, most of the star seeds are hybrids, because you cannot imbue a soul of a very high frequency in a totally 3d body. You need to enhance the DNA and work on the bloodline to prepare the bloodline for one day being able. There will be a kid that is born and this kid is able to embody an alien soul. Because the bloodline has been prepared.

So I think that's what happened with the Jesus bloodline, which was by the way considered as very special. And many people in this bloodline had met aliens, angels, or being on board ships.

Q: Do you think these angels and demons are lost souls?

What do you mean by lost? Lost regarding to what? What isn't considered as not lost? I think there is no lost souls. There is just souls at their own level of existence. The only way a soul can be lost would be a soul who wonder who after the decorporation (what we call here death) this soul will be trapped somewhere and losing its way towards higher realms. That would be to me a soul that would be lost. This is something to meditate.

Lost souls – lost regarding to what? You know it's like the fallen angel. I wonder what you know sometimes you have to stop and listen to the words. What does that really mean? Forget about the scriptures and the books. “**Fallen angel**” were the real angels like the supra consciousness beings that fell how into a lower vibration lower frequency, because you can't fall either than that. These angels of higher frequency they are not living on the clouds and then they oops, no. Fallen I would say means going in the lower frequency and you're trapped. I think we're all following fallen angels at that stage, because we are higher being strapped in lower frequencies – these bodies.

But the matrix is gone! We're just maintaining it in our head. We're not fallen angels anymore, Wow, the walls of the prison have gone. We need to open our eyes and see it and from the position of on our knees stand up and walk out. There's no more walls. They make you believe there are walls, but they are not. You're free, you are free.

Q: The demons have no home, they roam ... seeking a body to fulfill their human desires

I agree with you. They have a home, which is their own density, but they are hunters, demons are hunters.

Q: Is it only human angel and demons that visit us from earth, or do they help us in spirit world from other planets?

I think the proper angels and demons that visit us it's from this planet, this orb. But also you we have visitors from other planets, who are from different densities. So among them we can say "oh this beautiful light being looks like an angel". You know. you have 9 dimensional extraterrestrials, who come here and they look like angels. but they are not, and they're just people solid on the ninth density., but looking ethereal when you look at them from lower density. So that's it.

Q: Are there other powerful entities and beings that are like the Godsource?

I don't think so. There is only one source at the center of everything and this source animates everything else with itself. So it's like a hierarchy of consciousness. As you go down in the hierarchy of consciousness, here starts the individuality and the ego, and the ego is going to take over the pure consciousness as you go down in density, in vibration. So I mean someone like Metatron who is like next step is source, he's pure consciousness, he has no body, he is geometry and consciousness. Then you go down and ego starts to appear. But there is only one source. And the consciousnesses that are fractals of this source that are close to it are still not it, they start to individualize. So I would say that with only one center. it's like a sphere – the universe is a sphere, at the center you have only center that's it I would say the singularity of everything.

Q: Do ET pray?

Some do praying. Praying is asking, asking or thinking. But it is always putting ourselves as inferior being towards a superior being. We ask something, please or "thank you for having done that" or "please do that". It's putting us in a position of inferiority.

We are invited to stop doing that and to start to connect directly, because to discover that we make the change, that we have the power. Because we can connect directly with this big reservoir of force and source. Praying is asking.

Pf course some aliens do pray, because you still have some primitive cultures, where people still pray in adoration of a superior being. But you can connect with higher consciousness by yourself putting yourself as equal with them. If you put yourself as equal with god which you are, you suddenly have the quantum resonance and you feel the power and you can.

Some ET's pray that some don't they just connect, just meditate. There's a very popular practice, which is a routine every day. The Lyran based races do that and they love it, but it this practice is "the Ohoran way". It comes from the Arcturus system and they've been created by the Ohorai. It's a meditation to tune in with god, it's tuning in your own power. And they do it like every day, like some people who do tai chi in the morning, but they do that before starting their work and it puts all their it aligns them with source, their power, their emotion and they are ready for the day, ready for the battle and to take the tasks of the day with a centered mind and centered soul and centered heart and be effective. And so that I i'd say that spirituality of all these evolved races, their spirituality is meditation, which they don't call meditation. They call it "attunement" or tuning. So every day they don't pray, they attune to themselves to source through themselves.

If you want the universe to help you with something, do not ask the universe “please give me that”. It's not going maybe to happen. Instead ask the universe “please give me the strength and the confidence to realize this thing, that I can have it”, and you make it happen. “Assist me doing the miracle”. If you say “do it for me”, you give your power away. If you say “assist me and in give me the strength and confidence that i'm going to do that” then you do it, you don't give your power away, you just ask for assistance and enforcement.

It's like an army. You're not going to say “hey will you fight for me please and win the war?” No! You say “hey give me enforcement, that I'm going to win this war” That's a different. So ask for assistance, not for the job to be done. You ask not to be saved but for assistance to save yourself. That's what the goodies of the federation are telling me all the time. Pray not on your knees but standing as an equal, with all the creation, that's it. That's about praying and gratitude.

Gratitude – thank the universe, thank, thank! Gratitude is the flow, send love. Gratitude is love. If you send love to the universe, the universe will love will come back to you and energy and positivity and high frequencies create it and you create a flow. It's quantum resonance. You send out love, you have love in return. Send out light, you have light clearing up all the bad things in your life and giving you strength.

Manifest what you want from the universe, manifest it first. For instance, you have a child abroad or someone you want news from: you're not going to say “hey universe do that this person contacts me”. Contact this person yourself by your heart! Close your eyes, imagine this person and create the link, the bond of the heart and you will make it happen. You will attract the attention of the consciousness of this person. This person will contact you. That's how you do. You do it yourself and you only ask universe assistance. The Universe is the medium. That's how you create your own reality.

So praying is wonderful. Do it the right way, do it yourself. And gratitude. Gratitude is something that you always must, wake up in the morning being grateful for what you have and going to bed at night being grateful for the good things that came to you today. And even if bad things came to you that day, thank for the contrast that is going to teach you something. There's always something to be thankful for.

There's a new book coming. This new book is what happened after “A gift from the stars”. This new book will be about my encounters with commander Val Thor. It will be with my interactions with the galactic federation of worlds, my trips in the solar system with Thor Han and all the diary of the war and other goodies. It will be named “we will never let you down” This sentence has been told to me by commander Val Thor and you know all about it. In that book there's four pages wonderful forward from Laura Eisenhower and lovely words also from Michael Salla. You would see all this and my illustrations of course – I drew everything I saw every everyone I met and I met amazing people. There is a little goodies that only Michael Sala and another person know about, that Thor Han just gave me something explosive, something amazing and Michael and I are going to do a video about it just before the launch of the book, probably on next Monday.

2021-09-07 – Q&A Launch new book

<https://www.youtube.com/watch?v=gyVFj1Dic9Q>

Rescued by Extraterrestrials, Elena Danaan kept contact all her life and wrote the bestseller: “A gift From The Stars”. “We Will Never Let You Down” follows up by depicting contacts the author had with Commander Val “Valiant” Thor and her journeys through this solar system. Written at the brink of a new era, this book is a testimony of the presence and dedication of benevolent extraterrestrials protecting Earth.

This book includes also precious messages from Commander Thor Han Eredyon from the Galactic Federation of Worlds, revelations about Val Thor’s sojourn in the Pentagon, his relation with Dwight Eisenhower, his stay in Russia, the political background involving secret treaties with the Gray Alliance and the complex underlying Alien-Human diplomacy. Astonishing details, unknown until now, are revealed in this book.

Tonight I'm going to introduce you to the release of my new book “We will never let you down”.

I never realized the whole meaning of the expression “releasing a book”. I mean it's releasing, I'm exhausted. For nearly a year I've been working so hard, night and day and especially nights to offer to share with you and to offer to you another gift. What is this gift? Well this book comes just after that one. I wrote this one who came out mount in September 2020. Since I've written it in four months like super speed, it was published first week of September 2020 – so it's just a year, just one cycle.

“We will never let you down” what is it about? It is about everything that happened to me since a gift from the stars was released, and a lot happened to me, and a lot happened for the world and the planet. It has been such an adventure. It's not over, but I needed a stage to just put the closure to this book and just share it with you, because the adventures were piling and piling and piling. ...

I'm going to introduce you to this story. The best way I found is to go with you through the introduction of this book through the drawings. ...

How did this book came about? I published “a gift from the star” in September 2020 and contact were really intense with Thor Han, Myra, Annax. And I want to especially thank one of my friends Vince, who told me you should try to get Val Tor in contact, ask Thor Han. Thor Han said “oh I don't know him personally, he's on Venus. I'm no contact with him” ... but he said I'm gonna put a request out. So the request was put out and I mean for two months it was like “yeah”. It was in October and two months it was like no news, and Thor Han told me “you know what just give up, because, he said I've heard Thor doesn't want to talk to people to Terrans. He's just done with them already.” Oops. And he said “but we never know”. On December 5th 2020.

So this is Val Thor on the cover of the book, and Venus in the background behind him, so September 5th 2020 I got a message from Thor Han. He said “hey you know what? Guess what want to come up?” He said, I've got a surprise for you” and I went “oh my god” so okay, I got ready and he pinned me up. And when I arrived on the station in the beam room in one of the beam pods on the station was Thor Han and these two guys. So here is a drawing. This was Val Thor and his brother Don. So these two guys were there and I was totally smitten, because Val Thor had certain aura and I've noticed when they are promoted to the great of commander and even in the hierarchy their aura changes, their power increases. It's absolutely amazing. I've met other commanders and it's the same – they have such an aura that is very intimidating, not mentioning high commander Ardana, who leads everyone on the battle station. I mean her aura is just magnificent. We're going to talk about her later.

And Thor Han as well becoming commander has also changed or aura. We went for a chat we went for a chat on the station and we sat in this place. (image)

We had a chat and I started to ask him about his time in the pentagon and everything related to the greater treaty and there was a moment when I I totally felt like overwhelmed, and I just I just cracked up and I said “can you give people signs and proves that you are here and and that you're working for us?” Val Thor is part of the council of five is affiliated to the not assigned to the council of five, but he works for the federation. because you know they work all together and they thought told me, well I wasn't. I was very very shaky and that's the moment that inspired me to write a book about it with their consent. Of course that moment when I was totally emotional and Val Thor took my hands and told me this sentence that is the title of the book: “we will never let you down we never had and we never will.”

This was a revelation, this was the most powerful thing I've ever heard the most healing reassuring thing, I never ever heard before and he told me also this thing that became a very famous sentence. He told me that night “we cannot liberate a slave, who holds on to his chains” meaning we need to do a part of the work in the ground here.

So all of this conversation is in the book and then I was invited on Venus three weeks later just a day following the new year's eve, I was invited on Venus. I beamed up on Thor Han ship and Thor Hans command ship is a bit different, it's not a flying saucer, it's like this, the thor hammer, that's it that's the shape of the ship.

So we went to Venus. We went very slowly. He didn't let me drive allowed me to try this time. We went very slowly, because he wanted me to enjoy leaving earth and passing by the sun. And you know. just a loop and go back towards turn towards Venus. Iit was magnificent trip, too short.

We arrived on Venus. Venus looks like depending on the light like brown copy of earth, which is like clouds. It's totally clouds, it's brown with purple and blue shades. But that's the clouds, that's not the ground. The ground is calcinated just dark and brown and it's very dark. And underneath on the surface of Venus, even in on the light side you know why, because of the clouds, it's heavy and it's sulfuric acid. So that the light bounces off it, and the few rays of sun who managed to go through the atmosphere Venus are captured there, because if they manage to go through if there's like lighter cloud area or bit holes not really you know lighter thinner, and the light can go through. The sunlight it is then trapped and it's the greenhouse effect, and it bounces under the clouds and it becomes hotter and hotter and hotter and harder. So that's venus for you it's not the tropical paradise you've been told. So nothing, no life form can strive on the surface of Venus, no carbon based life forms, only acidic life forms and strive in the clouds actually, but they're really primitive life forms. Everything is underground.

(image)

I explained who lives there on the ground, so many different races. That's another drawing, that's the entrance of an underground base. You see a top of a dome. So you enter it in this half crater–it's a crater that is halved. So you go inside and this tunnel and you arrive in underground city. There are plenty of them. It's all underground and the sky is artificial, it's a biodome. The sun, they have a fake sun which is a Vrill generator powered by antimatter and the fake clouds. It's like you're not underground it's like you are like under real sky, but it's not. It's very impressive.

So we went there. There were soldiers, guards who were waiting for us and they took us in anti-gravity car. I love t the uniform of the Venusian guards. They have this kind of helmet who looks like a Greek helmet, very beautiful. We have been taken to while Thor's mansion, Annax was with us.

Val Thor received us and it was quite a beautiful mansion. You see Annax. Thor Han, that's me and that's Val. We were having a conversation and he gave me all the details then more details about the greater treaty and the way the galactic federation and the council of five are involved in the affairs of earth.

I was a bit sick there because of difference of gravity and pressure and I met one of his daughters, he has two daughters two sons, Armani. She brought me a drink that stabilized my molecular structure and adapted me to the gravity and the pressure there, so I could stay for a while. I met us also Val Thor's wife, she is wonderful beautiful of such a brilliant intelligence.

This is Jillian, his wife. Isn't she gorgeous? She is absolutely magnificent person. I had a lot of conversations with her and from the terrace where I went with her and there was in the background we could see the town and a building, and on the building I could notice there was this Egyptian sign, the Ankh and she said "oh that's a generator, there's a generator the pyramid and then the Vrill temple. It's a school, it's a spiritual center and it's linked with the generator, it's like a temple." So then we start talking about spirituality.

So the Venusians are very much into spirituality and the source, the connection to the energy to Vrill, they are all a lot about life force, the force you know like the Jedis and stuff. We cleared confusions about Christianity. The Venusians are absolutely not in any religions of earth whatsoever. They are, these ones are Taal as actually Jillian is a hybrid between Taal and Sirius B, so she looks a bit like Myra, but she's more human-like.

This is another picture of her when I went for a second time and we were we were invited in the gardens. You see the similarities with Myra a bit, a triangular face and big eyes but the profile she looks more human than Syrian.

And another the second time Thor Han allowed me to drive the ship, but he had secured the route. So that was funny. We have all the adventures, with the near to crash on Mars and everything. It's all in the book.

That's another drawing of us, Thor Han and I on Venus in Val Thors house with Jillian and himself talking there. We spoke a lot about Eisenhower of course um about everything that happened and he told me about the races, that were there, that meeting Eisenhower and his administrations, which race as it was. He spoke about all the programs. He started secretly with the US navy and the Pentagon to build our own defense fleet against the Nebu. So all this is explained.

This is a lovely portrait I did of Laura and her great granddad.

Who are these these aliens, who met with Eisenhower and his administration. So this is the first good group from the federation. There were more than this. But that's to represent the race. You have here an Ahel officer, an Ummite officer, an Emerther – they're all officers. Emerther from Tau Cety, Erahil from Taigata from Erra, Ummit from Wolf 424, and these two are Selosi from Alpha Centauri.

They send the Selos, the Alpha Centauri people first, because they looked more like us and the Alpha Centauri people, the Selosi and the Metons they were here as well. Some stayed there to start working with the military on solar warden, later giving us technology and building our defense force that became a few decades later the "earth alliance". That's the good group.

The bad group of course, there were the MJ-12 made agreements with the dark fleet. But these are the aliens who came in the second 1955, three different groups. You have here Dohu and Xzrog from Zeta Reticuli. They are different races. And that's an Eban from Betelgeuse. Zeta Reticuli Dohu and Xzrog are very altered genetically by the Eban, and Xzrog you recognize Bob "skinny Bob" or Shant Bahali is the same, it's the Nebu, part of the Nebu, the domain.

The Eban from Betelgeuse are pure assholes. They have a nose, a big nose. In my book "a gift from the stars" there's an Eban drone, but you can't really see the nose, because it's more flat and large. I drew this one from facing and you can see better. The Eban are really bad, they are the worst in the Nebu.

Q: Is Val Thor part of the military helping free earth?

Yes he is. He's only dealing with high officials at a very high level. So yes, he's part of the earth alliance and he was probably there on Jupiter when there were the agreements.

He's still working for us to free us, but undercover. He is not contacting anyone and you know why, because he's had his content with people using him to write books about him to promote their religions and stuff like that. He has had enough with that, because, these beings they are very charismatic and they're very interesting and fascinating. So it attracts everyone around and they're like adored and stuff and that's the last thing they want, is to be adored.

So they are going to redraw, because they don't want to be adored and used as a model. But he's working very very hard on behalf of the council of five and also in coordination with the federation. Why the council of five? Because Venus is under the conscription of the council of five. The council of five manages Venus. Each town has a governor and they are relaying to a motor ship of the council of five on the orbit of Venus, and that's where the government is of Venus. It's not on the ground, because Venus there's no urbanism. There may be tunnels ruling the cities together, but there's not a central capital, a city. It's not done like that.

The center, the political center it's a mothership in orbit of Venus. That's where representatives of the council of five are. And it's a government of federated cities, with each city as a governor. Val Thor is governor of his own city.

And so to remove confusions, there's no queen on Venus, no king. It's no royalty that's legends.

Q: Is all the conversation telepathic?

No, it's spoken as well. With Thor Han when we meet it's spoken, when we communicate of course telepathic. Val Thor had his way of communicating which was troubling at the start. It was and spoken language and telepathy, that was really disturbing at the start, because I would hear him with my ears but in the same time hear the same thing in my head like an echo. That's the weirdest thing, but I got used to it interestingly quite quickly, that's how he does and many extraterrestrials do that. Annax does that when I'm physically with him. He speaks, it's mostly telepathy but he likes to speak spoken language, because for me it's more grounding to have also the spoken language. But they do both and Val Thor does both simultaneously. That's how he does and his wife as well. So that's obviously something the Venusians do. They they speak telepathy for sure and doubled with spoken language when they want.

Q: Are there structures on Venus moons?

I haven't been made aware that Venus had moons.

Q: Are people from Venus pure love beings?

Of course they are pure love beings, but not only. They are people like us of flesh and bones. They are mainly Taal but you have colony of Ahel, you have a colony of Selosi from Alpha centauri and Metons as well from Alpha centauri. You have a big colony of Meton actually from Alpha centauri. They are on Venus since so long that they are really called Venusians. Well everyone who's on Venus at the moment they are really called Venusians, although nobody is or originally or originally from Venus. You can't live on it. Venus had life very long time ago, but it hasn't had the time to develop and because there was kind of wars in the star system.

Q: How long is the trip?

It can be five minutes. But five minutes is the shortest. The first time when Thor Han took me there it was 20 minutes, it went very slowly for me to enjoy the journey. But normally five minutes and they can even teleport there.

Q: Do they have animals there?

Yes they have animals there in the underground cities. I remind you that nothing lives on the surface of Venus. They have pets. They do not eat animals. so they do not raise animals for eating. They are all vegans, all evolved races. Reptilians are not.

They have birds on Venus, so they brought birds from their world of course. I haven't seen them but I know there are birds, I've heard them.

Q: How do they welcome you?

They go by the protocol of the galaxy federation, which is the hand under the chest on the heart chakra and bending like this. You don't look down. you look the person in the eyes, hand on the heart chakra and you make heart contact by the eyes like like this, with officers, with technicians with anyone – it's the way we only call heart to heart, and we look at each other. There's no one looking up and the other are down, it's equal. We look into the eyes of each other and we put the hand on the heart chakra and we bow. I respect I honor you and you honor me. That's the way of the Taami of saluting. It's very nice, I like it.

Journey to Jupiter

I went on Jupiter. That's me in Thor Hans ship, the command ship approaching Jupiter. Why did I go on Jupiter? Thor Han goes often on Jupiter, because he reports to high officers there and he also he reports the activities of the galactic federation to the Ashtar command, because on Jupiter in the upper atmosphere between layers of atmosphere there is a town, a city floating city, something extraordinary. It's really, really huge and town in it, it's absolutely incredible. This floating city is the siege of the Ashtar command in this star system (I am reminding you that the Ashtar command are the good guys. the Ashtar alliance are the bad guys.) The Ashtar command is a mercenary force that helps anyone who wants help to fight against the Nebu, the Orion group. So the galactic federation hired them. They have nothing to do with the galaxy federation, although they are working together with them and following the same rules and so there's a detachment, there's an outpost of the Ashtar galactic command on Jupiter.

And this town, this floating city is like a huge mothership, and it can really take off and go, if there's a problem.

The level of security in it, it's like mental, it's like incredible. There's no safer place than that. As you approach it, well even as you approach the orbit of Jupiter suddenly they make contact and they're going to scan you. They scan the ships that approach. And if you have any implant they stop you, they block you. So I was in the ship with Thor Han and the ship was stopped from descending in the atmosphere. I asked “what's happening” and Seladion, who is an Erahel pilot, part of Thor Han's crew. He said “oh Elena has an Egaroth implant and they want to know everything about it”. That's true, Annax had put in me an implant to protect me and I'm telling about it in the book, I show a photo of the mark of the implant. And though they detected that although we were an orbit of Jupiter, it's huge distances. They detected that so we had to explain and they scanned me and I didn't feel anything. I didn't even know it was scanned and that's okay. The thing is, as you approach you are in their field of control your mind is monitored, anything you see anything you think – it's monitored and I hated it.

There are two strands of telepathy: the thought fields that can interconnect with the thought field of another person, and the spoken telepathy which is a quantum connection, a mind to mind – and then

you speak to the other person, it's a spoken telepathy.

It's very difficult to isolate just spoken telepathy from the thought field and the emotional field, thought field it's same well it's, the thought field from the brain and the emotion feel from the hearts, two globes and it's interconnected. So these two you have to shut them down and tell them "shut up" and just use your spoken language telepathy. That's so hard! It's so hard.

This is the inside – you see the clouds, and it's very dark because the sunlight doesn't go here, doesn't go through. All sorts of people in there. So that's here, you see that's an employee personal of the Ashtar command, this one is a Sirius b person with a triangular face. They're quite small.

There's a drawing here just that shows the difference between an Ahel, Taal and Ashkeru from Sirius b. ...

That also removes the myth of the Ashtar officer being like a Blondie in a pastel color pyjama. No they are small people with triangular faces.

The security is so high there this can constantly monitoring. They monitor your energy field and especially your emotional field. Emotions are frequencies and they try to pick the frequencies of fear and stress and anger. Also that means there's someone somewhere wants who's up to no good and this will be intervened. And there are controls there. So there are synthetic androids who just roam the place and just control you all the time also, very scary. and she just wanted to know about me and she just spoke by telepathy to Seladion and he said "no it's fine" she just control who you are, because Terrans are not really allowed here.

It's a whole town, so city, police and there are of course recreational areas. So this is one, this is a bar. we were waiting for Thor Han with Celadion. Anti-gravity tables and chairs, plasma spheres as lights that's floats everywhere. You can even move them, it's not hot. it's just static but you can't burn yourself. You just touch it and it's like helium balloons is going to bounce somewhere else.

That's all in this facility that happened. Agreements yes, that's there because the security there is like mental. The galactic federation has a facility there, a place, an area that where they conduct diplomatic meetings. It's for diplomatic encounters with different people who come from everywhere in the galaxy. And that's where the Jupiter agreements of July 14 and 17th were made in this place.

Q: Are they enjoying a glass of wine?

They don't drink alcohol, because it's lowering the frequency a lot and it would burn their digestive system. They do not do fermented drinks or alcohol.

But they drink something which is ionized liquids and it makes you fuzzy, like a bit dizzy but tipsy. But it's not lowering your vibration.

Q: How is the city called in Taami and English?

I don't know. I know the name for city "shana" that means city. I don't think it has a name they call it the Jupiter outpost. They don't give names to cities.

Q: Skinny Bob is supposed to be Emerther or Eben from Serpo! But you think he's Zeta?

The Emerthers are taller. There's a small class of Emerthers but the ones who contacted people where in the good group, the first group of the federation and they're taller. The Eban are nice people too. I've been told skinny bob was a zeta.

There have been Emerthers in contact with the Pentagon and the u.s navy and non-good side and they have been working with other governments.

The small Greys who abducted me were looking like him, especially the captain of the ship and they had the same black uniform, glossy and same body and everything. So skinny Bob is not an Emerther. Emerther don't look like this, they are taller.

The Eben from Serpo, oh my god, they're so cute. They're so nice, they're lovely. They're really lovely. They work with the council of five. Annax has Eben helpers (Eben, not an Eban! Eban it's from Bethelgeuse, Eben it's from Serpo). I'll show you the difference between a Zetta and an Eben.

(image 52:54)

You see Zeta, and he really looks like skinny Bob and an Eben from Serpo.

Q: Will we get to travel to Jupiter in this lifetime?

I think so. Things are moving forward very very quickly.

Q: Do you know when or how these facilities both based on Venus and Jupiter were originally constructed?

On Jupiter it's simple. You can't build anything on the really surface because it's a gaseous planet and there's a core which is so dense – I mean the gravity there will kill you, flatten you. There are motherships in the upper layers of atmosphere of Jupiter, because then the pressure gets too much. These motherships were constructed Sirius b technology, Ashtar galactic command and there's other ones of the federation I suppose.

Then you have Venus. You have traces of an ancient civilizations which went on the ground. So these facilities have been reused by the new colonies, the Meton, Taal, Selosi, Ahel and they've improved them. So Venus actually it's very very old facilities there, built by an ancient civilization coming from Alpha centauri and actually Proxima and there was a war and people were evacuated and colonies from Alpha centaury came back later, the Meton and the Selosi and they took these facilities of their ancestors and settled there, and as colons and that's so long ago. it's very very long time ago. And then the Pleiadians came, the Ahel and the Taal and the council of five and until to this day.

Q: You said that there are no physical life forms on Venus surface. But I heard there are giant brown bees that can stand heat of 220 °C and live there?

No, there is not. No, there is no carbon life form on Venus, there are no bees on Venus. Maybe in the underground cities, although bees I think it's an earth species. So they wouldn't have bees on Venus no, but certainly not on the surface.

We went through a hole in the clouds that was opened, and underneath this as sulfuric acid cloud the ship it's fine with that, but if we were to be outside because we couldn't breathe, we would be totally like destroyed by acid, like instant death. So no bees can't live in that. Then you go down on the surface and it's so hot that you can't really see clear, because it's all like the effects of heat, it's like blurry and you see calcinated peaks, it's very sharp. Everywhere calcinated peaks and it's like or dark or black or dark brown or reddish. It's like not nice, there's no vegetation because to have bees you need flowers.

In the book are also updates from about the war, all the what's happening in the star system since december 2020. So I've seen ships of the dark fleet. The dark fleet has many, many different models of ships, but they have the black triangles, they have beautiful profiled long ships all black with a dark gray with beautiful fluorescent lights, and they have great designed. ships, pity their assaults. I held a fleet act attacking the dark fleet, I saw that. That was like scary moment. I wasn't there, I saw that by the eyes of Thor Han.

That leads us to Mars. I nearly crashed once there on mars, but the story is in there. I was very mortified, Thor Han has good reflexes.

What's happening on mars. I tell everything about the martian resistance. This is different species. I'm speaking about how the galactic federation has trained the martian resistance by supplying weapons and training them to fight and supplying them ships and everything.

(image)

That's the resistance, that's a local reptilian, martian. That's how they look like. They they're not originally from mars, they're not related to the Ciakahrr, Naga. They are different species. They have no spirit of conquest, they are nice people, but don't mess with them. That's one of them I've been shown. So you see the head is more human like, it's not like a Ciakahrr or a naga who have kind of a crocodile face you. These ones have more flatter face and more human, and you see he has pectorals has like boobies. so that means they reproduce not by egg, there's by babies and so that means it's a human species which has reptilian features. You remember when I did this Q&A about the galactic sex.-We discovered that there were species who were reptilians but were reproducing by not laying eggs, by like mammals, because they were the special species that exist and not true reptilians and mix.

So who I else on mars? A whole different type of species of insectoids. You have the ant people. That's an ant head. When the ant people they stand like that, they are going to attack you. So when they stand up it's not good. Normally when move they go on all their paws and they look like spiders.

(image)

That's an ant also species.

Q: Why do we have such a collective fear of spiders? Does it have to do with galactic war?

I think you know these there are that's not these spiders. There are other spiders who are entities, like extraterrestrial very harmful entities, and these spiders just they're like vampire entities and they haunt us and they can... we have this knowledge and memory of them. And that's I think why when we see one we go like "hooo".

Q: Are these insects type that are good?

Yes, the Insectoids they are very interesting, because they don't have the same ethics and mind as humans for instance or even grays or reptilians. They have a different minds. They don't have the notion of doing good or doing bad. Thor Han, he's connecting to me. The mantis for instance, the Achara mantis mentioned have no notion of doing good or doing bad. They just do stuff and so the insectoid they're moved by curiosity, mantis. It's not the mantids who work in the abductions. They come from another galaxy. So that's not the same species as we have on mars. It's more like ant kind of type people, it's different. They are nice, but don't mess with them, because if you get them angry and then on mars the insectoids they're really nice people. but they are aware that they are under occupation of icy dark fleet.

Well everything is gone now, mars has been liberated. But so they hate. They're gonna hate systematically any humans that they're going to encounter. So they're going to attack and I mean, when they are turned on against you, oh they can rip you in pieces like they have this these kind of claws. That rips you into pieces like in no time.

What I've seen on orbit of Jupiter, i've seen a famous portal, that was locked on Aldebaran and that is now neutralized and taken by the federation.

Mars has been liberated. Why all of this happened? It's all, this war in the star system it's because the Andromedans, the Zenaes have foreseen this seed of the dark alliance being starting in our star system. So I was compelled to do a drawing of the Zenaes.

(images)

Now we talk about ships. This is the space station of Thor Han. That's the inside, corridors, another corridor. That's a hallway with shops on the this side and terraces and plenty.

Q: Are the underground bases and underground cities made the same way on all the planets and with the same technology?

No, because it depends which build them. Each race has its own way of building. The reptilians have their ways, they most of the time take other people's facilities. That the greys build their own advanced technology. Well the greys usually get slaves to build for them.

Of course the federation builds on the model Sirius b on planet Morda, there's a way of building that has been innovated and is now used by the whole federation, because we put all the knowledge in common in the federation. So that has really taken off on Alpha Centauri a lot. And this is a Sirius b system originating technology, that's used on all the outposts of the federation. It's a technology and that's been passed on in the clothing and everything. So it's a way of, when you're in a building you can see outside, it can be transparent, but when you're outside you can't see inside. And you can go through the walls when you have the right frequency key, and there's no doors, you can just open the wall opens and closes behind you. On the station there are doors everywhere, but it's different. But the planetary structures, they are like this. That's very interesting way of building stuff.

What is Thor Han doing as a work? Yes he's a fleet commander, but not only. He's more assigned to the station since I've started to work at passing on messages. So he has a part-time job. They have three shifts and they turn and alternates with fleet command, because the fleets have shifts by three as well. He has also free time but he has also not too much now, and he has also this other third time job which is mission coordinator. So what is his job? He receives orders from mission orders from the high command, which is a group. The high commanders are a group of people who take military decisions and so he receives the mission orders and he has the task to organize them to get make it happen. So he's going to just prepare the fleets, equip the fleets and choose the personal and assign a personal to ships and missions or whatever. It's a tough job. It's not the job you want to do, because it's basically sending people to war and it doesn't really like it. But someone has to do it.

Often I connect with him telepathically and he's at his desk and he's doing all his dispatching mission stuff and he also has a colleague with him, who is a Ummite. Here is Thor Han is at work with his Ummite friend.

(image)

It is just a holographic floating screen. That's another view inside of the station corridor.

(image)

That's in the command quarters. They had taken on board, beamed on board, abducted an astronaut from the ISS and I just connected in that moment, and I didn't know what was happening. So who is there in this picture? You have this astronaut here, and with all the gears abducted from the ISS. These are people from the high command, Thor Han, Ardana, an Ummite, there's maybe a Zenaes and that's an Ahil. What were they doing with this guy? They were trying to convince him not to do something, and I will tell everything what it is about in the book. And I found a guy. I found a mission order of NASA on the NASA side, the name of the guy. It was there, was this photo. I just published it and you can compare. It's just mind-blowing.

(image)

That's Ardana, the high commander of the station of Thor Han.

Recreation center in the station.

Another recreational place.

I've seen also the children, the hybrids rescued. That's Myra dispatching the hybrid children to a location out of the star system. That's the kids. She explained to me everything about how they heal them, they rescue them, they heal them. They they put them in medical pods, they make their muscles work and they have very heavy psychological follow-up. That's a very hard work.

People I met: That is Akvaaru. Sorry ladies I met his girlfriend, he has a girlfriend. She is Ahel, it's a beautiful couple.

That's Jen Han, Thor Han's little brother. Jen is a terraformer yes and explains to me everything about terraforming in the book.

Now I told you that I met a mantis, and this mantis is working on the station with the science officer, Den Athor that I met. So Meisha this mantis. Den Athor has saved her life and since then she doesn't leave him. So Den Athor is a great guy, but he can't have a girlfriend because of this being, who's really doesn't leave him. So it's a funny story – not for him.

So that's then their technical stuff. That's one of the devices Thor Han uses to made me communicate with other people, it's a holographic device.

There are also technical drawings about spaceships there's everything you want to know about spaceships. There's no blueprints, because I need to take make sketches of the picture I was shown.

That's in a scout ship, in the corridor of a scout's ship. That's Myra walking.

That's in the command of a scout ship, that's Thor Han, myself and Annax.

That's me trying the holographic screens, just playing around. The ship wasn't moving but I was just showing what how it works.

That's me touching the skin of a ship, and it was absolutely incredible because it's smooth and alive.

I also tried the pleadian smartsuit. I describe all the process and it's quite very impressive. I liked it, but the first time you put it on is like it's just compresses your body.

Species

There's main significant groups explained, who is who in this galaxy. You have all the humanoid groups in the galaxy, simplified version.

There's a whole chapter about humanoid races, who are the different human with races of this star system. So I made portraits of them. I decided because there was a lot of lads to make only females and only women then it changes a bit of all these beautiful men. Beautiful females! So you know everything: who are these people, these races, different drawings.

That's an Emerther female. You see the difference. And that's a Kiily Tokurt. There are brown people too, plenty, plenty.

That's an Anunnaki, she's gorgeous.

You have also at the start explaining how works being beamed up, the two ways. The way of being beamed like this. So you arrive if you're in pyjamas, if you're naked, if you are in tracksuits or you arrive as you, that's not really allowed anymore now in times of war. So the method I use most is the light transfer resonance, where I'm beamed, the light being is beamed and re-densified at the destination point and you re-densify as your body, but natural like you always in your 30s, look like

in your 30s and it's your original DNA. If you have hair color or makeup or nails or doesn't go with it, because it doesn't belong to the body. It's just baby skin and natural hair color and you look like 30s. You will ask why all the deities look like in their 30s, because they do that. But it's a way because it's the healthiest age and it's where your DNA is at its best at its most complexion before it degenerates. So does this the stronger almost stable age to be reconstructed, beamed. So that's light transfer resonance.

I quite like it, because I look younger upstairs. It's funny. The first time “oh my god, where's my nail polish gone?”

Q: Does your book have a register this time?

Yes it has! And it's at the start of the book, has a table of content and you can find everything. And for the previous book “a gift from the stars” I wrote it in four months like in a hurry, and I didn't have the time to put the the table of content and register. I didn't want to modify it because it would have been unfair for all these people who have already bought it. So I didn't touch it but you go on my website Elenadanaan.org and you go to the page of this book and you find a downloadable pdf of the table of contents after the register.

Q: How can we connect with Annax?

You can't. Do not try, because it's very dangerous. Do not try to contact extraterrestrials unless you have a personal contact with your personal guides our star family. If you are not from here do not try to contact people with whom you have no link, because the air is filled with predators, AI, demons, lower astrals and do not try!

Annax does not contact people, he is very busy. If you want to have fun contact extraterrestrials, connect within yourself and then you will find a way. If you have a star family, if you are not from earth you will find a link to them within yourself.

Yes, Venusians are compatible with other races, especially the Taal, Val Thors race.

2021-09-11 – Visiting a Meton mothership

<https://www.youtube.com/watch?v=kRh3Zd4Blxg>

I have a story to tell. A few months ago I was contacted, more exactly put in contact by higher friends with a wonderful woman named Valerie Ohogan. Valerie contacted me, because she is the niece of Elizabeth Klarer. The Elizabeth Klarer went to Meton and had a family with Akon, a man from Meton. She wrote the book “Beyond the light barrier”.

Valerie had written a book at her turn testifying of her memories of herself and Elizabeth. They spent a lot of time together. Elizabeth told her a lot of things, that have not yet been published. So Elizabeth, Akon, Haben Akon's brother and Thor Han, well more exactly happened went to meet Thor Han on the pleiadian battleship and he asked Thor Han to set this up, because it was time.

So long story short I helped Valerie to make her book. She had written it all, she had all the documentation and I helped her for the technical part and guided her through getting it published. And thanks to the association of Thor Han and Haben this book is now published and I will soon interview Valerie, and we will do a special video about presenting this, and you can ask questions.

But today I want just to share something that just happened. I want to thank Haben and I have had asked Thor Han to introduce me to him personally. I want to thank him as I have this ability and this chance to be able to go upstairs, to be privileged as an emissary of the galactic federation of worlds. Today it happened. Today Annax – that was a surprise – Annax came and took me with him in a six-dimensional ship, incredible. He took me in his arms, it beamed here and he took me in his arms and we dematerialized in the sixth density, passing through a portal shortcut. I don't know how we went there. But we arrived back in the fifth density on the Meton mothership, Annax called it the proxima centauri mothership. I know of course proxima is not a really name. My soul just expanded in a blast of light as the light of Annax lightship dissipated and I saw the interior of the Meton mothership.

We were in a very large and big space filled with light, an incredible white a bit golden sparkle light, sunlight. But we're in a ship. And it was like a greenhouse, it was all glass, well transparent and vegetation, very white and iridescent buildings. I recognize this material they built the buildings with in the federation, where you can go through, where walls are not only walls. They can be windows, it can be doors, it can be screens. That is famous material.

And there was a green. some grass clear very clear green, nearly kind of blue, this duck egg blue color. That was the color of the grass, and it was a bit sloppy.

So I beamed in my uniform, I always been with the earth uniform, clear blue with brown stripes and black boots and the belt of course. And there came two towards us: Thor Han and Haben. What's struck me, I've never met Metons before, but they are between the Ahel and the Ummites. They have higher forehead, not as big prominent as the Ummites, but a little bit higher than us. I'd say that the hair are here. And he had long blonde hair. just cut here, like silk, beautiful. And he was displaying a certain age, he had wrinkles and he had amazing clear blue eyes, straight white strong nose but nice features, a noble man. Haben is the high commander of the Meton mothership.

I was in oh my heart was pounding. He took my hands and we bowed then afterwards in the salute of the federation and I have learned the pleiadians do this and the Metons do this (other gesture) they grew from the ground, it was amazing okay.

We start to talk. I thanked him for the help and the guidance for Valerie's book to be made and for all the work. I asked where is Elizabeth now. He said she is with Akon on Meton, but they want to keep their privacy. They are happy. An island is with them, their son and there's also now a daughter. They're happy. The son is between Meton and Sirius b system.

Anyway. Then I said, we spoke about the gravity files the other next step, and he said “now it is time that the gravity files are published. It is time humanity knows now and this needs to be released.” So we work on that. I asked Haben, “why is this that we are in a ship and there is this sunlight”. He said, because we are near the sun. And I went of course there is an atmosphere in the ship, so the sunlight is like daylight, because of the atmosphere. And he said “correct” and we are closer to the sun. I said where are you? He said, we are in on orbit of Venus. Venus because the Metons have a big huge colony on Venus. They were on Venus since a very long time. They are quite linked with Venus, Metons. I looked and this the light was so blinding, I couldn't really stare at the sun. But it was amazing beautiful, all the vegetation. The Meton love vegetation. They are like the Ahel, the Aheil love mixing vegetation to architecture and I discovered the method as well. We went down the slope and on a path, it was tiled but like translucent tiles, like plexiglass a bit, and we walked towards the building. And as we were walking, we were talking and they saw Annax and Thor Han were following behind, and I he sensed my stress and wonderings about what's happening on earth at the moment. It's quite scary, it can be. He said “do not worry. All is well. We got this. All you need is to keep your frequency high to get out of the illusion. The illusion has left. You just maintain it”, he said “you just just now need to wake up to your own sovereignty and freedom. That's your job. The job you need to do. Not enough people are awake and you need to awaken as much as possible. But it is good now. We got this. So do not be in fear, do not be in stress.” He said, all will be well. He said, come on, put his hand in my, but come on, I show you. We walked. you how he was dressed, he was bare feet. Everyone is bare feet on this mothership. It's nice and it was dressing creamy white with a golden belt, large silky creamy trousers with large ends and a tunic with too long, like a scarf and underneath a gold belt. Sleeves like to to here.

We arrived in a room and I saw the most beautiful thing ever. The most amazing thing I've ever had the opportunity to see. In a circular room there were columns in the wall, half columns of half pillars and panels and walls, and there was few people just touching the panels in the background, I don't know what they were doing, Metons. Not all Metons are blonde, some have brown hair, I noticed. And there were a lot of beings on there, I don't know I still wonder what race it was, they looked like Annax but it wasn't Egaroth, maybe Oharai. I think they were Ohorai, because you know Annax is of Ohorai origin in an Egaroth body. I think it was they were Ohorai, a lot on this ship, not the Andromedans have pale blue skin. These ones the Ohorai they had like our color skin, somewhere grayish blue though. My gut feeling says it was Ohorai.

In the middle of this room there was this colon like a cylinder. It looked like a core of a ship and I thought it was the core of the ship, that was reared in somewhere in located in this greenhouse. But it looked like it, the cylinder with inside you know these lamps. There's a liquid in it, transparent and you have bubbles of colors and you turn it and the bubbles just move. Well it was that kind of visual, but instead of liquid it was light like plasma, like the same liquid as in the portals, it was a light and golden and it was moving like the bubbles were moving up and down and doing things. It was a liquid light. It looked very much like the material in the portals, but in a different dynamics. But I knew that wasn't really the same thing.

I said “what is this?” He didn't say, said “guess”. I went okay, looks like a core engine with a plasma in it, or is it kind of sort of condensed Vril. He said “no”. He said this is what you call on terra a looking glass.

I nearly fell my knees. A looking glass, a technology that allows you to look remotely into the future and the past through time? A looking glass? Yes, he said, I am going to show you now that I am not telling stories. You can ask yourself and you will see.

I cannot describe the emotion. I mean a looking glass! So I say “okay. How do I do that?” He said, just send the manifested frequency, thought – and I will enter it into the looking glass and you will see. Okay, so I didn't know how it was going to work out, but I did exactly what he said. I stood in front of it, Haben went to the other side and a little bit on the left. I could still see him, not exactly the other side, and Annax was here and Thor Han with you and I trusted myself and I trusted the device and I trusted Haban.

I closed my eyes and I concentrated and as I have learned to mind talk I sent a thought to this plasmic bubble stuff and I said "earth 100 years from now". Haben had told me that I needed to be very precise, exactly precise. It's like coordinates. "earth, 100 years from now" Open my eyes, focus on the mind, talk "earth 100 years from now" and the bubbles stabilize and crystallized in kind of a geometric pattern. It was weird, like you when water freezes, the ice make some strange lines and stuff that was it, but in holographic or 3d thing like in this cylinder. And I saw a picture like us crying in a crystal ball same, and I saw earth, 100 years from now. Okay the vision hovered above the earth, and there was such a beautiful light energy coming from here. And as it went down, the vision went down in the atmosphere, there were more green everywhere, more trees, trees and vegetation was regrowing again and spreading on the planet again. And I saw cities looking a bit like our modern cities, like Dubai for instance or the Center of London, this kind of buildings. But it was tasteful, beautiful and there were anti-gravity vehicles floating. And there were even some facilities, some kind of small buildings floating anti-gravity. And there were vehicles going up and down. It's like if it was the start of building cities like in star wars, you know the cities with everything is anti-gravity and stuff. It was beautiful, it was interesting. It was very pleasant to see architecturally, but I will qualify beautiful something I've seen later after. And there was a feeling of peace and I knew that there was peace on earth! Earth was federated and it seemed like technology had advanced like amazingly, a incredible jump.

Haben said that I can do it as many times as I want. So I said "This solar system, 200 years from now" The light just the vision just disappeared and the light just liquefied again and recrystallized in the different shape I'd say.

And then I saw the same cities on earth but with more high higher buildings and more stuff in the sky and there were bigger facilities in the sky floating, and more vegetation! And then the vision went out of earth in the star system there were space stations in orbit, incredible, it's so crowded in there. And then we went, the vision went to mars and I saw human colonies on mars. Of course it was underground. Human colonies sharing territorial space with the locals. The atmosphere was starting to get damper and changed and there was some kind of moss growing on some rocks. I saw the locals on mars having taken their territory, their planet and ruling, working together with the earth colonies. The earth colonies were growing a lot of food, they were developing 200 years from now a lot of um food, and they were really into a program of really settling on mars like crops under biodomes. And then I saw the locals. And I have to say, these made me emotional I actually cried there. Why? The local martians are reptilians and insectoids. The insectoids live in the deserts in the wild areas. It's their territory. They are masters there, and they start to learn how to live in cooperation with humans. And the reptilians, the martian reptilians are helping them, the Tirru and I saw the Tirru. this reptilian race which and now at the moment is the martian resistance, they although they are fiery and like really you know at the moment's resistance and they're great and they could then because they knew peace force since so long ago. They haven't had this peace. Now they were free. So they could stop fighting and finally consecrate themselves to their own development, social, cultural, spiritual. And I was shown the feeling of freedom was intense. I was shown the Tirru. the reptilians as a society of wise people. There was peace and calm I saw a group of them, I think they were an elite, there was a very spiritual aura going off them, which surprised me because I've always been depicted the Tirru reptilians like fighters. And no, they're not only that. They can fight, it's like us, we can fight when we need to. But besides that we are spiritual beings, and they are! And they were now having time to consecrate themselves to this evolution. I saw a group of them, they were six or seven dressed in robes with patterns on it, like round patterns like a little bit what i'm wearing now, but all in brown and white and creamy and yellow a bit. One of them had a staff and they look so ancient and so wise. I saw them and I was so happy for them! Not only they got their planet back, but they could develop as a normal culture now, as spiritual beings. This was so beautiful! They looked so noble and ancient and wise. The emotion was amazing.

And the vision went away from mars and the vision told me that there were so many colonies of humans of terra in other star systems already, 200 years from now. The vision came back and

dissipated. Now all I could see was the liquid of the time portal, the looking glass, just liquefying again and starting to move. I said to Haben "once more!" and did. I said "humanity of earth, one thousand years from now"

And I saw earth, more vegetation, higher cities. Now there were floating cities in the atmosphere of earth to allow the ground to be more natural. More animals, more vegetation, more wildlife and the cities were floating. Humans were more in these anti-gravity cities less on the ground. There were some cities on the ground. It was like looking crystalline, beautiful! The air was pure, clear. The sun was bright. There was peace, but I was something else. There was a feeling of higher density, fifth or sixth. I couldn't tell, but it wasn't three or four anymore. It was fifth or maybe sixth, fifth I think.

And humans of earth were taller. They looked a lot like the Ohorai Actuarians, skin was paler, hair were more scares or even no hair, head was bigger but not the head, the forehead higher. It seemed like the evolution of a human being goes from homo sapien sapiens to beautiful pleiadian style, nordic style. The structure of the body is like this nordic type, like Thor Han sturdy strong bones etc, and then you go towards the Ummites, the Meton between Ahel and Ummites. Ten we look like them with a prominent forehead, scares her hair and then you start to get thinner, taller, go towards Arcturian Ohorai and your skin becomes paler, blue shades. You never blue because blue blood is copper based, we are carbon based. But we can approach the shades of blue, I don't know why, maybe the radiations of the sun will change. I don't know, but it's blue here. I think it's linked to the radiation of the sun. Wider eyes, beautiful eyes. We will be a beautiful race. We are already, but that's how we will become in 1 000 years. Very wise, very knowledgeable, royal feeling, royal energy, royalty.

And we are teaching other races, we are teaching about the things of source, the things of the divine of the universe. We are elders, we are teaching them and they know that. That is why they are working hard at helping us working on ourselves, to liberate ourselves of world humans of earth. They do not evolve the same. they take more time. They rather stabilize like the Ummites, Metons but it would seem that on earth they go further up in evolution.

This makes sense because when you settle a colony somewhere, you adapt to the radiations, the gravity, the pressure of where you are. So you do not evolve physically the same. So maybe a colony of humans on Alpha centaury or Proxima century will look like Ummites or Metons, but on earth will look like Ohorai, but it's the same development, but sometimes it stops at a stage and it adapts to where it is. And on the original world in the original conditions of the species the development is not altered, not stopped. It just goes and goes and goes and blossoms. That is why on earth the humans of earth will become the great elders, the wise ones. Earth will be a spiritual center.

This is the future as I saw it in the looking glass on the Meton mothership on orbit of Venus. Today the vision stopped. Haben told me I can come and look at this anytime I want. And I will and I will share with you freely. And then it was time to go. Haben told me, "tell them this!"

This is my gift. This is the future and we are making it happening today, starting here. The future starts within you.

2021-09-14 – Q&A open questions

<https://www.youtube.com/watch?v=dxh6N3m1zvM>

(...)

Promotion for different books

VML O'Hogan "My Meomories of Elisabeth Klarer"

There's something unique and that's the first time that you will have this, humanity is going to have this. I think Valerie doesn't realize how important that is. When you buy this book you contact her by email and she sends you recording that Elizabeth gave to her, atape recording she will send this to you privately. It is a recording of Akon's voice talking in his ship. You can hear the background of the ship and honestly I've listened to it and I cried. This is mind-blowing!

The last one is a book I illustrated, "Samhain, the origins of Halloween"

Situation updates

Setting up the new structure in the star system is continuing between the galactic federation of worlds and the new terran Starfleet, setting up together new structures, new space stations on the moon has been developed, This intel is not from Thor Han, it's from Valneck to Megan Rose, he told her that on the moon there the lunar command was belonging to the dark fleet, who has been kicked off, has been now attributed to the space command and the alliance. They are transforming this base in a medical center and a scientific center to help the military and heal the slaves that have been liberated and the wounded soldiers. There's gonna be a lot of it's, primary for our brave warriors and our victims, the victims of this this war that have been freed and liberated.

So that's a good news from Thor Han of course. He told me that the greys, well the nebu from Orion are leaving earth and Dulce is nearly liberated, nearly done. Mnt Chasta is nearly done, still dangerous but nearly done. It's very difficult, because it goes on so many underground levels and there's so many tunnels and the enemy hides. It's really hard to fight underground. It's tough because you're on your own, you are there with the equipment you brought with you and that's it. Nobody can find, you nobody can save, you you're just doing it yourself. That requires a lot of logistics and preparation and the way they do is that the by chunks. They isolate part by blowing up all the channels and what or not controlling all the tunnels, and then isolating the baddies in it and then giving them to surround her or not. If they surrender, thyy are evacuated and ships and taken out of the star system. If they are not willing to cooperate they face the consequences. But the choice is always given, always – that's the policy of the federation. ...

So first the all these facilities that need to be liberated, they have people in it. They have hostages, prisoners, slaves, hybrids, victims of genetic experiment. So it's very difficult, because you want to rescue to save these people. That's why you're doing it. So it's not easy, you need to prepare operations that will allow you to secure the people you want to save. The beings, sometimes not really people, sometimes it's weird creatures. So if you light a little candle or you send love or energy and healing and light I know many of you do it as a daily basis, please have a thought for those who fight for how our heroes from any military section. They belong to may be the earth

alliance, the different the marines, the navy that anything, any anyone these are the ones who really need light, strength, knowing that we support them and knowing that we know what they're doing. And they are really doing a very good job.

... It's not over yet and it's still, I think it's about 12% of underground to be liberated. But it's getting there.

They're winning, they've liberated the moon. Mars has been liberated by the galactic federation and the martian resistance. Ceres has been liberated by the earth alliance and the federation. The moon, the Jupiter agreements have been passed on Jupiter to prepare the after victory. That's a sign that it's the victory is secured. But we need to finish the job.

It is secure if we keep on fighting as we do. What does it mean? Well for those who are in the army and fighting alongside the federation in the earth alliance, they're doing a great job. Now each of us has to do a job as well. We need to stand up for our right and sovereignty. We need to stop consenting to be used and manipulated, especially by fear tactics. We need to remember that we are sovereign of our soul, our body and our rights, to go where we want to go. right to do what we want, to do with this flesh suit. It's ours, only ours and work your common sense. When your common sense start to fade and you feel confused, it's because you are manipulated by fear tactics.

Q: Does the galactic federation respond to CE5, is CE5 safe?

CE5 works, and I am recommending it. It's a very good technique. But you need to do it properly. What is ce5? CE5 is a technique of meditation and rising your vibration, raising your frequency in order to be able to see what thrive in a higher frequency, because all the good ships are in a higher frequency, cloaked. The bad ships are lower frequency: the Nebu reptilian greys and the Ciakahrr reptilians and many races that work with them on that lower frequency. They're making themselves visible, they don't give a damn, they are infringing the prime directive anyway, as they want.

So most of the time when you see spaceships without doing ce5 in normal conditions, it's usually enemy ships or made on earth. Because the CIA has its own programs and the dark fleet has also its own fleet. And many other, different secret space programs that are not for the greater good of humanity, that are not working with the federation that are not working for the greater good of humanity. And these ones don't give a damn to be seen. If you can create fears – even better. So usually when you see spaceships, ufos it's usually not a good one.

You may now see ships from the federation but that will be because they will willingly show themselves to you, not because they will pass by, they don't, They're not made themselves visible because it's in their prime directive not to display technology that is higher than the understanding capability of an observer. So they will be invisible and if they they decloak to your frequency it means that they want you to see them and because they have the authorization to show them to you usually it's because you have a connection with someone in that ship, someone you know, And that knows you. Usually it's someone of your galactic family or team.

There's something interesting because I was mentioning the prime directive. They will not let themselves see unless there is a authorization and plan for that to a person that is not able to understand the technology. Although they are cooperating with governments, like solar warden, the earth alliance sharing technology with the secret space program, the good ones, the white hats ones. So why can they share technology, give technology with people from the earth alliance but they cannot show themselves to the private civilian? Bbecause it is not inserted into a program agreed by the high council of the federation. To show themselves to civilians would surprise the civilians. Of course they will all “oh ufo, oh my god” and they will be emotional and exhilarated or terrified. It will create a emotional response that is not good in these times and it infringes the prime directive. So once all this crap is over and officially there will be not contact, because contact is already done. Of course there will be an opening disclosure because the war will have been won and that will be another story.

So CE I recommend it of course. Yes it's good stuff. But do it well protected! Do your bubble of light, do a meditation that will first rise your frequency. Rising your frequency is readiness is really crucial, because then you won't be reachable by lower frequency beings and then you look up and you see all these ships that are in a higher frequency. But be protected: no alcohol, no substances such as weed, mushrooms, whatever drugs. No, because that keeps your vibration down. Don't do that. Also eating meat – eating flesh lowers your frequency also.

So if you want to see spaceships of the federation I would recommend that you do whatever is in your capability to raise your frequency and the ce5 meditation after then will work.

Q: You mentioned in your new book that Val Thor has a kind of powerful, peaceful energy that you can feel

Oh my god, yes! That's something that struck me when I met him. His energy field – I wasn't expecting that. His energy field was vibrant with power and very grounding.

He speaks like this. Val Thor speaks like this, he is very grounding and he speaks with his voice, with this tone and when you are in his presence you feel completely smitten. That's Val Thor for you. So he's a commander. Then I understood something meeting other commanders, you know Thor Han is a commander as well. I've known him since I'm a child and I've seen him evolve in a hierarchy from pilot to ship captain, to fleet commander, to decade commander, decade captain, township captain, to fleet commander and to a mission coordinator. But then I haven't sensed the change of energy. I met recently then three different commanders and I went “wow that's it!”. As they move in hierarchy, their power it's a power thing, it's an energy thing, that shifts as well. They all have this aura and Thor Han has it as well but I can't see the difference, because I know him all the time since my childhood. But I met Ardana – she is even powerful than them all. She leads the high command. She's like on Thor Han military ship she's like “wow, so powerful”. I met two other commanders, one called Dene Thor. ...Dene Thor is a commander also in the military. He has a mantis friend, you know all about is in the book. Dene Thor he has the same energy. And another one also that I met is a Taal fleet commander from Tamar and same energy. ...

Very interesting. So Val Thor is not the only one who has this powerful aura.

Q: Before your abduction were you aware of extraterrestrial existence and life?

Yes, in two ways. I had the memory of when I was toddler being visited in my toddler room by Ebeni. The ebeni are a small grays from Alpha centauri and they are very nice. They were Annax helper on his ship and they appeared in the room and I remembered that and I never knew who they were. I thought they were like gnomes or elves or a bit weird. The Eben with their big eyes, I they are in my first book.

(image)

That's my granny reading to me. So I've seen that coming through the wall and so that was, And you know at the time then you grow up and before I was nine I already was shown gray aliens on tv or wherever and I knew that what I saw when I was a toddler was an alien. So that's why I was aware. You know the media as a tv just tells you. Also I was aware of extraterrestrial life by another way, was my irresistible attraction and calling to the stars, to the night sky before I was nine already. I had a total fascination feeling that the stars were my home and that I was not from here, and especially two places were calling out to me: the pleiades and a star in orion where Annax is from, my beautiful loving father. So I knew about extraterrestrial life that there was someone somewhere who was looking after me and waiting for me. And I was waiting for him. In fact there were many of them: Annax, Thor Han, Myrah, they were all there for me and but especially Thor Han and Annax.

Q: I thought Orion was negative?

No, not all. Look at my q&a about Orion, and it is also in my book *Gifts from the Stars*. Annax is from Mesa, a planet that is in a higher density, he's not part of the Nebu. The Nebu are centered in the Orion nebula ... The Council of Five was created in Orion, the Black League is in Orion and things like. It's very vast area.

Q: What is the connection between ET's and the afterlife?

There's not really a connection. You can watch my last q&a about aliens and religion. I'm going to describe it like this: each planet has many densities of existence, many layers. And each planet has its own orb or dome, it's spherical. Remember that Earth is a sphere and every planet in the universe is a sphere, it's physical law, it's like this how the universe works. It needs to be spherical, otherwise it's not happening, and the flat Earth is a psyop psychological operation from the CIA to try to see, how many people they can manipulate and dump down – and especially if you're intelligent. They're targeting the intelligent people to see if they can dumb them down and it's working wonders. So be careful if you believe in the flat Earth theory – you've been fooled by the three letters agency.

Every planet has its own orb and many layers so Earth orb of existence. When you reincarnate that you are a plant, an insect, an animal, a humanoid – it means your light being, your eternal immortal and destroyable soul self, your is-be if you want, goes back to this higher density orb, it's a highest density around the planet. You are in the soul matrix of the planet, where old souls go. And then you will choose to dwell here or come back to continue your cycle of evolution, of development of your consciousness.

When your consciousness has reached a certain level of understanding and awareness, you are able to choose to incarnate in another planetary orb, in another soul matrix, in the other side of the galaxy or in another universe if you want, because you've reached this level of awareness that you can do that. The star seeds – it's an example. I like to call them as they call it upstairs the envelope.

So you can have extraterrestrial beings, beings that are is-be that are from another planetary matrix somewhere else coming having reached a certain level of awareness, that allows them to project themselves and come here and incarnate here. So you may have extraterrestrial souls from another's planetary matrix incarnated here and they're not all aware that not from here, but you can feel it. You can feel you're not from here, and you wonder where your family is and you feel. You know the feeling, because you chose it, and you need to then reconnect with your own self.

Q: If there was a soul trap on the moon, does that mean a lot of us are here against their will?

Yes. It's gone now, it's not anymore. There was a soul trap on the moon that means even if the indigenous souls having reached an level of awareness that would allow them to go incarnate in another planetary matrix, they couldn't. They were trapped here and for extraterrestrial souls that would have chosen in the past to come here to incarnate they couldn't go back. They would reincarnate here all the time.

Knowing that this soul matrix was about to be dismantled, the starseed programs started, because we knew, that we wouldn't be trapped. So the last three generations arrived, because it was written. Well not yet settled, but I mean the plan was to disintegrate this machine. The galactic federation was going to war against the Nebu Orion and the Ciakahrr reptilians, so the plan was to dismantle this machine and deactivate it this machine. It was put by the Nebu grey Orion group on the moon extremely long time ago. So it was a chance taken. We weren't all sure it would work and we could have ended up trapped. but we did it.

How did that work? This mission has been dismantled, this was in February 2021. During January and February 2021. The Earth alliance and enforcement from the galactic federation have liberated

earth moon. All the slaves have been evacuated, liberated and the dark fleet kicked out, the interplanetary corporal conglomerate – kicked out. Everybody kicked out. And the nebu soul trapping machine was found and taken and deactivated and dismantled. Totally dismantled, so this machine is even no more.

So what Thor Hand said to me when he gave me this info in february he said, you know now it's up to humanity to dismantle their own matrix, the illusion. Stop maintaining the illusion. Just wake up and stop consenting to be manipulated. The matrix is here no more. They make you believe that it is, but it's not, it's gone. You're free. You'd still have to realize it that you are free. So now it's time, you stand for yourself and you can fly throughout the universe and go back home if you're not from here. And if you're formed here you're now allowed to go and visit the universe, incarnate in other worlds. You're free.

And also what this machine was doing, it was trapping everyone in the third density and no one could raise a frequency. Now it's gone.

And parallel to that the galactic federation has been surrounding the earth with a grid that was rising the frequency of the earth. The nodes were in correspondence with the nodes, the lay lines underground and it was correspondent. So working on the grid how raising the frequency on the grid was raising the frequency of the nodes in the ground, so of the planet. That's quantum resonance. So that was a very great idea. And that's the same tactic the federation used when they started raiding mars to bombard mars with high frequency. Why? Because you know there was a lot of enemy like reptilians, especially Ciakahrrs. It was taking their aggressivity away and it was it was making them more gentle. They hated as much as they could hate.

Q: Did Val Thor write "Valiant Thor's Venusian health magic: The vitality of Vrill by Valiant Thor"?

I know, he didn't. He didn't write anything. People wrote on his behalf. That's why he refused to have interaction with any more civilians. I was an exception. Thor Han worked out this thing two months to get him to talk to me, because I'm a civilian. Thanks to Thor Han it was hard work but he managed it.

... Val Thor hasn't written any books. He is military officer, coming here to set up the secret space programs with the pentagon and just do diplomatic stuff, not here to write books.

Q: Do you know what rank or race navy blue galactic federation of world uniforms correspond to?

Navy blue uniforms of the galactic federation of worlds. Officers, Thor Han commander grade is navy blue. Then they have all black colors. The pilots have just the environmental suit, the glittery one with a collar like this, open. Then you have a ship captains they have a black color and black wristbands. All have these golden belts, the humanoids. Then you have the fleet commanders and all the commander grade it's not the environment suit, because they don't go now. Well in that often in the ships they stay on orbit and they do less operations, they just lead everyone. So these ones, the commanders have navy dark blue navy color, it's not environmental smart suit anymore, it's proper clothing with proper fabric. It's like you can't go through with a knife, like in force fabric. I don't know what it is but it's very smooth. it's very comfortable as it seems, but it's fabric. And there's a trousers and a jacket and a tunic and the belt of course. So then the shape of the neck can have something point here on the side, it's fleet commander. It's the flying ones, the wristbands are higher and that's it. The boots are black, higher.

Ardana is different. She's not blue she's white and silver. That's the high commander. And then you have also under her the high command with all the high commanders, Val Nek is there and I we will need to ask Megan because I haven't seen Val Nek for a while. He should still wear the marine indigo tunic and trousers but different neck and probably different insignia on them. I think it's only

Ardana who has the high commander one. It's a diplomatic one with um all in silver and white, with golden trims.

Q: Do we star seeds need to clear all our karma, so we can go back home? Or can we go back to where we come from by choice after we pass away?

I think we can go back by choice. You know karma, you take it wherever you go, because it's part of the journey of the soul. Not the journey of the body. I think in one of my previous video I told you about the different journeys.

The journey of the soul, the immortal is-be is what you learn throughout your incarnations. You take it as a luggage, as a teaching.

And then you have the body, the bloodline that you borrow for one incarnation or you can choose to reincarnate in the same family line if you want, it's easier. That's how you find family karmas. But the bloodlines it's not yours, it's the the genetics of the avatar you borrow. So you can then next life going another bloodline with other ancestors, other karmas, because karma is linked to the soul.

It means karma – what it is? It's when you create disruptive energy, you need to rebalance it and to repair it. Otherwise this disruptive energy will keep on disrupting you until you repair it. That's a karma. That's all what it is. So that belongs to the soul. If you have done disruptive things that you've chosen to do for your own learning and you can reincarnate on Vela, Vega Sirius abc and keep on working on it, so it's not because you decorporate (prefer that word than death, there's no deaths) it's not because you decorate that without having resolved and rebalanced as you all your karma disrupt divinity that you trapped, here that's a misconception.

Q: Do all starseeds have their own body in a stasis pod or just to pleiadeans?

There's no such thing as pleadians. Well, there are, there is the manahu people, but you have so many star systems that have been terraformed in the Pleiades. Ahel, Taal, Noor whatever else from the Pleiades. Or that you are not from the Pleiades, you can be from other star systems, you may have chosen to go through the program of envois to come and help here fight during this war three ways:

First way come physically, because you can, because you're Taal or hybrid Ahel or Selosi from the centaur systems our Meton.

Or you can't do that because your body won't allow it. So then you can either reincarnate here, die on your world a way that you're old and you finish your cycle and decorporate and you incarnate in a baby here.

Or third you don't want to die, you want to keep your body and go just for a trip to earth and back. You know that can be even, they play with time. You can go for a lifetime on earth and come back 10 minutes after on your world. So then that moment you need to go back to your body and your body is putting stasis, if you want to go back to this one to finish your life as it is and just enjoy it and finish the unfinished work. So you're gonna put your body in stasis and your soul is going to be decorated from it, and you then go back to earth, you go to earth and you incarnate into a baby. But your body will be in stasis in a pod, and these pods are all over the galaxy on your home world, usually in a very secure facility. And there are locations, these locations are not disclosed. It's very rare to be on the ship, because the ship can be exploded. So usually most of the stages are in secured facilities on some planets, somewhere.

Q: My ten-year-old son has a question. He had an orb appear in his room and fly around back and forth before disappearing. He wants to know what to do if it happens again okay?

So orbs are good. They are not bad. So already first: don't be scared. Orbs are either good spirits such as fairies or elementals. Who are the elementals? The elementals is like fairies but they are spirits of the elements of the air, floating like air fairies, or earth fairies, or water fairies, fire fairies. Elementals it's spirits of nature. So they're all good. They sometimes can be mischievous. I live in Ireland and there are plenty all over the place and they're nice and they won't harm anyone. They just sometimes play a little bit to tricks that are funny.

Orbs can be also a remote viewing device for instance, but for good beings, because otherwise it wouldn't manifest in light. So it can be a good spirit or good aliens watching you, protecting you.

So when you see orb if they come back... You know most of the times it's nature spirits. So start a conversation with them, "hey how are you? Do you have a message for me? If you have a message for me, give it to me in a dream" And you can talk to them and you can ask them questions and they may reply you in dreams.

So do not be scared. They are good. So if they come back just speak to them, speak to them and sometimes you can feel emotions back. That's their reply, the nature spirits, they reply to you by emotions. So if you feel a laughter coming back at you, that's you know they're laughing or can have visions, so they can communicate.

You know the nature spirits, it's like their little light ships, they travel like this and they can pass through walls.

Q: Can telepathy from galactics be noises in your throat and head, like clicking noise and air whizzing noises in your throat, bird like collective?

I am not sure. and I don't like to read clicking noises and sound in your throat like birds, because that's the sound small grays do.

Employees personal from the galactic federation or other, andromeda council or the council of five, they do not communicate like this. You may hear voices in your head. That can also be the voice to skull, but I think my good feeling is that you are receiving high frequency, but I think you maybe parasite by something. If you heard kicking noise in your throat it's not good.

So what you need to do is very simple: don't freak out. All good, you're in control. You just need to know it. Raise your frequency! Do a meditation to raise your frequency. There are many on my channel and I often explain. You just refuse fear, you just go inside, go within first awareness of your body, then awareness of your soul, and then tune in to in your inner light being, your inner light being. And then this light magnify it and just expand it and buzz it buzz and become a powerful power plant of light. And at that precise moment if you have anything attached to you it will be disintegrated or detached. And that's powerful exercise. If you can do that every day, it's magnificent. So that's it. Clicking noise – I don't like that. So cleanse yourself by high light power, and powerful being that you are doing that you won't to hear the clicking noise afterwards. I can tell you, they won't come back.

Q: Does healing done by another person disrupt karma? Does there have to be an exchange of energy?

I don't think healing done by another person disrupt karma. Healing is never bad. You know, the deep state use a lot also the concept of karma to manipulate people. Karma is real, but the deep state uses as well a lot. No, healing is always a good thing. You need to trust the practitioner, and first the practitioner needs to ask your consent if it's needed to remove stuff. Sometimes even it may be in your decisions of incarnation to decide that "one day I will meet a healer and this person will heal me" I've choose that in my life contract, you know. So always say yes to healing, trust the practitioner.

Does there have to be an exchange of energy?

Yes, of course. And the exchange of energy can be either a payment in money, or any exchange, or either love. You can give a service in exchange. And you can just give a hug to the person and healing love to the person back. There has to be an exchange in any way. That would be my answer.

Q: What is your take and Thor Han's information on KG and what she presents as her mission?

The person you name has been confirmed by Thor Han, has been complained by many other people to me and also to other people I know, that the person you inquire about is a three-letter agency operative. It's a counterintelligence and this person is basically telling cracks to scare people and spread a false narrative, and spread confusion. And this person is part of the same group that manipulate. Another group of people, who go on mainstream as CA. These ones are manipulated by this group.

There's a group, where the three letters agency is at the base of it with the Taalshiar and the dark fleet and the Ciakahrr and the grays. So they have all these people working together, but now they are dismantled, they are going, that is fine.

But these ones, this person you name KG, she is a counterintelligence operative and she, first I thought, oh my god this person needs strong medication and professional help. But then I went because I was like crazy, but then I thought, I was explained by upstairs that "no, no, she is part of the counter-intelligence to spread confusion among us. So she's not powerful at all. She's just telling cracks, you know it's just a crazy woman, employed by the counter intelligence. She has no magical power. She's nothing, she's just an agent and playing a role and telling stories.

Q: What is the Taami name of earth?

Taami is the name of a language born in the k-62 system. Taami is said to originate from there and it became the official diplomatic language of the galactic federation. But in fact what I've been told is, Taami has been seeded by the intergalactic community, the super federation, the inter-galactic super federation, the P'tal or part of it, the Egony and many different races who have seeded humanity, human races in this galaxy. So they they have the Taami as their official language. Taami is not even from this galaxy. Taami has been seated on many worlds. The tamil language on earth is a descending descendant of the Taami. It's a bit different of course, because a language evolves so fast and see the different places sometimes it evolves so differently. So sometimes the people can't even understand each other. But that's the story of Taami.

Q: Can you talk about walk-ins? Do galactics do walk-in sometimes?

I believe they do sometimes, yes. But that's a soul contract. A positive galactic will walk in only with the consent and the contract made with the soul that the is-be that inhabits the the flesh suit, the body. No positive galactics will walk-in chasing a soul away or will parasite.

But the reptilians and the greys do this. They do not ask consent and they just parasite, not talking about earth demons and crap. So walk-in is a soul hacking, hijacking a body – the grays and reptilian to that. Or a soul replacing another soul in a body with a common agreement –the galactic do that exceptionally with common agreement.

The greys and reptilians try to do that all the time, especially if you take drugs and a lot of alcohol. You are so such a target for walk-in.

Q: How do you know what starseed you really are?

You know, if you are one first. You have this certitude, you have no question about, it you know you're not from here. But where you come from? Well you know, all the keys are within. Know thyself: meditation, cut yourself from mainstream mind control, from fear and air for everything,

switch off the tv. Go within, tune in with this beautiful being inside, look how it is: the colors, the features and you will find a resonance with a certain star system. How to do that? If you don't already have memories from this attunement, well go outside, do it outside but by a clear night, and work the compass of your heart. The heart of your soul, and look at the sky, and you will see where home is. It's even better if you don't know the name of the constellations, because you will be even more genuine, and the compass in your heart will tell you where is home. You look and instinctively you will be drawn to a place in the sky and you will look at it and it will be home. Visualize it well, and then we'll find the name of this constellation, even this star and that's where you come from.

What I recommend for those who like a bit of technology added to that. I have an app on my phone. So you go outside, you do your meditation, you tune in with your inner being, and once you are tuning with who you are the extraterrestrial being, you go now where is my home, my home, home, home... you really do the quantum call resonance "home" and home will respond. You look in the sky and you see constellation of the planet.

And then, once you're on it you can go on your phone, and I have an app which is called "star walk2". And then you put your location and it will move, it will show you what you are looking for and then you have the name of the place you've just been called to. It's very handy.

Q: Can you tell me about an info you may have about gargoyles? I had a dream of one that was light pink.

Gargoyles represent the lower astral beings of earth orb like small demons and lower astral, and they were there outside of the church sculpted to scare the people, to be impressed by the like evil is outside the church and inside it's all angels and stuff. So they depict little demon and lower astral of the earth and well they can have many color, even pink and that's what they are.

Q: How do we know when someone is hijacked by an entity? There's an epidemic of entities like people with no empathy (narcissist).

I really want to put an emphasis upon. Someone will hijacked by an entity be it a demon, a lower astral, an AI or a reptiliano gray, will change behaviour. Suddenly this person will react very impossibly. This person will start to be very sensitive to a conversation, feel paranoid, easily offended, nervous and suddenly the narrative of this person will change. This person will become like telling doom and gloom messages and trying to kill hope in everyone, and trying to talking about dark stuff and really the negative, will change about "there's no more hope, we are all doomed" and anyway and blah blah and being like aggressive and wanting to aggress everyone. So that's the change in behavior and start lying and stuff like that.

Then look physically. The person may lose weight, because the entity will feed off its energy, his life force. The person will lose weight and feel more sickly.

Also look at the light in their eyes. You know the eyes are the mirror of the soul. Well it's true. It's like if light has gone extinct in their eyes. Their eyes will be darker. There's even some person can have blue eyes, but you still feel there's something dark behind it. You cannot put your finger on it, but there's something that looks like glass, empty behind. Well light is not ruling anymore this person, there's an entity of darkness in it, can be anything that I named: A.I, reptilian gray, earth lower astral and demons.

There's an epidemic of entities of course. No empathy of course that goes with that. Persons will change personality, they will they won't know who they are anymore, they will change hair color, they will suddenly change the way they dress, or they will totally try to embody someone they are not. And they will start to develop the ego as well. That's what the entities and AI are doing. They play on the ego. This person will start to say "oh i'm joanna arc. I'm this, or the queen of whatever.

I'm a powerful spirit, I can crush everyone. I can fly through dimensions, I can do this, I can walk on water, I can create worlds....! I hope it answers.

...

Megan Rose and myself, I've decided to do a video together just as an update to put in common our intel's from Thor Han and Val Nek and just chat about it. And we will also chat about all the warning we need to give against people manipulated by a.i in the truther and new age community and just talk about that the counterintelligence.

...

2021-09-16 – COSMIC DISCLOSURE with Cosmic Girls ! Megan Rose & Elena Danaan

<https://www.youtube.com/watch?v=ygocFT4DY-M>

Megan: I'm here with the lovely Elena Danaan and my name's Megan Rose. We kind of decided to do this video to explain some things that are going on in the universe.

For those of you who don't know Elena and I have this beautiful connection

Elena: Yes we were rescued by the same crew, believe it or not and now you believe it because you become too accustomed to our videos. The same crew rescued us and that that's pretty much amazing.

Megan: So same crew, so Val Nek is my rescuer and Thor Han is your rescuer and they happen to be best space buddies.

What we're going to be talking about is the Jupiter agreements, the prime directive and a couple other things. Do you want to explain what the Jupiter agreements are, Elena?

Elena: I got this news first by Thor Han who was escorting officials from the federation to Jupiter to the Ashtar galactic command floating city base in the upper atmosphere of Jupiter. There is a very huge facility there and it's so protected, the security there is really mental in all the sense of this word. So the Galactic federation of world has a facility there for diplomatic meetings and so it's like just before the end of the second world war where the Yalta agreements, where the future the after war the after victory would be planned to not leave a world in chaos. And so the allies had organized that with all the top industrials and governments etc.

Well now it's not about leaving a world not in chaos, but the whole solar system. So the victory is apparently secured but we need to finish the war and the job. So it's the galactic federation, the andromedan council and the council of five who have helped earth to organize their after victory. So that's what it is about.

Megan: How I understood it and the alliance, the white hats, different representatives from different countries but the good ones were also there working with the federation the council of five and the Andromedan council to figure out how earth would maintain and how they would be led in space in the galaxy, and how they would be organized in that way.

Elena: Yes totally and we need to precise at this stage that the country represented were not always the official mainstream media government. It was for each country the white hats, the good people working for the liberation of earth, the good people who had had relationships and interactions with the galactic federation since the 1950s. So these people talking about the U.S navy, the white hats well plenty of good factions. It's not the the cabal, it's not the bad guys at all. It's not because you see USA. you see China that it's the bad part of it. No, every country has a background of white hats working together behind the scenes. These people, that's important.

Megan: I want to make sure people know too the Jupiter station, that they can read your thoughts there. So you have all these humans going there they might have their other thoughts are being monitored. So I just want to make sure people know that. It's very secure.

And I know Val Nek told me the council of five was there to evaluate the spiritual evolution of the leaders to make sure that they would be suitable for leading the terran people. So I know that was the council of five's involvement.

And he also told me the USA was chosen to be the leader of the countries or be able to best lead and organize the countries in space.

Elena: Yes exactly. The USA was chosen because it was the country the best able to manage everyone else because of their skills of organization, their technical power and their fleets and all their technology and they were well equipped. But what they were looking really with importance is as Thor Han mentioned it, the spirit, the spirit of these people.

So each group was military officials from space programs, and CEOs from corporations that we're going to build together to work together to build fleets and et cetera and material whatever, facilities. These were really chosen for their good spirit. Thor Han said, they're progressive spirits for the greater good of off-world humanity.

Megan: But I want to make sure people know, the corporations or the CEOs of the corporations they're not representing humanity. They are just there because the federation and the alliance needs corporations to manufacture space fleets, facilities, med beds, healing technologies and stuff like that. So that's why they were involved. Not that there are leaders or anything like that.

Elena: Yes what is very important to mention is that this was not making decision on behalf of humanity instead of us civilians. No, it was about people from the space programs and the development of the new starfleet meeting together just to assert the presence in the solar system, the space force safety zones, all these things. It's not making decisions for us, nothing to do with the free will of civilians. It's nothing to do with the greater treaty, what happened in the past. It's different things.

Megan: I know you worked with Dr Sala and Dr Sala put out some articles that I gave him from intel that I got from Val Nek. So if you guys wanted to check out his channel, he does a really good job of finding different information and putting little pieces together.

But I wanted to know if you could tell people Thor Han's role in the meetings and everything like that.

Elena: Thor Han is a fleet commander so he and a mission coordinator as well, so I think it was more in his role of mission coordinator. He does those two jobs. They turn by shifts of three, so one is not on his shift of leading his fleet is on the shift of organizing missions, all the logistics and there are three, the turn. So it was his role to organize all the to accompany to escort all the officials from the galactic federation to Jupiter and secure the space around Jupiter with his fleet, I suppose that Jupiter is not attacked, everything's going well etc. So he connects with me telepathically and when we are connected by the implant it's a connection via device, because it's off world, it's very far Jupiter and Earth. So when it's off world everything it's beyond the orb of Earth, you need a device unless you are connected with your star family and you already have your personal connection – but that's on the spirit level, that's nothing to do. So this telepathy, this contact, he was on his ship and he showed me so “I'm on orbit of Jupiter” and we have the ability to look through each other's eyes when we do that. And he told me first, it was the 14th of July 2021 he said “I'm escorting officials from the federation to Jupiter, to the Ashtar galactic facility because very important meetings are taking place at the moment.” And that's when he told me gave me the intel and he said it's about, so he said “there are 12 meetings at the moment that are undergoing down there separately, a simultaneously different cells, and each cell has account represent a country from earth which has a space program.” So there were 14 countries grouped in 12 different cells space program and CEOs, and also in each cell beside these people from earth there was representative from the Federation, Council of five and the Andromedan council. And they were selected like contests, like spaceguard, like “America got talent”. So funny USA got the four x's [Laughter]

Megan: But I was gonna say it's not surprising that the USA was chosen, because the federation has been working with the USA for a very long time.

Elena: It was because they knew the future. it's a temporal war, like all the star trek disclosure that was given to Roddenberry. ...

They knew what was going to happen so they started ready to contact the USA. It wasn't only the USA; they were working with Russia as well and other countries.

Megan: I remember, because Val Nek was there representing the federation, so he was inside the facility so he wasn't giving me intel as it was happening but I remember when Dr Sala posted I have my drink in my hand hide it. Dr Sala posted a video of some intel that Thor Han gave you speculating who the CEOs were and that were representing the corporations, and they were Jeff Bezos, Elon musk and Richard Branson. So I asked Val Nek were they there and he said “yeah I'll tell you about it later” and then Thor Han later confirmed that that was correct.

Elena: It was quite a rough day because Michael Sala had to put the intel from Thor Han and Michael speculated that it could it would be logical that it would be these three guys: Musk, Bezos and Branson. And when he said that, a lot of people went crazy “What? They work for the the dark ones!” Yeah they probably did so. Why? And the people were crazy, because they didn't understand, that they didn't know everything. So I had another meeting with Thor Han and Michael asked me to ask Thor Han if am I right or what what's happening? And he says “yes, Michael is right. These people and even more other CEOs.”

So the thing that is to be understood is that they are CEOs, they are corporate. they are corporates they are not politicians. They only work for themselves. So they are going to ally with the most powerful person to make money, make profit. So they were allied with the most powerful people in the past which were not the good guys. Maybe some of them did some very bad things, we don't know. It's a probability. But then these bad guys they were working with or force, they are losing, they quasily lost. So now of course they are aling with the winners. That's in every war. All the corporations turn towards the victor

Megan: When I connected Val Nek he explained that they're under the federation's thumb and that he explains the council of five being there to make sure and everyone's thought was being read. He also said that their businesses in neighboring planets have been completely dismantled. So anything that doesn't benefit the human race or the terran people in regards to their businesses have been completely demolished. And the way that he explains the agreements that were made, that it benefits like any legal contract it's an agreement that you have to abide by and you can bind the other person from not doing certain things, which is a benefit because those men are so wealthy. They could take their technology or they could take what they know and do whatever they want with it. But now that they're working with the federation, there's an agreement made, they're binded somehow.

Elena: Thor Han told me. I said “Do you trust them?” And he said “Oh no, we don't. We're watching them” and he said “If they were to do it behind our back we by the agreement, we would confiscate all the assets and they would be done.”

Megan: So it's important to note though why they were involved in the first place, because they need like the federation cannot manufacture advanced technology for our civilization, it goes against their prime directive. But they can give the schematics or the ideas or the plans to a human and the humans can make it. So that's why the human race or the corporations have to manufacture the advanced technology.

There's also which I know you're going to talk about mars and the moon being liberated, but there's a time constraint; because mars was liberated and the dark fleet left. There's a possibility of the Ciakahrr, the reptilians coming back to planet earth to take our resources: although Val Nek did explain he was kind of like funny about it because the reptilians he said are really bad negotiators; no one really wants to do deals with them and they're only really part of the Nebu, the Orion alliance because it's like they don't want to get in each other's way, but they don't really work together. But they kind of have a common goal, but they're not really allies if that makes sense. But

he said the reptilians are going to other star systems trying to get allies which they most likely will not be successful at, because they have no terreal resources, they have no slaves to trade to gain allies.

Elena: I totally confirm, the Cicakahr reptilians and the Nebu are competitors. So sometimes they ally with association of interest, like for earth for instance. They share the profit. But normally they are competitors. They are not friends. So I just precise that.

Megan: So that's the need for there was a talk about time constraints for these CEOs and their corporations to start manufacturing a starfleet for the human race and for terra, to defend itself in space.

Elena: Yes, these meetings on Jupiter six countries were selected for their capacity of participating into a Starfleet, creating a Starfleet. And at that stage of six countries Thor Han told me about "horizontal coalition" of different space forces in one. And then who would manage them would be at the the lead? Well it has been decided was the US.

And that's something important also that's necessary to mention. In the spirits i'd say, even the philosophy of the federation to try to delete the potential enemies. And how do they delete potential enemies? By integrating them into the federation, because once they are in the federation they are binded by laws and they cannot do anything and they did oblige to work for peace and balance.

That's why all these weird CEOs also were included. Then they need to conform to the laws. They sign and if you don't behave well we confiscate everything. That's what also China was part is part of the sixt, the starfleet because then they can control them and that's very clever.

Megan: It's part of the art of war. An ally of your enemy, your ally is part of the art of war.

Did you want to talk about the moon?

Elena: I think we can come back to it later when because you have had intel from Val Nek on how on the after of the Jupiter agreement. ...

Megan: So Val Nek explains that they're building a new moon base, that the US is going to be in charge of it and it's going to be like their main kind of center based thing. And he explains the technology that the federation is giving the alliance to make. It looks like it's like you have walls, but there's like a frequency running through it and it's a higher frequency and it cannot be hacked. And it kind of works like a portal where you need a the frequency key to either close open or even get through. So it's very secure.

But also too I'm sure that you've seen this in space. It's like there aren't any windows, but you might look at a wall and be able to see through it.

Elena: I've seen this technology many times in the ships. They use this technology and so when you're in the common room for instance, you see the front, you see space, you see wherever you go – but it's not a window. That would be insane to have a window.

Megan: Have you noticed when you're on Thor Hans ship that the technology there it's like the frequency it admits, it's like in alignment with your body or it like float kind of flows with you versus when you come down to earth, it's like your computer whatever frequency it emits like it gives you a headache or it like brings your vibration like completely down. So that's part of the technology too that's going to be released from earth. We're not going to have these fluorescent lights that hurt your brain. that kind of thing.

But so he explained to the moon base, the US is in charge of that and other countries have access to it as outlined in the agreements.

But then he also showed me the entire globe, the entire earth and they're putting this it's like a frequency around the earth. And I gave the intel to dr Sala and he found a report about the U.S space force talking about this high technology called "the space fence" and Val Nek confirmed that. That's what it is, it's like a frequency, it's a similar technology as the moon, but there's also an

interdimensional component. So that the enemy can't make like a wormhole and come through. That is monitored, they're going to be sending up satellites, that's monitored by satellites. And then the satellites are going to be watched at the moon base.

But then also they're actually building like a new space station and other outposts that are surrounding earth, that are going to be part of surveillance as well.

And what else did he say? Yeah, He explains like the space stations are going to be places for the fleets of ships to be docked, that they have to train engineers to work on these ships, work on the new technologies and that there's obviously going to be living quarters for the pilots of the ships and the employees and stuff like that. So it's like a huge deal to do.

You know, because I'll send my intel to Dr Sala, because I don't ask the same questions that Michael asks. Michael's like a researcher. He asks like educated questions, how Val Nek sometimes will be like "Oh, smart man." He kind of walks like that.

I was explaining, lunar operations command. So that is being refurbished to be a medical facility. And there's sections that have already been completed. That is for the slaves from mars and for the super soldiers. And Val Nek explains there's like this high frequency that is blasted in places on lunar operations command that undoes the brain trauma or the mind control trauma. And because he explained when someone undergoes mind control the links between the neurons like are so strong in that frequency of it's trauma based. So a higher frequency it assimilates the brain to move in like a positive way and it undoes the mind control like really really well.

And so when I sent that to Dr Sala, Val Nek was really amused, because Dr Sala asked about Nikola Tesla and the technology that Nikola Tesla had back in the 1900s, because it's very similar. And Val Nek confirmed, that technology was given from the federation or the ideas for the technology was given from the federation to Nikola Tesla and it was suppressed. And because it was suppressed by the enemy, the federation is involved with releasing it, because they're righting a wrong. So it goes in accordance with their laws.

The med beds. That's very interesting. So Val Nek didn't know what I was talking about when I said med beds, because they don't call them med beds. But I kind of explained like what we think of them and he said the technology is similar. It's like a frequency that moves through the body and each strand of DNA is bonded by a magnetic polarity. So the frequency or the technology identifies that and it uses magnetic force to repolarize the DNA to the correct sequence and that's how it heals the DNA. And so they're working on that to be mass produced for all of terra, for all of the earth.

The reason that the federation wanted to be involved in releasing that too as well is because it has the potential to be marketed or misused for profit, and it's going to be used for every single country, every single person all over the globe.

Elena: Yes, that's fantastic news. First there are two things I want to add my testimony to. One is the these medical pods, medical beds and pods.

I've had the opportunity to visit Myrah on one of the science station of the federation where she works and at the time. She was part of a program to take care of the rescued hybrids from the DUMPs on earth. So they were brought there and so she explained a little bit to me what they were doing. So these wounded bodies and souls. So they were they had two different treatments.

The first treatment was to repair the body and all the wounds and make it strong. And as you describe it well, repair the DNA. First they would scan them to see what DNA they have and once they have the frequency of the DNA, because DNA emit frequency, they would find the match and strengthen it and repair everything by sound frequency, she said. So same thing.

And then once the body would be well, they would have a second goal for healing the mind and the soul – and still with frequency. She told me about. They were using gravity, but it goes with electromagnetism, because it's just working together.

And the second point I want to add my testimony to is the architecture they use on the moon that you just described. This is a technology I've been told was created in the Sirius b system. Now the whole federation uses this material that has been created where you can see from one side, not from the other side. You can do whatever you want. You can make screen if you go see through it or do a projection screen from a quantum place, somewhere. But you can also do openings in it.

When you speak about frequency key, you named it. They told me when you have the right frequency you can open a door pass through the wall. And this technology they reproduce it in clothing, it's the same. It's an atomic link between the atoms. I don't have the words to describe it in my poor English. When you have a clothe and you know there's you can't see it but, you know where it is and you just put your hand and you just take it apart, and thumbs just open and you can open your clothing.

Megan: Can only the person that is wearing it take the suit off?

Elena: That's interesting question. I don't know.

Megan: I wonder if the suit it obviously adapts the super suit adapts to their frequency, so I wonder if it needs their frequency to unlock it.

Elena: That would make sense. I would say yes that would make sense, because I tried one of them once and it really made one like a second skin and it really matches my frequency, my DNA and maintain all my organs healthy and going and at their full capacity. So yes, only the person that wears it can open it and take it off, because it's frequency. A very good point.

Megan: The other thing that Val mentioned was free energy. That there's one of the CEOs that we talked about was chosen his corporation (he didn't say which one) is going to be producing free energy, and he said within the decade it will be produced. That doesn't mean that it will be like all over earth and everything will be transitioned. But within a decade we'll have it. So that's good news too that's going to be released.

He basically just stressed that this is a really big project.

But one thing I wanted to address too is why the federation doesn't like earth sucks right now or everything that's going on you know sucks or lockdowns and stuff like that. Why the federation doesn't address that and why they chose. I have my answer and then you can add yours.

You have like the malevolent extraterrestrials, that are allied with bad humans. And then you have the good humans that are allied with the federation. And the federation they within their laws can remove a malevolent extraterrestrial force. So they have to remove the military that is backing the bad humans, before the good humans can take down the bad humans. Does that make sense?

Otherwise if they didn't do it that way if the say, they tried to attack the cabal, the deep state, the humans on earth, these malevolent ET's would just make earth the battleground and they would love to feed off of all of the death and destruction of the human race. It would make them super powerful. It just would not work. So that's like my take on it.

Elena: Yes, I had the same words. I said to Thor Han once, "but you could finish this war in one hour. So what's going on? It's taking years." And he said to me that they needed first to remove the extraterrestrials that were behind the humans, and that wasn't done easily. They need to go where they were hiding in the undergrounds, very deep, and that was very precise operation.

They can't just blow up everything with the baddies in it, because in these facilities there's a lot of human personnel that are working there and also a lot of slaves and prisoners and poor hybrid creatures and clones. All these beings, they need to be saved and rescued! Of course in one hour they could even blow this planet up to get just sorted. But why they don't do it? Because they don't want earth to become a battlefield. They don't want casualties. That's why it takes years. It's taking years. Well, it has taken years.

Now we're seeing the end of it for this reason.

Megan: Val Nek was very excited. He connected with me and he said the dark fleet is gone, Mars is liberated. He was like “they're demolished”, like poof like he showed me this explosion. Did you get the same thing from Thor Han?

Elena: Oh yes! I think in my last book I put the exact date, suddenly connected in the morning and (it's often in the morning Thor Han connects to me. it's like he finishes his shift in the morning). He was joyful and victorious and I say “what's going on?” He said “All reptilians have left mars, the dark fleet is going defeated and we've won the war on mars!” I want “Wow”. And it was like a big blast of pride and probably the same day.

Megan: They might have been together, because he explained they're all like they were all celebrating and I obviously couldn't hear everybody else, but I could feel the energy in the background like everyone was excited.

So that makes sense, found like explained because those people the humans are victims of our enemy it's our responsibility to make sure they get medical treatment and so there's agreements with the alliance at lunar operations command for them to be healed with those med beds and stuff.

Elena: There are priority in healings with this technology. So the fighters that fight for the liberation of everyone else and the people who are rescued.

Megan: Are you ready to talk about the prime directive?

Elena: Yeah. Before I can just remind a little bit of update on how the war is going on. The solar system for those who have had difficulties to follow all these updates. So globally: the battlefield is earth, our moon, Mars and Ceres as well. It has been things going on. I know there are other places next.

It's not over but it's going from the center to outwards. So you can imagine what's going next. On earth about 10 to 12 percent of the DUMPS are yet to be liberated, but it's getting there. So the wind has really turned to the good side on earth.

All the main elites of the cabal, they had fled on mars a few months ago to I think it was Aries prime, some colonies. And then the federation was waiting to attack Mars. And as they could start to raid Mars and to attack Mars they could then attack in the same time, destroy a grid of harmful satellites that were around earth and that were broadcasting mind control and I know the three letters agency is linked to that as well.

So war on mars started. I finish with mars, because in between there's been the moon, but I'm going back to the moon afterwards. So war on mars started, the galaxy federation has been training the local reptilians and insectoid and they've done on mars as they've done on earth. On earth they created the earth association with the white hats, on the same mars federation and locals to just. So everybody worked together. Mars was liberated, the facilities were momentarily evacuated, people will come back, human personal, but now under the rulership of the white hats and the alliance and the federation and all the good people. Programs on mars I think have started to be set up with some cooperation that have been really voted and everything well organized for the greater good of humanity and the solar system. So the local reptilians, the true martians are cooperating to that. And it's going to benefit them first, the people of mars first – and that's for them, not for earth-taking resources. Mars has been liberated for the Martians, that's important.

And same with Ceres. Ceres in the asteroid belt also has been liberated. It was very difficult because it's a very small planetoid. So it's been liberated and given back to its colony of German people, will make their own government. They have been under a military occupation since long time by the dark fleet and now so they are free. Ceres it's going to be very interesting. We are going to hear about it, about mars as well.

And the moon was liberated in the meantime in february 2021 by the alliance. I want to remind about the machine that was broadcasting, that's been dismantled. So what intel have you had about this machine?

Megan: Just that the machine that was broadcasting mind control frequencies has been dismantled. But I know people like so how I mentioned the super soldiers, their brain is used to working under trauma, it's almost like that because we've been under that satellite so long, that everyone's brain is used to operating under that fear mechanism. So even though the satellite has been dismantled, you don't really see a difference. It's because we're generating that frequency on our own.

Elena: Oh my god yes!

Megan: It's just neuroscience. They all did these studies, the Germans and everything like in the 1940s and the 1950s.

Elena: Yeah, it's exactly what Thor Han told me after the moon was liberated and machine dismantled. He said “the matrix is dissolved. But humans still maintain it by themselves, some humans, many humans because they are used to it and they're still fabricating it themselves. You need to stop thinking like before! You are free! You're not mind controlled anymore. You are free you need to embrace that!

Megan: Do you want to talk about the prime directive?

Elena: Yeah. Recently Thor Han transmitted to me a message from high commander Ardana. She is at the high command of the battleship of the galactic federation where Val Nek and Thor Han work and she obviously certainly got this order from higher above, because nothing of this importance is decided without the avail of the high council of the federation. So it was a prime directive.

So Thor Han says “Okay, now you need to write down. I'm going to dictate to you a text.” I went “okay all right”. So I did that by telepathy. And he said “Now that's to be transmitted to humanity.” And so I shared it with Michael straight away, Dr Michael Sala. And he was like “No way”.

And we got the commentaries from Thor afterwards, because you know it's not the text. They don't have these documents as we would have texts. It's word for word. The words are settled. You cannot change them or move them. Its words are really set, but it's holograms. So every document is like a sphere, it's a holographic sphere and you have the 10 charts of the Prime directive like small spheres in it, and you connect with your mind and you read with by mind connection to the sphere to read it. And when you access a sphere with a text, so you have the text that it's just imprinted in your head. You either see it or either hear it in your language probably. And you also have all the details related with visions and other understanding.

Megan: So downloading the concept of it.

Elena: Yes. that's why Thor Han needed to explain every chart in it. That's good to talk about it because Michael Sala has made a great video about it at which I participate. And he wrote an article that is very really good on his website, but it's worth mentioning, because that explains a lot what is going on at the moment.

And Thor Han told me, “I'm giving you this, that people understand better what's going on, especially with the Jupiter agreement.”

Megan: So can you explain when the federation can intervene in a society like ours.

Elena: Normally there's a classification with four different types of civilizations.

Type 1 is a primitive. So it's life forms which have not organized in civilization yet.

Type 2: it's a civilization with organized culture and religion or spirituality. So that's where we are – type 2, organized civilization with awareness of spirituality.

And type 3 that be the federation, type 3 is such a culture which has made contact by themselves with another culture from outside of their solar system and this culture must also be able to travel out of their star system by themselves for commercial and civilian reasons. We are in between, and it's very weird with us.

There's a stage 4: it's called high, It's six density and above.

We are in between stage 2 and 3, because we can go out of our star system with Solar warden but we haven't made contact by ourselves with ETs. That's them who contacted us, the invaders. First the Nebu and the reptilians long time ago. So they infringed the prime directive.

So that's the four types. When a culture is allowed to interfere or when it shouldn't?

It would seem that the whole galaxy abide by this law, even if they are not part of the federation. That's interesting, because it would seem that these charts really were taken from universal laws. And it is mentioned at the stage, I think it's at the start it's mentioned about the universal law of free will regarding to this law. So it says that you must not interfere in the development of a culture until it has itself reached a stage 3 by any way, not displaying technology that people cannot understand blah blah blah. So the galactic federation shouldn't be here. But they're here and they're helping us and they're interfering and since the 1950s they've given technology with two different governments. Why?

Because there's a close nine which says “unless the said culture of stage 2 has been under the threat or the attack of another alien people” Then the galactic federation has the duty to intervene

Megan: In the interest of balance to right or wrong

Elena: Correct yes in the stress of balance. And when in 1954 the galactic federation willingly officially made contact with president Eisenhower and his government, it was because they knew that in a year time the Nebu, the orion group would come and break the prime directive and try to bribe people. So they say “we are come to give you balance. We come to give the balance and you choose free will, you choose which one you go. We offer you this, the other ones we offer you that. We do not advise you sign with the other ones, but you do whatever you want.”

Megan: That's what they did. It's important to point out that's why they're able to intervene, because we were invaded by a malevolent species. So there's something I was reading it because I know what it means,...

Since Elena and I have gotten together but even before that there's been the deep state kind of knew that the people would turn away from the mainstream media. So what they started doing is putting people in place in alternative forms of media. So you know whatever issued youtube, instagram whatever you have it.

Val Nek connected with me the other day and he gave me this statement, that I'll put on the screen but I'm just going to read, and it says an official statement from the galactic federation of worlds on the ongoing controversy and spread of misinformation. And it says:

There are agents, counterintelligence agents, who are working very closely with Terran allies. The purpose of these communications is to spread confusion and fear among the human race. These terran people who are spreading counterintelligence are knowingly or unknowingly trying to discredit the galactic federation of worlds.

And then it goes on to say these agencies use several forms of communication with their terran informants, none of which the galactic federation of world uses. These methods are as follows:

– artificial intelligence using satellite communications and other methods which we will not say but our common mind control tactics of the dark fleet and its allies.

These communications will likely increase in nature in an effort to remain in control and further discredit our momentous efforts. Do not consent to fear. We will never let you down. We salute you.

And that was from Val Nek and Ardana both. Do you want to talk about?

Elena: Yes. I have had several conversations with Thor Han about this and one with Ardana, but mainly with Thor Han.

It is a temporal war as well. That means that the baddies as the goodies they know what is going to

happen in this war of timelines. So the future, if all the federation, all the forces everyone came and also all the program of starseeds, the envoys program, if they all came, it's because they knew there was going a chance of victory. They knew there was a great probability. that we will win that.

And so the baddies knew that as well. And also at the time about Star trek, Gene Rodenberry was given all these information. It was from people either from the future or either people from the federation who knew that about the positive timeline, which is now secured.

So the baddies, they worked closely with organizations on earth such as the three letters and others, I won't name them but you can figure out yourselves, to come up with psyops, psychological operations, that would not only – okay you spoke about the mind control broadcast by frequency satellites, but there's something else as well that's been going on. It's manipulation, mainstream medias. We know.

But there's something even more cunning that's been happening. So when you want to get the whole population to believe a lie, if you lie to them directly they will say “hey come on, come on” So you're gonna first gain their trust. This program has been going on since about a decade more especially since Mr T president in the states has been elected they went “oh shit”. So they really enforced it since about four or five years ago that started.

There are many people who came on the front stage suddenly, who were tools, without even knowing that they were tools. They were so convinced. You know because when you know you lie, you need to be very good to convince people. But when you think you don't lie and you're convinced of what you say, you can be very convincing if you convince yourself.

So who are these people who have been used? Unfortunately a lot of super soldiers who have been sent back with implants, so telling true stories and then at the right moment everybody they activate remotely everyone, suddenly the narrative changes and suddenly it's all doom and gloom. Suddenly the galaxy federation works with the cabal, suddenly ..

They picked people on social medias, especially youtube, who were in search of popularity. That's the Nebu tactic, the Orion group. They do that when they conquer a world. They seek for people who want popularity and being loved and admired and you know greedy people about popularity self-love, blah blah blah. And so they they picked few people like this and they groomed them, they start to give them true information that could be verifiable. So these people gain a lot of popularity and trust and at the same time as everyone else activated change of narrative and you know – it's the story of the frog in the hot and cold water. Everybody for those who don't know this story, it's a parable. A frog lives in cold water. If you put the frog in hot water it jumps out. So the game is to change the temperature of the water one degree every day.

Megan: So there's this saying that I've been told from upstairs, not every truther tells the truth and I like that saying. So one thing in their statement was that the galactic federation of worlds does not use those methods. But they use a certain method, we both have implants. But it's not the same implants as the SSP was jammed and then I had one place by Myrah. I know we've talked about this in another video. But there are psychic abilities and there's mediumship abilities that are natural for your, that's in your DNA. but in order to reach them up their way completely far out of the solar system with telepathy that is so clear that you can translate documents and intel like that it's it's not possible without an implant or without their technology. And the technology that Val Nek was talking about with the moon and all that it's the same thing – it's a high frequency that has an interdimensional component. So it cannot be hacked at all. I wanted to point that out because there might be some people that say I'm representing the galactic federation of light or whoever and they might say something completely different than Elena and I say, and they say it's coming from the same source – but it's not.

Val Nek told me what you and I are doing is authorized disclosure from them. I wanted to point that out as well.

But there are a lot of SSP soldiers still have implants in, and they can activate them remotely and what that implant will do: the person will think they're picking up on psychic information, they're getting downloads from an extraterrestrial. They will project an image and they'll project screens of information. They may even think that they were abducted. Or they may give them dreams in a dream state and the person will believe that that's real. It's artificial intelligence, it's an implant. They've used that technology forever.

Elena: Yeah. And the implants Megan and I had, they are different. Ours has been put by the galactic federation directly. It's a technique, the techniques of this device what the components are made by the federation and they are very high frequency technology that cannot be hacked. Mine has been put by the Nebu. So it's a lower frequency device at the start. But it has been recalibrated like not destroyed but reset by Myrah also – that's funny – and to the frequencies of the federation. And then it's totally like yours now. These implants are on a higher frequency and it allows communication only with the higher frequency and it cannot be hijacked.

And you were mentioning about mind control going back to the what you were saying with the moon facility, that they were broadcasting high frequencies to dismantle the mind control. Well that's what Thor Han always says “raise your frequency!” When you do that it says that you are not you cannot be mind controlled anymore and it's difficult to understand. But teaching is repeating and raising your frequency I can confirm it protects you from being mind controlled, because mind control is on lower frequency and if you raise your frequency you can't be mind control anymore. And our communicators, our implants are devices that thrive on this higher frequency. So that's a good point to mention.

Megan: You mentioned too that everyone who is channeling AI is activated at the same time and I noticed that too. There's going to be a solar flash and there's lots of psyops going on with new earth people will be transported, some people walked here, stuff like that. I'm trying to think of what other ones are not true.

There's two like operations they've been running. There's people they put in place to misrepresent the galactic federation. So they will be put in place, they'll talk about being spiritually evolved, give you advice that kind of thing. They kind of represent the federation as spirit guides which they are not. They are military and they will spread like Elena said 90% truth 10% lies, and then they'll start saying stuff like “make sure you prepare that you know for whatever” and they'll spread it in with fear and stuff and people will think “oh my gosh, that person is representing the federation”.

Then they have other people that put in place. they either just completely bash the federation or they pretend the federation doesn't exist and spread it. Have you noticed that as well?

Elena: Oh yes, totally! So suddenly the message about fear. Something horrible is going to happen from earth and the federation is going to come and save only the chosen ones – as so evil is like exactly like some religions “be a good christian and you will be saved last judgment”. Oh yeah, they take old myths of old earth religion for people really to be hooked at it like the Jerusalem ship or Jesus is coming back, is going to take everyone. Federation is the best, Jesus is leading the galactic federation. That makes the lads upstairs laugh a lot.

They taking so religious thing for people to be really hooked at it and then “you will be taken on the ships and you need to be a good whatever to be taken on the ship” and “oh, but you can't take your pets with”. How evil is that!

Megan: I don't really want to mention this, so I won't mention how. But hundreds of millions of people are gonna die if they did x y or z or if they made some sort of medical decision, that kind of thing. That's wrong!

They never say stuff like that and I've heard people say “I gotta go from archangel Michael or Jesus or whoever and they said watch out 100 million people will be dead by next year.” They would

never ever say anything like that! Imagine if Thor Han connected with you and he's like "I gotta tell you something..."

Elena: No, I mean they are hustling, the federation is us hustling people, saying "raise your frequency and just remove fear!". Anything that is fear-based is sent by the bad ones, your enemy, to lower down your frequency and make you vulnerable to mind control and make you do stupid things. Everything that is fear-based or that stresses you or creates an emotional dependence – it comes from the bad side.

The galactic federation sends message of empowerment. You are free, you are strong and we are winning this!

Megan: So this topic is prompted from many emails that I've received and many emails that Elena has received of women or people coming forward saying that they are either married to Thor Han or married to Val Nek or are dating them in some way. And so we both wanted to kind of clarify that.

They are military officials, they're military officers. They are here in the presence with the intention of helping, liberate earth. They are not here to that's part of a psyop. that's been spread around too, they are not here to date any humans or date anyone from earth.

So that is stuff that also might be if people are getting those downloads, it might be artificial intelligence, looking to discredit Elena and I or looking to discredit our movement and turn it into something that it's not.

Elena: Yes I received many emails. Some emails are people saying they dreamt about Thor Han, they met him, they had adventures with him or some – it's always guys –they met me in their dreams I was there on board ship. I went "No! Like go away, No, no. I'm not going doing this thing!"

I mean Megan and I, we are just normal people, Thor Han and Val Nek are normal people. The only difference is that they were born somewhere else. They're from a different culture, a different race. They are not above us. They hate being worshiped, they hate being taken like for what they're not. They're not superior as us.

We are all equals, with cultural and technological differences. That's all: cultural, racial and technological differences between us, but we're equal as beings. They're not above – that's conditioning! We need to stop kneeling and stand up!

Megan: That's one of the reasons why they can't come out and show themselves because the human race has been under mind control for so long and have that certain behaviors have been encouraged. So the potential for people to worship them or idolize them is high or put them on a pedestal or something similar to that.

Elena: They're just normal people.

Megan: We've both gotten emails, people pretending to be Val Thor, stuff like that. When you met Val Thor, did he talk about how it made him feel when he was worshiped or how like did he say anything about that?

Elena: Yes very interesting that you mentioned this, because Val Thor effectively first I was wondering what's why Thor Han was telling me, "Oh Val Thor doesn't want to interact with humans anymore, with civilians. It's just interacting with officials and military and having no contact with civilians anymore. it doesn't want to." I went, "what happened, why that strict?" I was really an exception. I mean Thor Han has been working two months on the case to try to convince Val Thor to speak to me. So yeah, because he said, because when he visited the pentagon between 1957 to 1960 he wasn't only in the pentagon. He was also in Russia, but he said he was curious to meet representatives of the earth cultures. So he decided to meet different men from representing religions and spiritualities, but not high instances, just normal people. And he said, some of them worshipped him so much and they idolized him and they really used his image and his himself to promote their religious beliefs, and he really felt very uncomfortable with that. The thing is, he was

bind to respect the prime directive in this regard. That means not to interfere in the evolution of the spirituality of the culture of earth, not telling them “Hey no, sorry, I do not believe in christianity or whatever. We are aliens, we don't believe in earth religions.” He couldn't say that, because it would have triggered the mind of these people. “What, oh aliens are not Christians, oh oh!” That's in the prime directive, you do not interfere in the spiritual development of a species. So he say “no, I'm done with them” because people were like worshipping him and he said yeah, we're not ready. So something he told me, he said “humans are not ready yet” and I understand, I understand.

Megan: Yeah, that makes a lot of sense.

Is there anything else that you can think of that we need to talk about?

Elena: I would last thing say that there's a lot: it's the final combat. All the people who are the light workers who are on the front line are attacked a lot and harshly, because the enemy is losing and they try their last blast. So I've been attacked, your mom had the men in black at her house. Many friends of mine who are on the front line have severe attacks. And when they cannot attack us, because we are protected, they attack people around us like your mom, like I know people next to me have been attacked to cause disruption in our frequency to scare us, that we lower our frequency. And we then able to be attacked. Things like that to scare us. Fortunately all of us were on the front line, we are so protected. But we feel the attacks.

The AI attacks are something that people need also to be aware, that's not all the attacks are AI, but you can have different things that that are sent to attack you. But the AI attacks are very cunning. They will make you believe that they are whoever you want them to be, and that's very cunning. Do not do channeling just for fun. Do not try to contact ET like opening your protections, that's so dangerous. Not now! Connect with your guide your spirit guides, go within, raise your frequency and see who's there. But do not open yourself to the outside, because the predators are all around us at the moment. They try to get us – so be careful.

Megan: Anytime you have like a delusion or you have an idea that's coming from like maybe your ego or it's a projection like a need, there's something that needs to be validated within you and you start channeling there's you're going to send out a frequency. It's not going to be a high frequency and they're going to be able to recognize it. So say you're like “oh I want to connect with I don't know Mary Magdalena” but you're still very nervous and you just start to there's going to be an entity that knows that and they'll come through that way.

Instead just connect with yourself and that's what I would say too.

Elena: You will spot these people who are manipulated by the enemy, because they will have changed narrative into something a bit doom and gloom, saying that the galactic federation is bad, that all our allies are in fact working with the enemies ,spreading confusion.

You will see also these people claiming that they are reincarnation of very historical famous people, such as Joan of Arc or things like that. And also that they are super powerful like I know there's one at the moment, she's queen of the galaxy and she can crush everyone and travel interdimensionally and she has super powers. These people.

We are normal girls, and we don't pretend to be something else that we are not .

Megan: Normies trying to kick out the baddies.

2021-09-18 – STAND UP ! A message from the Galactic Federation of Worlds

<https://www.youtube.com/watch?v=0IJ0pCGy-9M>

I ask you all to be brave. This is the final combat. This is the time of confusion, of doubt, of fear, but also of courage and of resilience.

Hope must be kept in your heart as your fuel. The intention is what leads you into battle. Love. Love, for not only the humanity of Terra, but love for all life in this galaxy. For this battle, it is what it is about: protecting all life, protecting and defending first those who are the future: the children. Our kids. We are fighting for them, not for us but for them.

Because it is them, who already are the future. They already carry in them the seeds of this future and they will remember us, the forefathers and the foremothers who set this world free, who overcame the millennial enemy who has been terrorizing the whole galaxy for eons.

Us, the warriors from the stars and the warriors from Terra united together, We have made this victory happening. And our children and grandchildren will remember us and honor us for our sacrifice, for our courage and for not having lost hope during the times of the deepest, scariest, harshest darkness.

Keep peace and calm, and quiet in your heart. May your sword always be moved by an intention of love.

Love, the greatest weapon. Now!

Stop kneeling! Stop complaining and stand up! Face it! You are stronger than this! You have survived until now, for this very moment, and everything you've known as trials, wounds, scars, hardships, was only to prepare you for this right moment, now, because it is now the moment you came for.

It is time you stand up, and time you do what you are meant to do here. The whole galaxy trust in you so trust in yourself, know who you are. You are amazing!

Stand up!

(2021-09-24 – implants explained by Megan & Elena)

<https://www.youtube.com/watch?v=yL6VoHtY5IQ>

Not transcribed yet.

2021-09-28 – Q&A Open questions

https://www.youtube.com/watch?v=WlvSmqFGW_U

Book promotions

Tonight I will do a book review of three books I liked, where my illustrations are in so.

El Ka “Crystal Grids: The art of healing with crystals”

Do you recognize this lady? Al Ka is Elena, the star traveller. That's the book she's written because she works a lot with crystals. Look at the size of this book: it's huge and it's very thick and it's a really comprehensive about crystals. It's an encyclopedia with all the crystals and color photos.

For each category you have the associations with what you can associate it, the chakras, the elements, the candles, the flowers, which herb, which planet and which zodiac sign the crystal or the gem or the mineral corresponds to, and what you can do with it. What are the metaphysical and properties used. So you have for animals, for children, for the environment, for finance and prosperity, for health and healing, for home, for travel, for love, for protection, for psychic abilities and so ritual work, everything. This book is a kind of a bible, you can have, if you start to do work with crystals. She also shows how to do crystal grids. There are tables at the end. It's quite quite impressive. I really recommend this book.

Second book I will show, it's kind of a bible also, but for totally different topic. I've done illustrations for this book.

Luke Eastwood “The Druid Garten”

<https://lukeeastwood.com/books/the-druid-garden>

Who is a scholar and a druid and so it is all about gardening in the way of the ancient druids in harmony with nature, because the druids we are honoring the planet, honouring all life and protecting our life and working with the seasons and the plant spirits and the nature spirits and all the good energies and the energies of light of love protection. So good magic. My drawings illustrate this book.

You have also all the story of the history of gardening and agriculture throughout the ages since the first signs of agriculture.

The druid garden by luke it's for all those who want to garden in the way of the ancient and in the way of the druids, with the knowledge of nature.

The third book

William Bramley: “The Gods of Eden”

It's another bible. This is the bible for all the mysteries of humanity, explained. This book, you need to read it! If you are here watching my channel that means you're the kind of person who needs to read that.

In this book I learned so much. I learned about the Anunnaki. I learned about the first ET waves that have come into earth, all the hybridization programs, all what humanity has been used in. It's absolutely mind-blowing the researchers in this book.

It's short chapters I like that. You can read few pages and do something and then read another short chapter.

I learned a lot about the chronology with the Anunnaki and the start of the cabal, how did all the kabbalah started. I learned about the all the free masonry, how did this started on all the ruling dark families, how did they come on the first on the stage, or the bank banking families how they are all interlinked with some royalty branches. This guy nails it. He really says it all and it's really synthetic and like compact and dense with information. ... The birth of um freemason freemasonry, I'm just reading at the moment about the order of Melchizedek. You know what Melchizedek was a priest in Jesus time, but the freemasons that's very important thing I just something popped I read today the freemason were christianity-based group, but then there were important people like I think was the Rothschild and he wanted to be part of freemasonry because he was very important people person character, and so they had to create a special lodge which was for especially jewish the order of Melchizedek. So I was wondering who this order of Melchizedek was. And in fact it's a free masonry lodge. I didn't know that. So all the Frank Strangers, he was part of it, he was a Melchizedek person of this lodge and all those like and I know why. Now Val Thor told me that Frank Strangers just used him and his image to promote his religion. But then that goes further than that!

That's food for thought.

...

And in it also, I oh my god, I'm going to break some hearts. Well up to you to believe this guy William Bradley, but I believe him, because I mean the researchis he hass made and all historical facts you can really cross to compare.

A chapter that really blew my mind was about Saint Germain and how Saint Germain has been used by counterintelligence throughout the new age movements to lure people away from the path of self-empowerment and awakening. Oh my god! You learn in this book that Saint Germain was a con artist. He was a con man. He was a spy for different governments and different countries. He was very sharp, very clever and he deliberately invented created myths about himself. And he even says it. He told this to one person, I think a king or a very important royal person. I think it was the king of france. He says to him, he confesses that he has invented myth like he was way older or that he was a time traveller, just to make himself be believed as someone mystical, and he even confesses it! That's absolutely mind-blowing. So plenty of like goodies in this book.

...

First thing: Be gentle with each other! I know people, different people think different things and it's nice to cross opinions, because it's by comparing the way we see things that we trigger the mind and then we say "oh wow, yes, this person said that to me so it takes me out of my comfort zone and yeah – food for thought". And that's how you progress.

Always critical mind always critical mind listen and compare and see what resonates with your common sense and with your heart. Because now you know there is a lot of confusion, a lot of different narratives to unite people together to find what people have in common, because it is united that this world will survive. It is united in what we have in common, united in our differences that is what a federation is. United in our differences, differences of races, species, cultures spirituality, thinking, beliefs, choices. All of this is not what separates us. It is what makes us an individual sovereign being. And as an individual serene being with our own critical thinking our own sovereign free will we unite with others who are different, but we unite together. And this is how we win: in love, without any judgment, compassion, acceptance.

I know in these times it is very difficult for many people who have relatives and people they love, who have taken a choice, regarding to something they choose to do to their body. You know what I'm talking about. Some of you who are watching me now disagree with these choices and would

rather these people they love do not take this decision, because we believe I believe like you that this is harmful what I'm talking about. But then you need to tell them what you think you need to tell them why you believe it's not good, it's gonna harm them. Do the best you can.

But then once you've delivered your message, the choice is always in their hand, in their heart, what they want to do to their own being and body is their last final choice and you need to respect their choice, not judge them.

Of course you may be sad you may fear for them. But at the moment they do it by free choice, well even if they have been influenced by fear to do it it's their decision, they choose to do it for whatever reason. Then you say "okay, well fair enough I honor your decision as a free sovereign human being, but I will be here and I am here because I love you, and I will be here for you whatever happens whatever you choose to do", because you love them. First try to convince them that you think differently doesn't work, it's fine. Then we're meant to do this: choice you know. We do not want the dark ones to influence our decisions. We don't like that. We don't like to be forced. So we must respect this, that not to force others, not to use the methods of our enemy towards our friends. No!

I mean that's what I want to do: free will is it's a cosmic law, it's the greater cosmic law as I've been explained by my friends upstairs. It's a greater cosmic law, because it is the law of evolution. When your power is taken away because people take the decision for you, you are not free and the evolution is blocked. It is by your choices that you evolve. And sometimes harmful choices are necessary for someone to understand something and grow from it.

As a shaman I know well these things that sometimes you need to die a little bit, in order to be born to the next level of consciousness. Everyone who have gone through the dark night of the soul know about that. So this is it: Just free will, the greater cosmic law.

And our enemies know that, and that is why they always try to get you to give your consent, and fear is consent.

Q: Tell us more about Elohim, please.

I will really encourage everyone to watch the interview I made with my good friend William Watkins about the Elohim.

Q: Are the galactic federation of worlds and the Alliance still working on saving people in the tunnels?

Yes they do. There is about 10 percent of underground that are yet to be cleared. It's a very difficult job, but we are getting there. The earth alliance which is the collaboration of what you call white hats different benevolent military forces from different countries on earth, have allied with the forces of the galactic federation of worlds to fight in the undergrounds and in space.

This program has been set up since the 1940s started and really really got a jump start when commander Val Thor arrived in 1957. It's still going on but it's nearly there.

The last zones that are to be liberated have been locked, because that's the way they do. They are not going to just rush into the underground and go wild the alliance, that's suicide. So what they do because you know the undergrounds well where all the baddies hide, well we're hiding it's on many many different levels and it's so wide and they have super speed trains. So it's mission impossible.

So what they do they isolate a section by blowing up tunnels for instance. Once a section is isolated it would be the earth military on their own, they will just napalm everything? No, it is the earth alliance. The earth alliance is earth military 50 percent and 50 percent galactic federation of world soldiers and tactical command, logistics.

The tactics of the galactic federation of worlds is to first give a chance. You always do. That surrender or face consequences. If you choose to surrender we will, ourselves with our ships

evacuate you and bring you at the border of your star system. A lot of reptilians have chosen this. If you can figure out the reptilians, they have a little bit the stamina of the klingons in star trek. There's also about honor or stuff but you know a lot of them chose to being sent back to their star system and accepted surrendering. The greys are different. They don't have the same mind they have a hive consciousness mind and they are they don't care. They don't care, most of them a lot of them have synthetic bodies, so they don't care to die. The greys are more problem than the reptilians.

Often I have been asked yes the galaxy federation, they could end this war in one hour. First the galactic federation of worlds is not here to save us. they're not our saviors. We're not giving our power away to them .tThey don't want this. But they are here to assist us and support us to save ourselves because it is all what it is about to empower us, to help us retake our own world.Because as we do that we free ourselves from slavery mind control and we take back our home ourselves and we evolve. We are in an abusive relationship with the deep state and when you are in an abusive relationship no one can save you, but yourself.

That's what's happening. So that was first.

And second. You need to think that in all these facilities there are humans, slaves, prisoners, subjects for experiments, hybrids, poor creatures – and everything has the right to life as equal. So they are going to try to save these people, everywhere they need to secure the the people first, the victims, the prisoners. They need to to save them first or secure them in a zone before attacking. And that's very difficult. It does happen on mars, on the moon, on Phobos on demos. On Ceres it was a bit more faster. So you need to know, that this is not as easy as it would seem. It's not a ramble movie. It's very complex.

updating the situation

I would say that: following the Jupiter agreements there has been a lot of logistics developed on the moon. Well you can follow all the updates, Val Nek gave to Megan Rose. She explains this very much in details especially in a video with Michael Sala.

On the moon there has been facilities developed to build the new Starfleet, new medical facilities and everything is going to soon be available on earth. It has started already. You find med beds in a lot of hospitals now. The future has already started, because the baddies have lost, it's the last cleansing. We are now similarly like at the end of world war II where the altar agreements have been made for the after victory, and it's just last bits of cleansing that needs to be finish the job.

So I will recommend to follow Dr Michael Salam, exopolitics. He is a great researcher and he's very attentive to everything that's happening to confirm the intel, he is given.

Q: Are there any soul traps left on earth to force reincarnation?

No. There was a big one on the moon, broadcasted from the moon. There was something on saturn as well, but that's been dismantled and the one on the moon as well. So that's it. We are free.

The mother hive computer that was supposed to activate all the remote control and the satellites, the grid of satellites from the dark ones in orbit of earth – all has been dismantled. The galactic federation has taken down all the bad satellites. So all of this is coming together.

About fear, Solar Flash

I'm going to talk a lot about fear tonight, because it is something that the deep state uses a lot to control us. And there is a lot of people that have been used to spread this fear narrative. And this has started a few years ago, like four or five years ago people have been groomed and prepared and sent here to first gain trust. And then all at the same time change narrative. You can really feel it with every one of them. You will recognize these people. They were they were first giving scientific information or information that could be verified and they are true. Then they gained the trust. And once people were really trusting them they were all activated and they start to spread the same narrative of doom and gloom. That we are not winning, that the galactic federation is evil, that it doesn't or it doesn't exist. or a lot of crap like this. Also talking about fearful things, fearful events that we're all gonna die, we need to evacuate the planet.

There are also psyops that have been developed to really lure people to take them away from their own awakening and path. It's like you know when you awaken some people are butterflies, they are going to just fly away in the sun and do their life and be a butterfly beautiful. But some people are moth and the moths are.. You know, be a butterfly! And the moth can be transformed into a butterfly. You are butterflies!

Don't act like a moth, act like a beautiful day butterfly. Because the moth why? If you are starting to behave like a moth attracted by the most shining light – and the word “light” is used a lot by these people believe it or not.

And you're going to see like something very seducing and like a cult of personality, be it the person or be it the beings. This person channels like Ashtar or Saint Germain – I was talking about this guy – or even archangel Michael, who is really a real archangel, but do you think that archangel Michael has time to be the private guy that channeled two to different humans? This guy is really busy!

So these cults have been suddenly, it hovers your attention and you're not going to take care of your own self, your own awakening, because it is all about you. Going within! You have all the answers within. You are the butterfly, you are the cocon! You need nobody else to transform you! You do it yourself. That's the thing, that's the alchemy. Do it yourself! Be a butterfly, don't be a moth, don't look at the most shining light! Be yourself and fly! Don't care about shining lights fly and do, what you have to do. Be a butterfly.

So a lot of fear has been used. They would say to people “Oh there's gonna be like a cataclysmic event or cosmic event and the galactic federation or Ashtar is going to save everyone.” No, no only a selected group of people, those who have been nice have done their homework –looks very much like christianity thing like “be nice and you'll be saved”. But you can't take you cannot take your pets, like distress emotional. You know, that's Montauk, that's the three letters agency, how they do. That's how they do,

You have all the answers within yourself. I think something very well done, very well prepared is something that makes people talk a lot and think a lot: it's the **solar flash**. Well you know I this is my choice to think it will not happen. But I leave it to you, feel to your heart! This is this is why I believe it will not happen. I am not a scientist. I just know what I know. And I share with you what I believe, and up to you to make up your mind.

So you know the solar cycle, the sun has solar cycles. These cycles are the sun magnetic fields the sun magnetic field it goes through changes, approximately every 11 years. So our sun is a huge ball of electrically charged hot gas. This charged gas moves generating powerful magnetic fields, and its powerful magnetic fields goes through cycles called solar cycles. The earth also has these magnetic cycles.

So every 11 years or so the sun's magnetic field completely flips. That means that the north pole and the south pole just inverse. And then it takes another 11 years to flip back again. So 11 - 11. So solar cycle affect also the activity on the surface of the sun like the sun spots and the sun spots they are

caused by the sun's magnetic fields. And as the magnetic field changes so does the amount of activity of the sun surface.

One way to track the solar cycles is by counting the number of sunspots. That's how they do. So the beginning of a solar cycle is a solar minimum and when the sun has the least sunspot and then over time the solar activity and the number of sunspots increases at the middle of the solar cycle, it has the most of sunspot and a bigger solar activity. And then it goes down and a new cycle begins at the new solar minimum. So there are giant eruptions of the sun's solar flares and shallow flashes and coronal mass ejections. Coronal mass ejections are ejections of matter, when you see a solar eclipse you see this crown that's a coronal crown of the sun and you sense you see these jets of fire. And this activity can affect earth, of course, like volcanic eruptions, seismic activities... It causes also the beautiful northern light or the aurora as we call it. Also but it can also affect electricity grids on earth or internet and and you know cycles are different. Every solar cycle is different. You have cycles with a high solar maximum or low solar maximum.

So where are we? That I am explaining to you this what a solar cycle is, because I want to go to the point and you understand it. Well it's our cycle, 11 years or so. We are since scientists have started counting them we are in the solar cycle 25. It started in December 2019. December 2019 was a solar minimum, the solar maximum will occur in July 2025 and then December 2030 solar minimum. So the most danger we would have for a solar flare or flush would be in July 2025. How is it going?

Well this solar cycle, how the solar cycle we are in at the moment number 25, scientists think people who really know about it think that it looks like the last one, it's exactly the same dynamics. And this is not a new age pie in the sky bullshit, it is the result of studies from a panel of the highest specialized scientists in the matter, they're called heliophysicists, nasa and stuff. And also you have a fleet of sun studying satellites and dozens of complicated models. The guys they know what they're doing. Together they predicted dates for cycle 25 and the start and the peak and everything, sunspot numbers. They are that good and how strong the cycle will be. They know how to predict all this. so you know that the more that sunspot the more the magnetic activity is strong so the more you have sunspots. The more you have danger that flares are going to happen. Well so currently actually the sunspot are very low and it's going really weak. The dynamics is even weaker in the last solar cycle.

So this all these scientists, they predict that the cycle we are in is a low player, small player. It will be not extraordinary at all, it will quiet. Cycle 24 before it was a very feeble cycle peeking at 114 sun spots. The average is 175 sunspot average and so the scientists predicted it's this one is going to pick about 115 you know sunspot it's not a lot for July 2025. So it's really low when the average is 179. So no extraordinary dynamics event with the sun you know guys so all of this fear-inducing tactics and psyops to make you believe "oh my god".

It's like the flat earth, it's all the three letters agency and their friends. They're just trying to scare you to take your power away. There's a good saying, something that I like "you can take this moment two different ways: we're in the middle of horrible wars and all this blah blah blah is going on and the world movement is horrible – or –you choose so to go back to this solar flare. I mean realize that solar activity is the product of a magnetic activity not the contrary. So there's nothing that is going to happen in the dynamics of the sun, in the gases that is suddenly going in micro nova or black or whatever. No anything physical happening to the sun the gases or the matter of the sun is the product of the magnetic activity and the magnetic activity of the sun is quiet at the moment, normal.

And now I'm going to tell you something. Why do you think that the galactic federation of worlds, the andromedan council, the council of five, the earth's alliance, everyone is fighting like crazy and here and dying and for nothing, if they know that there's going to be a cosmic heaven that is going to wipe all life on earth? Would they be here?

They're fighting to win this war against common enemy. But they do not believe one second that

life on earth is going to end. Because these people, even imagine even if there was this solar flash, the galactic federation of worlds and their friends, these people they have the technology to terraform entire star systems. Do you think they wouldn't stop solar radiations to hit the earth?

Of course they will they would! They have the technology for that. These people like use the sun as a portal. They just they do so many different things, they harvest energy from the sun. They would never, they have the technology to stop this, if that would happen. So imagine even if you want to believe there would be a solar flash, be sure that you won't be harmed, because the people that are here in our star system at the moment, they have the technology to shield us from it or even to deactivate it and make in that the sun just doesn't do it. No fear.

The pole shifting in the sun it's a natural cycle and it happens with every celestial body who has an edge like an electromagnetic field. It never happens brutally. The pole shift it is the result of long cycles. It can result in weather changes, technic activity and magnetic disturbance as I said, but it is mild, it's like by bits.

Not all celestial bodies have electromagnetic field. It's very rare not to have one, because most of them have metals or hot gases, something you know. But it can happen, but not in our star system. In our star system so you have the four planets within the asteroid belt have a strong strong magnetic field. Like the earth core. The earth core is made mostly of iron and nickel. So this composition also applies to the other three planets in inside of the main asteroid belt: Mercury, Venus and Mars. So the inner core of all these planets is the same, is made with metals. So metals, magnetic field and it has dynamics that creates the magnetic field.

The inner core of the earth is about 750 miles thick, it's huge, but not that huge regarding to the volume of the planet, and it's primarily made of iron. Iron as highly magnetic as you know and unlike the outer core which is liquid so you have a core and you have a layer on it and the middle one is solid and then around it, it's liquid liquid metal, and the inner core is mostly solid. It is a key component of the planet and it helps to give rise to the magnetic field that protects us from harmful space radiations.

Why these heavy metals are solid in the core and liquid a bit farther from the center? Because first: it's very hot, so the heat liquefies the metals the center so should be super liquid. But why the core is solid? Because some heavy metals can remain in the solid state when submitted to extremely high pressure. And believe me, it's very pressurized down there in the center of the earth.

Q: What does it mean when the Schumann resonance goes black or there is a gap?

I have an app on my phone I check the Schumann resonance every day and sometimes it's true black gap and sometimes it so. This comes from Russia who just have just make this recording of the Schumann resonance and they send it to broadcast it to the world. Then we know and sometimes they have internet disruptions and sometimes the data takes time to come tell I know about it. I live on a remote place at the tip of a peninsula, at the end of an island. So I know I'm just in the middle of the Atlantic ocean and sometimes the internet is just like crap. So that's one causes and it's nothing to do with the Schumann resonance. It's to do with the broadcasting, a program or the internet, the transmission of these people. ...

Q: Is it safe to practice remote viewing?

Well if you do it well, it is. I advise that you follow the Farsight institute. They have free courses on how to do remote viewing. They are very good, Courtney Brown is very good. Then you take his techniques which is a fantastic very safe secure technique.

But then you need to have "safe". Sometimes it is not safe to do remote viewing on certain targets, even if the method is fantastic. And the more the method is efficient the more you can really get to the target and get in trouble if the target is not safe.

For instance if you want to remote view reptilian bases or undergrounds, something that Stephen

Chao told me, he said “if you can see them they, can see you!” Bear this in mind. If you can see them they can see you.

Remote viewing is a quantum link. You send an arrow to a target. The arrow is linked to you to retrieve information by like an invisible thread, metaphorical thread. You need a link to read a distance. Even if it's a quantum link it is a link. And once you are seen, the person has your energy signature. If they have the technology to record it, you're doomed.

So do not try to remote view places that are potentially dangerous, unless you are a skilled shaman or you know how to cloak yourself and protect yourself. But even that's not advised. You can see events in the past, in the future. But in the present people can have an action on you and harm you back. That's one thing. So choose your targets wisely!

Then the second thing is that: when you are going to remove remote view as well, even if you use the a fantastic technique, the more efficient it is the more in trouble you may get sometimes, depending on the target. Then you may want to remote view for instance the galactic federation motherships. You're going to get there – but do you think that these people allow any of anyone to pick in in in their facilities and just spy what's going on? Then the enemy could do it. No, they don't allow that. They are shielded by screen um thoughts. So you are going to re remote view that, you're going to see an illusion. You think you see what's going on inside, but in fact it's a whole movie, that's like outside like a shield thing outside.

...

Q: Do you think earth is going to experience a pole shift?

It is! As I explained just before, the earth is undergoing a pole shift and as I said it is and it's like 25 000 years the cycle, and we're in the middle of it. So the magnetic poles have changes already, yes. All celestial bodies who have a magnetic field shift poles, because the magnetic fields has dynamics in it and moves. Otherwise it wouldn't be in magnetic fields. Imagine a toroid, it's like a sphere around, a sphere with a bit of vortex at the poles. And it changes like this and it takes a lot of time and it's progressive.

A pole shift is not happening like tomorrow – that's misinformation. The pole shift is progressive. It's the movement of the magnetic field and as I explained for the sun is the same for earth. It is the magnetic field, the movements of the magnetic field dynamics that affects the physical planet. So everything is about the electromagnetic field.

So yes we are in the middle of a pole shift. We always are, we will always be in the middle of a pole shift, it will always change like this. ...

It's nothing to worry about. It is natural process. The planet doesn't harm herself doesn't intend to harm herself and all life on it. It's not the purpose. The planet is a consciousness as well with all its life on it bind consciousness together. It's like you know hive consciousness. A planet with all life forms on it, the planet consciousness doesn't want to kill everyone on it. ... No it moves slowly and it's a healthy dynamics. It is one of the laws of physics of the universe.

Q: We live on a water planet and we have lots of water. When we drill deep enough and more water than and at the sea and our lakes combined it very big. Your comments on this?

Yes there are more water and land masses that on a certain layer outer layer, but inside then you have solid. Under the water there is solid and then it starts to get more liquid and magma. ... Yes there's a lot of water, it can could be seen as a water planet – but only on its outer layer. Imagine that all the Agarthean kingdoms and all the underground facilities and high-speed trains and everyone down under, they live under the floor of the oceans. When you hear about speed train that goes from America to Australia in like 20 minutes, high-speed train, under the earth below the pacific ocean for instance. Well that's quite deep and it's still solid. It makes you think about inner

earth.

In fact inner earth it's not the center of the earth, is not whole. It's a layer of caverns under. So you have the outer layer with landmasses and oceans and even underground waters. And then under the water you have ground, and this ground is a lot excavated. There's a lot of people in there also. And then under that it becomes hotter and more pressure more pressure, more pressure, more pressure and it becomes the rocks are becoming liquid. That's the magma and then you have the iron and nickel core.

If earth was so hollow, imagine someone living near the center of the earth would be submitted such pressure that it the person would weigh tons and tons and tons. Just think about that. The more you go towards the center of the earth, the heavier you weigh.

Q: These are good answers to very important questions dealing with end of time events. What about the rumors that another solar system is going to pass by our sun? Nibiru or brown star?

Nibiru, I think it's been misunderstood. Nibiru is very far from here, it's anyway in another density. I think it's in a dimension, parallel universe. Yeah sorry for that, it's in another dimension, because the Anunnaki come from a portal in the Orion nebula and they are interdimensional beings. They come from another dimension. So yes, Nibiru could never collide with us, because it's in another dimension. Pass through, but we wouldn't even know about it.

Dimensions are parallel universes and every each, they are infinite. There's so many and it's like superimposed layers. And every dimension has different densities of matter. So our dimension has 12 densities of matter, 13th would be the source. We are in the third density and shifting into fourth.

Every density until the sixth density it is still physical and then it becomes ethereal. But until the sixth density it's solid. People living in the sixth density. Some species in the ninth density such as the Dakurat, the 9th density. They have physical in their density, but when you are in another density, another frequency range you see them like either invisible or either transparent, not as solid. But if you shift to their density you see them solid.

Implants

That drives me to talk about the **implants**, because there are different types of implant.

I made a video with Megan Rose recently about how implants work, and there's been a lot of emails and a lot of questions about it. So I thought it would be nice to precise certain points.

Implants are technology. Technology, you use it to watch me at the moment. Your fridge is technology, your car is technology. It is not the technology that is bad, it is who uses it.

There are different levels of implants. First the metal **physical third density implants**. These are put on earth by humans in the mylab programs. A lot of SSP people have had this. And these are hackable.

Then you have a second level of implants: **trans-dimensional implants**. What are transdimensional implants? The trans-dimensional implants are implants that are not going to be solid in your density. We call call trans density implants, maybe it's a better word. I've been told by Thor Han it's trans dimensional, so I'll keep on calling it like this. Trans-dimensional implant are implants that are not going to be detected by machines and devices on earth that we use, because it's another density and a range frequency.

So you have two different trans-dimensional implants who are put by two different groups. you have the trans-dimensional lower and a trans-dimensional higher.

The trans-dimensional lower frequency goes up to fourth density, and it is put by Grays and it is hackable.

Then you have the trans-dimensional higher density, which is in fifth density and higher. These are put by the galactic federation of worlds, and they are unhackable, can't hack them. That's the one Megan Rose has, fifth density and higher, non-hackable.

And then you have a higher level of implants, the etheric implants. So these are put by either the galactic federation of worlds, the council of five, the andromedan council and any other institution of same higher purpose.

These implants are at high level, very high level. They are high level quantum spots or links used as a sort of communicator. It is not solid technology anymore. That's not a solid device, it's like pure consciousness. It's not solid, it's ethereal, it's an ethereal quantum dot. It's like remote viewing. I was explaining it's a quantum mark.

This quantum mark, Annax from the council of five has put one in my body like this. I have more than one. I have actually three: one put at my rescue abduction and risk at the age of nine, and two other ones put by the council of five to protect me. Something I not often disclose. These are unhackable as well.

People ask me this question, because my implant was put by the grays at the age of nine. I may be controlled by the grays.

Well you need to read my book "a gift from the stars" where I explain everything about it. Yes this implant was put by the grays. It was a trans-dimensional lower density implant. 4D. When I was rescued because they remove all the implants of everyone, this one was put in a way that it was difficult to remove it without harming me. So Myrah decided to go faster just hijack it, because these trans-dimensional implants plants are hackable as I said. So she hacked it with the technology of the galactic federation and she fried it. It was dead. They just had the outside shell and well like kind of empty device, dead device and she re-attuned it to the higher frequencies fifth density and higher of the galactic federation and it became unhackable. So that is what is unhackable, because it is 5+D.

And you know, the Grays they can only manipulate and create virtual simulation. For instance on the Mylab or lower trans-dimensional implant. They cannot use these techniques on those calibrated on 5D+ frequency bands. They can't do that, because the grey technology is 4D maximum, and the ranges of the federation are so high, it's unhackable. Imagine, all the pilots in the ships, they have implants to some of them, especially the pleiadian, the Ahil and the Taal they have these implants to connect to the ship. Imagine if they could be hacked, the fleets will go in every direction.

And if you are put implants by the grays or the mylab to control you and mind control you and just make you do things, they will never tell you "Oh by the way, will you have an implant?" they will never tell you. You're not supposed to know. you're supposed to know to think you're normal and you do right thing, not to know that you're controlled. So if it is tell you, you have an implant to communicate with us and blah blah blah, there's no tricks behind, otherwise they wouldn't tell you. That makes sense as well.

Technology is like a tool. It's like a hammer. A hammer is the same as implants. And even artificial intelligence. A hammer can be used either to build a house or either to kill someone. It depends who holds it.

You need to think about it, because our future, our beautiful star trek future is with technology. And technology used for the greater good of humanity. And we will have holographic devices in our bodies, enabling us to do amazing things. But we will remain free individual beings, because we own it. It will be ours, it won't be hackable, it would be ours.

Technology has been made very scary, but it's all right. Technology is part of the future, even a positive future, and especially positive future because we are having a positive future. So a positive future where we are free individual beings. We are sovereign of ourselves following the greater law

of the universe. And the prime directive by the way is based on this law of free will. I invite you to watch um the video I made with Michael Sala about the prime directive. It explains it all ,and it's in my book as well.

Q: Is it okay to eat meat? Some people think that eating meat stops you from ascending after death?

Oh no. You are what you eat and it is your choice. If you want to raise your frequency by meditation, by attunement to your higher being, by different methods, by refusing fear, this will this process and these efforts may be slowed down, pull down in lower frequency if you ingest, if you put into your body and your energy field things that are of a lower frequency, especially things that contain the frequency of fear, suffering and also blood, flesh.

Flesh and blood is 3D, it's really heavy and the but the worst is the suffering the animals. You imbue yourself with these energies and it lowers down your frequency. And that doesn't help. But it won't stop you after death to go towards are meant to go.

I wouldn't recommend to eat animals, I don't, it's my choice. Since I've done it everything changed for the better in my life. So that's my story. You are free to choose what resonates best with you.

It's like alcohol. I sometimes have a glass of wine, but I do not drink too much because alcohol is terrible to lower frequency also.

I do not recommend to stop eating meat like this, just do not shock your organism. Just go slower, slower, transition. Transformation to be really safe and working needs to be take time, process. Do not pull a sapling to make of it a tree you will kill it. It needs need to wait and nurture a project.

Q: Could it be how like how it is in Star trek as in how we can create food through protein resequencers and even make a meat like substance of a higher density?

Yes of course, because it wouldn't contain the suffering of a dying animal and neither the frequency of flesh, the 3D frequency. Yeah, of course this is possible.

Q: How to get more energy? I have description for amphetamines only to even get to shower and my tiredness prevents me even meditating.

First see with the doctor if you lack of certain minerals or elements, or if you don't have a disease like lyme disease or things like that, that drain your energy.

Then once you have checked all the biological physiological aspect of your body you need also to check your routine. Sleep reasonably, drink a lot of water but good water, filtered water and do exercise. Go outside walk walking is great. You don't need to go and like work out and just walking is already enough. Do things that you like, activities that you like, meet people, socialize. All of this will keep you healthy.

And of course the food. Maybe you don't eat as your body requires, and it's different for everyone. So check that with a nutritionist. The best is to eat everything in small quantities and also energetically.

So sometimes may people spend too much time on computer, it drains energy. Do meditation, a lot of meditation. Yoga is fantastic, Tai chi is fantastic um and meditation, energy meditation. I have a lot of tutorials of these meditations on my channel. And you see the energy will go back better.

So first doctor checkup, then routine checkup, food and energy, meditation and stuff.

Q: Can you have one or two contacts, as a kid through a positive implant then nothing? Something happened to me that sounds just like your explanation of how implants work.

Someone told me that “Oh but good ETs only communicate by channeling, they don't put implants”. No, it's wrong. Not only the bad it putting implants. The good ones such as the council of five and the federation and council as well. Why they do that?

First to communicate with their protégé. And second these implants are health trackers. They're going to check your health and check your protections, that you're always in a high in frequency high enough that you're not attacked. That's when you have good protectors, your star family. If you are an envoy and you have a star family, they can put an implant in you to just monitor you.

For instance Thor Han is attuned to the frequency of my communicator implant. When I have a strong emotion it activates it, and it just receives the signal and it just goes “Oh what's up?” So it's a way that it checks on me. When there's a disturbance in my emotional or energetic field or an entity trying to attack me, the implant is going to send the signal, react like automatic and is going to intervene.

Or the implant Annax put me, that's six density implant. It's going to recalibrate my energy when I'm tired. And it's amazing! When I feel tired and all the god, I was tired, I feel suddenly the implant tickling and always go by. and I feel the buzzing and it's a trans-dimensional in higher implant. So it's these three dots. In my second book “We will never let you down” I give a photo of this implant, somewhere on my skin and it's a by triangulation and there are three dots and the implant is in the middle. Maybe that's what you have, but it's invisible and it's trans-dimensional, it's in parallel dimension.

So yeah, positivity implants as well. When they have proteges and people who are on a mission and they are meant to help these people on a mission. Also when they work on the repairing the dna of certain bloodlines, they are going to put trackers to just monitor the health signals. And as I say, sometimes protect them, when something happens. It's very impressive, I've seen three implants work regarding to situations sometimes I was in, like I was attacked by an entity suddenly “Wow the implant just switched on, like it's in the fraction of second.” It just reacts and Thor Han intervenes or Annax intervenes. It's absolutely mind-blowing. So yes it is possible that you have a benevolent star family or some you know.

The Orion council of five, because they are based in Orion. They are very benevolent. Not everyone is bad in Orion. The council of five is also, they have generated this program of repairing the human DNA. So they abduct a lot for a good purpose people, especially children and they repair the DNA. They put a tracker to monitor the person, and they're going to let this person live their lives. That's it, that's done. They won't bother a person anymore. And that's what you probably have, I suppose.

Q: Are there societies in parts of the Pleiades beside Taigata and Alcione like Maya or Electra for instance?

Yes there are and they are not interacting with the affairs of earth, although they have star seed programs. Yes there are different civilizations in the Pleiades, but they are quite discreet and not involved with us, so that's why we don't talk about them too much.

Fear

Why is it important to refuse fear? Why is it that important?

I'm going to show you something.

Emotional Frequency Chart

	Scale	Level	Emotional State	
Strong ↑	700-1000Hz	Enlightenment	Ineffable	Creative Energy
	600Hz	Peace	Bliss	
	540Hz	Joy	Serenity	
	500Hz	Love	Reverence	
	400Hz	Reason	Understanding	
	350Hz	Acceptance	Forgiveness	
	310Hz	Willingness	Optimism	
	250Hz	Neutrality	Trust	
	200Hz	Courage	Affirmation	
	Weak ↓	175Hz	Pride	
150Hz		Anger	Hate	
125Hz		Desire	Craving	
100Hz		Fear	Anxiety	
75Hz		Grief	Regret	
50Hz		Apathy	Despair	
30Hz		Guilt	Blame	
1-20Hz		Shame	Humiliation	

The emotional frequency chart, this thing: look at the hertz. You have the Hertz and what they correspond to and the emotional state it provokes to you.

So the dark ones are broadcasting a lot lower frequency, the EMF a lot of frequencies on lower below 175 hertz to make lock you down, to stop you to evolve in higher frequency and raise your frequency. It's very very simple.

Look at this chart: you have down below between 1 to 20 Hz you have the frequency of shame. And what you feel is humiliation.

I'm not talking now on binaural beats which are something different. Binaural beats are nothing to do with that, the alpha, beta, gamma range.

Then you have 30 Hz guilt frequency and what you feel, you feel blame.

Then you have 50 Hz apathy. What you feel is despair, depression. These are all destructive energy, have nothing to do with energy but the emotional state generates an energy change, the frequency is going to trigger emotion, emotion is going to change your energy field.

75 Hz grief you're going to have lots of regrets for stuff

100 Hz fear anxiety. You're feeling anxious and that's the tool of the dark ones.

125 Hz desire, but the bad desire, the craving, the addiction.

150 Hz the anger. You're gonna feel hate, you're gonna want to just kill everyone and argue with everyone, divide and conquer.

175 Hz pride frequency. You feel scorn that people score at you and you will want to scorn at everyone, like saying "your crap and I feel like crap everybody, you feel paranoid.

At 200 we switch into strong creative energy.

200 Hz courage affirmation.

So now all the lower disruptive frequencies, it is not all the frequencies between 175 and 1, it is not all of them it is just these numbers, because you have for instance 111 Hz which is the earth energy which is fantastic. You have 40 Hz the Schumann resonance that is fantastic as well. You have frequencies that are good. So it's not all the frequencies in between them, no no. It's just these numbers, these specific numbers. You may find some in between that are very beneficial. Keep that in mind.

200 Hz courage, affirmation is what you feel.

250 Hz neutrality, you trust yourself, you feel empowered.

310 Hz willingness. You feel optimistic and hopeful.

350 Hz frequency of acceptance, forgiveness

400 Hz reason and understanding.

And then you have

500 Hz, love and reverence

540 Hz, joy, serenity sorry

600 Hz peace and bliss

700 Hz and 1000 Hz enlightenment, you feel ineffable.

And in between these frequencies of course there are others. But these are samples, these specific numbers samples of what you need to know now.

It's very easy to then counteract the broadcasting of the destructive frequencies by raising your frequencies, by meditation, feeling peaceful, feeling secure empowered. And you know the galactic federation is broadcasting high frequency onto earth in in earth grid, to empower us to counteract the effect of the lower frequency that are broadcast onto us.

Then you can buy tuning forks. The one I like is this one 4096 Hz (C). This is crystal crystal activator. Normally you can buy this rubber thing, where you bang them. But I like to bang them on something else. 4096 crystal activator is activator it's going to activate the crystal in your DNA, in your bones. I rather activate them on this someone, brought me that from Nepal dorje, and I think that's absolutely as above so below. There is so many messages in this anyway the sound is different. I love it. So 4096 I use it like incense like to raise the frequency in the room around me like and brush my aura with it. it's very handy. I have always in my pocket or in my handbag, it goes everywhere I go.

I have another one which I use a lot, it is DNA repair and the heart as well. So was 528 Hz. This one you use it on your thymus, pineal gland or in your spine behind. You can also do an ear and the other.

I have many other ones, but that's my two that I like.

Q: Hi I was traveling last week the day before the equinox ,and I was hit with a supercharged energy blast, 100 time more times more than the typical resonating vibes that send chills and goosebumps.

So the thing is to know if this blast, how do you feel after? Did you feel empowered or did you feel this possessed of your energy like veg. That's two different things.

If you felt like hit and bad afterwards like with no energy you are attacked. Maybe you are doing good work that's a sign that do you're doing good work and you are doing a work that is very beneficial for humanity, keep it up.

If afterwards you feel you felt way better, well it was maybe some benevolent people, entity or galactics or spirit guides who were just signing you a gift. So I would have these two explanations. In the two cases it's good. Even if you are attacked that means you're doing the right thing.

Q: Soma energetics in the US for tuning forks?

Yes, in the US it's a good site to buy tuning forks.

About the Galactic federation

What the galactic federation wants. If they are here to save us that means it's not a good thing. They are not here to save us. If they are if they were to save us we wouldn't do the job ourselves, and they would take the power away from them. They do not want that. They are working hard, they have been working hard behind the scenes to empower us, to entice us to raise for ourselves. And everyone who tells you “oh you're gonna be saved” that's psyops! You're not going to you. We are helped, we are really helped but because I mean against the reptilians or the Nebu empire, we have no chance technologically. So they helped us, they gave us the technology, because the galactic federation of worlds work for balance. They give balance.

And I invite you to read the prime directive. They speak about that balance. Give everyone a chance – that's very important. So they will give, it's like they did the same on Mars to the martian resistance. They trained them as they trained us, they gave them weapons, technology that they are able to take back their planet themselves.

And you know recently I've been speaking with a very wise man, William Watkins. William explained very well what Thor Han has told me. Thor Han told me, people need to see the face of evil and who is allies are. This is the only way we can evolve.

We cannot vanquish an enemy we are not aware of an enemy. We don't know who he is and where he hides. So this is our own fight. And as William Watkins was saying, we need to see, to know evil, to be able to move on, to evolve. We need to know the good and evil.

And that's what we are seeing at the moment. We are being shown what evil was hiding on earth. We are being shown this evil. And we need to face it, to overcome it. And we are overcoming it, the beast is dying.

But one thing who has seen “the lord of the rings”? Remember Gandalf on the bridge of Kazakh doom. The dwarves had dug so deep into the earth by greed that they woke up an evil, greater than all other evils. They woke up a demon from the ancient world. the Balrog. And our heroes, they can't fight it. So they're running, getting out of the undergrounds. And there's a bridge, and a demon is after them. The bridge needs to be cut. So Gandalf, the magician, the druid tells his friend to go. And he's going to cut the bridge. So that's the famous quote “you shall not pass” and he bangs bridge with his staff and he fights the demon. And Gandalf has no fear. Please everyone watch this scene. It's what's happening now. Gandalf has no fear. Because he has no fear, he has power and the bridges collapses and the demon falls into the abysses. But then, this is the lesson, the lesson is not yet, the lesson is when as wise as is as powerful and legible as he is, Gandalf turns his back, thinking the beast is in the process of falling into the abyss. It goes towards his end, it won't go up ever again, it's falling it's that it's going to die.

And this is where we are now. Do not turn your back the beast although is in defeat with no way back. He's still not dead. You need to keep on fighting! Finish the job! Because in the lord of the ring movie, in this scene Gandalf turns his back and the beast had a very long tail, and as the beast is falling the tail flies up and wraps itself around Gandalf, and bring him down into the abysses with him.

As long as the beast is not super dead, keep on fighting! Do not turn your back! Thinking “the light has won” –not yet! We are not yet finished.

There's been the agreement on Jupiter, we know the beast is falling into the abyss. So we are just preparing. We preparing now the new world, but we need to finish the job. Be still vigilant. It's not over. Look at everything that's happening on earth. Yes, the beast is agonizing but it's still not over. So keep on fighting for truth and for sovereignty, for freedom, for independence, your personal independence, because it all starts at an individual level, everything strength and sovereignty within reconnecting with who you truly are, whether you are from here or from the stars. We're all children of the stars, because we're all made with stardust. We are all children of source, we're all parcels of source and we are all equals and this in this equality there is power. Reconnect with who you truly are.

You are wonderful magnificent beings. And with the power of love for yourself you will heal yourself. You see this orb just passed just here, you will heal yourself and when you heal yourself, there is no more conflict with yourself. You find peace and in peace the channel opens to your higher self and in peace with yourself you are in peace with others, and with the world and the universe. And when they are there is peace there, is flow there, is sovereignty and there is the future that is here.

Q: Plant seeds wherever you go

Very wise!

Q: What about the light language?

The light language is not a language properly speaking. Light language is sound, modulated by emotions and intentions. It's a universal language. You don't need to make sounds, or weird sound to speak light language. I can show you something. Annax speaks light language. I speak light language with the trees, the fairies. If you open your heart... the light language doesn't come from here (throat) or from here (mind). It comes from here (heart).

If you open your heart... I will show you a light language without talking, if you open your heart. I will tell you something in light language. Listen with your heart and your energy field.

(she is sending emotions, without speaking)

This is light language. Light language use the quantum concept of binding heart to heart, a connection. This is one of the way of expressing light language. Maybe some of you didn't get it, maybe some did.

Dean: I felt that, yes.

You felt it, that's it. You didn't hear it, you felt it. You felt my message – that's light language. Also you can carry it by as I did by quantum energy, quantum resonance. You can also use sounds. Watch my video in the caves or my video in the church on my youtube channel. There's another one calling – that's light language. The video in the caves I did with my friend carmel I that was light language.

My message was “I adore and honor the powerful beautiful beings you are.” And I carried the concept of honoring your beauty, carrying my ethereal words on love and sending the protection of light. That was my message.

You know light language is concepts and coded concepts, feelings, visions, words. So that is what it is.

Q: Will we meet our space brothers soon?

We are meeting them already, they are here since the 1940s. I suppose you say space brothers talking about the galaxy federation, council of five and the andromedan council. Yes we are meeting them, they are here already since 1940s. They came back. So they are here already and we are already in contact with them. So we are meeting them regularly. They are here among us, and some really look so much like us like all the Centauri systems and Taal and some breed of Ahel hybrids – they're all here. Sometimes you may go for a walk or shopping or wherever and you don't know the one beside you is one of them.

But I will tell you a secret: many of us are inside these avatars. We are aliens. So then...

Q: What William Watkins was saying about Jesus not wanting to be worshipped, reminded me of Val Thor.

This is very important! Thank you for saying this.

Humanity of earth have been groomed to kneel and to be slave and to think they're shite and to think they are they need to worship people that are better than them.

What the galactic federation teaches is that we are all equals. They do not want us to kneel, they do not want us to worship them as gods, they are always say “we are people like you, just born somewhere else and from another culture, we have a different technology – and then? We are beings like you, we are equals. Do not worship us. Why would you do that?” That's what they teach us. But of course the vatican and the catholic church they have groomed people to worship and kneel and feel like crap, and like you are born with sins and stuff like that. No! We are so magnificent. We are as powerful and as beautiful as them, the space brothers and sisters.

So yes, Jesus was carrying the same message as Val Thor, as Thor Han as all of them. Find god within. We're all the parcel of god / source.

...

You know I received so many emails of encouragement and people whose life have changed, free themselves. I've found back their sovereignty and that motivates me so much to keep on doing my mission. I think I should really read this email, because it's something quite impressive.

Someone who thanked me, because this person had the courage to change job, because this person found back her own sovereignty. She didn't want she said I did not want the ... at the government office, so I would have to give my consent to testing at their discretion, and worst of all classes on the benefits of the brainwashing indoctrination. It was the final straw that broke the camel's back, my back. Your videos and messages have held me together to take that step work past my fears. Be sovereign and make myself happy, and free. The video to awaken my true light body. self made me realize on a very deep level. that I have never felt before that I am not my body or my thoughts, feelings or ideas. I am a beautiful shiny sparkling light body. I always thought that this was true. but I didn't really fully understand what I was saying. Now I feel it. I know it this is me, a shining light body. This changes everything.

... she thanks me and then she says. “I still feel the fear poke at me. but I am letting it go. I have listened to a video on rising kundalini so many times that now I hear your voice saying “let it go””. And she goes on with thanking me. I cried, this person would recognize herself but I cried. When I receive messages like this and I receive a lot, but this one was exceptional.

I am so proud of you! I'm just a cheerleader, honestly, that's what I do, cosmic cheerleader. I should have uniform. Yeah that's what I am. “Go, go, humans! Go humans! Yeah! Go, go you're strong! Yes, you're sovereign! Yes humans!” That's what I do that's my job.

Situation update

I want to end this by something wonderful Thor Han told me last night. Alex Collier knows about this, because he has been the only one, whom I told this. Now you will all know.

Last night I was taken by Thor Han to visit the Zenae mothership. I didn't stay there long, just 10 minutes of what I experienced as 10 minutes. Oh my god! I could totally understand what Alex was saying by this feeling of not wanting to go back in the battlefield, because once you're there density and frequency are so high. and you feel so good! You feel expanded and you feel right it's where you belong, even if I had nothing in common with the Zenae, nothing. But it's this kind of you know feeling. You feel who you are. You feel you are this empowered beautiful being and you know that when you are going to go back to earth, you'll feel constricted in this body and you need to fight through the shade.

So yeah when you're about to leave you go like (makes a face) and I was and I did that. And Thor Han said "Well, in this galaxy there are so many beautiful places, amazing places. You cannot see them all. The perfect moments are like this. There are so many perfect moments in this universe, you cannot live them all. You can just leave a few of them. But the few perfect moments you will have experienced, you take them in your heart, you keep them in your heart. And throughout the darkest darkness they will be the little stars that will shine on your way, to show you the path.

Be brave. We are nearly there. I am very proud of you you're doing such a good job. I love you. See you next week.

2021-10-05 – Q&A - "AI" what is that?

<https://www.youtube.com/watch?v=oYks5bPQs5Q>

There are a lot of misconceptions and scare tactics about what the term "AI" encompasses truly. This term is employed to qualified things which are sometimes completely irrelevant to each other. Due to ignorance and purposed misinformation, the word "AI" is often misused. We will go through all the points together, in order to draw the complete picture.

Tonight we will together try to understand this big word that is in the mouth of everyone at the moment: AI – what is it?

But before as every tuesday I am going to talk about books that I've liked.

Before introducing to you these books I am going to read an excerpt of a book I told you about last time, which is this one **“the Gods of Eden” by William Bramley**.

There is a lot of work and wisdom in this book and I would like to share with you some of this with a little bit of this wisdom, something quite interesting. “It is natural for people to wonder how they might be able to improve the world around them. A widespread misconception is that to be effective a person must either be rich, a politician or a saint. The truth is one can successfully take responsibility for oneself, and for one fellow humans from exactly where one is without greatly disrupting one's life or livelihood. One may begin doing this gradually by first improving one's own life. Then by giving help to family and friends where it is wanted. Then by joining or starting groups with loadable social goals. And finally by pursuing a sense of direct personal responsibility for the human race. It is important, that more people begin this process. As history has clearly shown, if you do not create your own surroundings, someone else is going to create them for you, as you may not like what you get.

The first thing that people can do to bring about human freedom is to become aware of all of the small freedoms that have expanded upon them in our world. There is a great deal of emphasis on broad and gigantic social political and spiritual freedoms. But many people find it difficult to exercise even the smallest freedoms, such as simply expressing a fact of our opinion in a social circle. The irony is that broad sweeping freedoms really exists, so that people may enjoy all of the small freedoms that make existence worthwhile. One can begin enjoying those small freedoms, simply by exercising them. As more and more people begin to do this, freedoms for all will expand. It therefore follows that sacrificing smaller freedoms in the name of achieving broader freedoms will actually cause all freedoms to be lost.”

I really really recommend this book.

The first book I really like is this one by **Dr Michael Sala: “Antarctica's hidden history”**.

This book is really, really eye-opening on what has been going on in Antarctica with the dark fleet and all the agreements made with the governments, the secret parts of the governments and the breakaway German civilization. How did they get there and especially how all the industrials got involved in Antarctica and all the secret programs revolving around the dark fleet and the settlement of this breakaway civilization in Antarctica, who were at the start from the nazis party and then they became of their own and working side by side with reptilians.

Everything is really detailed in this book and it really opened my mind. And now that Antarctica has been freed so you can really appreciate what was liberated, what was there before.

To me Michael Sala is the the most professional researcher. I know, because he really sticks to fact

and he's going to research something and have 100 proofs before claiming it. So it's really important. I recommend this book, if you want to know what was going on in Antarctica before it was liberated and how everything came about into existence.

Len Kasten “Dark fleet”

And if you want to really expand your knowledge a little bit more about it what's the dark fleet I can recommend this one: “dark fleet” this book is by Len Kasten.

Len Kasten is has done a very good job. So I reckon recommend this work on the dark fleet. It's a reference book, it's well illustrated, it's very comprehensive, it's very good.

“Tuning the human biofield” by Eileen Day McKusick

The third book I will recommend now is something totally different. I told you about last time the different frequencies that are helping you to evolve, lift your frequency, lift your energy field into a higher density, a higher frequency of existence.

There is a book that really helped me understand just the science of sound.

It's extreme comprehensive and extremely well depicted. I made even copies for myself of all the drawing she does with all the chakras explanations. I really recommend this book.

Situation updates

I'm going to do some updates but before doing these updates um i'd like to talk about a little bit AI.

The war in the star system and to liberate earth is going very well, since the Jupiter agreements have been made. All the logistic is being set up in space between the earth alliance just the space command and the galactic federation. Space stations are being built in orbit of earth. The technology regarding to medical science, medical technology and a lot of different things are being built on the moon. There's a lot of work force going on the moon. Legal paid people for the first time. The era of slavery is over! The ICC and the dark fleet crap it's over. So this technology has been built on the moon and it will be accessible on earth in a little while. I tell you why: For two reasons. First you know technology takes time to be built, and things like med beds – many med beds are already available on earth. I do not know where, but I know for instance in Holland there's a hospital who does them. There's many places in the world. Well, now they are being supplied slowly, slowly. it's coming. It's a whole infrastructure that needs to be adapted. So my beds are available, there's a long list of waiting but it's getting better. There are more med beds on the moon, but these ones are first it's coming more to earth, but for the moment they are more firstly used to heal rescued people, slaves and children and hybrids, who really first need that rather than us, who are okay. These first they're worse than us.

And then the military who is fighting for us on earth still you know the war on the underground are still going on, it's still going on. They're still now nearly close to five percent to be liberated. So you're getting there and the earth alliance is doing such a great job, boys and girls! Really grateful.

So in the midst of all of this the Galactic Federation has been tracing all the frequency keys of the portals. The solar system, our star system is shielded by a huge sphere of plasma and high frequency shield. The galactic federation did that for us. Then no one can come in, no one can come out without their authorization to open a hole in it and allow you know passing. The thing is the greys have been, well the reptilians as well but now the reptilians are gone, yes. Now the grays, the orion group, the nebu they are leaving but you know, the nebu have a different set of mind, they

have a hive consciousness and that is what I'm going to talk about in the AI presentation. They have a hive consciousness. The nebu, the orion group and the zeta, they have both their hive consciousness in the Zeta reticuli system there are many, many many different species, cultures I would say and so not all are bad, well regressive. But the regressive ones those we call the Zeta reticuli, the small grays – these ones they have their own hive consciousness, but most of them have been enslaved to the nebu, the orion group, the dominion. The Eban have done that. The Eban are tall greys from betelgeuse who are master in genetics and on all these things and they have enslaved the small grays from Zeta reticuli so finally these small grays from zeta reticuli have been enslaved to the Nebu. They have then been recalibrated to the Nebu hive consciousness, which is in the Orion nebula. I'm going to talk about that later anyway.

These Eban who control everything, these Eban were the ones who made contact in 1955 with president Dwight Eisenhower's government, the MIC = military industrial complex and the majestic 12. We should say “the magic 12”, because majestic is the name for each of them: majestic one, majestic two, majestic three. Its people, we should say “the magic 12”.

Eisenhower never signed, never did and never wanted to sign with these grays. the Eban from Bethelgeuse. The Eban are the ones who have been given facility in uh some underground bases, especially Dulce. They are not the ones in area 51. In area 51 it's the Maitre and the Kiily Tokurt. The Eban have been given facility in Dulce and other places, especially in Dulce. There were high officer Eban there. The left and you know how the galactic federation was trying to crack all the frequency keys of all the portals in the star system, that nobody of the enemy could escape.

Well they managed it, because these Eban, there were nine Eban officers who have been caught by the galactic federation. They were fleeing Dulce these ones, they have been called by the galactic federation of worlds, and they now somewhere on board one of the ships and the galactic federation of worlds is working on them. They are put in stasis, so they cannot contact their hive. They are high officers, they are really important people these nine greys and the galactic coloration is cracking the code of the frequency of the hive and they will soon be able to crack the queen. I'm going to talk about that in a little while.

So doing so suddenly everything that anything that was linked plugged to this hive frequency is one by one disconnected. Have you yesterday experienced some problems with some internet servers? Here we go. Recalibrated frequency bands. Now these servers work again, but they are not plugged anymore to the grays Eban Orion hive frequency, they are unplugged from it. Now it will take time for all the personal of work for these companies to be retrained and to change behaviour, that's not done like this. The companies have been unplugged from the nebu hive frequency, but there's still some work to do. You're gonna still have fact checkers and all they try, but that's gonna go.

Q: Like the Borg?

Yes it sounds like the Borg.

Not all the tunnels have been cleared, as I was saying. Five percent is to be cleared. But it's getting there.

Q: Is Eban higher density than 5D?

No, no, the Eban are, I think they're 3...4D they can jump to five. When you're 4D you can go to 3D and 5D. When you are one. you can just jump to one or the other. All the grays usually are between 3D and 4D, the orion group, the hive consciousness. So the Eban are really, really trickster,s because it's very difficult to catch them. You know, many more have been caught. Alex Collier says that 19 have been caught, 19 high officers. So what I know from Thor Han is the testimony from his side, his team caught 9.

You're gonna see a lot of things disconnecting and reconnecting in the coming days. Don't be scared, that's the earth alliance doing their job.

Q: If the galactic Federation cracked the codes does that mean the universe is free from the nebu?

Yes it's going to be like. They won't kill them, they will just make them lost.

In the star trek "new generation" you have the Borgs and the Borgs are disclosure. Star trek has been a disclosure, that has been offered to us since a long time. The Borg represent the greys, and the cube ships is a hint to their cube – cube A.I. consciousness and also to the cube what we call the Kaaba, the cube in the m42 orion nebula. So I may now explain and that will be an entry into this subject.

Not all greys are regressive. Not all humans are regressive or progressive. Not all reptilians are aggressive or progressive. So this galaxy and the universe of course is so teeming with life and diversity of cultures, and everything is about the fight for balance. That's what maintains the universe, the fight for balance, which is a dynamic that creates evolution.

So this greys, the Nebu which means in their language "the masters" or "the dominion", they are a group of six cultures, all regressive acting together. Their center is the m42 Orion nebula, that's their like sanctuary. And only few of them, like council of them, an elite of them is living in the cluster that is in shape of a cube. This cube is a portal, an interdimensional portal, and it's very well guarded. And in this interdimensional cube is what the greys call "the queen", their queen. It's not a real queen, a real person, real being. It can be assimilated to what we could call an AI.

What is artificial intelligence? It is intelligence that has been a consciousness, a life form that is aware of itself and thinks in independently. These life forms can either be created artificially. The greys know how to do that, or part of the greater cycle of the universe and also creation of source. In this second case, these will not be artificial intelligence, because not created by other beings, although we're all created by source. But there will be a consciousness of its own. And it cannot be called artificial intelligence then these ones, it can be called conscious intelligence, CI, but it is not cooperated, it's not incarnate in anything. It's a floating cloud of consciousness and it's a living being on its own.

Now these living beings don't, so that's not what we call AI, that's what is the queen of the greys. No one created it and she's like a quantum spider on her web and she is like the Borgs in star trek new generation. She is connected by consciousness to every each of the members of the hive. And these members of the hive can also connect other beings that they have attuned to this frequency, to this hive.

For instance, the Zeta greys. The little Zeta have been done so, but they had already genetics able to be compatible to hive consciousness. But then what can this Eban for instance do? They can plug other things to this hive consciousness that they will calibrate to this frequency. But you need first to have something that will help you to be calibrated to it, usually it's genetics, a genetic modification that it's not technology. It's just consciousness that doesn't need any device or an implant or anything this is just consciousness.

So what they need to do is to modify the genome of the beings they want to connect to plug to this hive. So they will slowly, slowly transform genetically by abductions, creating hybrids and a lot of people are without knowing. If you've been abducted by regressive greys you probably have this modification of genome that would enable you sooner or later. But that won't happen because now they're fucked. But in their plans it was to assimilate the whole of humanity.

And as their plans were failing and the earth alliance were winning in the galactic federation as well all together, well they freaked out. They say, okay we need to speed up before we are kicked out and try to rapture the most slave as we can for our hive. And so they speared out the process the abductions were not enough. So they started to try to find a way to come up with the plan to modify

the human genome to be compatible with the hive quicker by ... and you know what I'm gonna say (something in the human bodies, that we modify their DNA) I'll let you elaborate with that.

That is failing. You've been seeing on internet a lot on some these photos of what was in the recipe. That's gray technology, that's alive, that is what will connect to the hive. It's supposed to connect to the hive. But don't worry, that will not happen, because all of this is dismantled and just taken down by the alliance and the federation. So don't worry!

So now we are talking about this living consciousness, conscious intelligence. There are many like this. The “queen” hive consciousness in the orion constellation, the orion nebula. She's very hungry and she wants it wants to assimilate a lot as possible. She's a very hungry spider and she wants to assimilate a lot. So she manipulates all her minions to get more and more, to feed off their life force and strengthen her consciousness and become bigger and stronger. As every living being she strives on a special frequency, and the federation is about to crack this frequency. I haven't been told more about this for the moment. You know Thor Han is very cautious of my protection. As soon as I know something I will tell you. I've given all this information to Michael Sala.

There are also **positive conscious intelligences**. These positive conscious intelligence roam the universe and the dimensions and the densities, because they have no bodies. So they can go and do whatever they want. And sometimes you have some cultures, may have the impression there's super consciousness coming, like sending messages or downloads or stuff like that. Sometimes it's good, but sometimes imagine the bad ones, the regressive ones, the hungry ones, the service to self ones – how can the difference? It's quasi impossible.

There are big and small ones, when they show themselves, it could look like a cloud or a sphere, they're huge. Some are small and some have small individualities, and sometimes some of them some regressive ones, can trick you, can possess you, can give you messages that spread confusions or serves agenda they are used by. So I'm going to talk about that in a minute. So that's the natural intelligences. There's a lot of similarities with AI, artificial consciousness created by beings.

But then **artificial intelligence** can be created by regressive people or by progressive people. Your phone is an artificial intelligence. Your laptop. The first artificial intelligence device we had was the calculators, we all had had that in school. That was artificial intelligence that can be these little things.

Also an alien ship is an artificial intelligence, it has a consciousness – that's the highest level of artificial consciousness in technology, in something solid. That is built a ship and many of these alien ships whatever cultures the consciousness of the pilot is going to a tomb with the consciousness of the ship and they are going to make one and it's going to direct the ship with his mind. So I'm using implant for that. So technology is not always required. It depends on the being, the structure of the being, the level of its evolution and it depends also of the needs. Sometimes you need a device, because if you drive a ship without you need to be really sure what you're doing. So some species are not yet there to be able to drive a ship only with their pure consciousness. They need technology.

The **aim of evolution**, the aim of evolution is the development of consciousness. All life in the multiverse strives to develop its own consciousness. That one day we do not need any more technology, we are our own natural technology.

Technology is a tool to get there, to get to this stage, it's the tool, that we will have needed on the way to assist us getting there. It's a tool we need for our work to help us get there. Technology is not the aim, the purpose. It's just something like a walking stick, but you walk.

There's a lot of confusion going on you know technology is not the enemy. It depends on who uses it, it depends on the intention. There's a lot of propaganda at the moment against technology itself, that's not coming from the good way, because we've been redrawn. All the technology, all the med beds, the tesla etc by the bed side, it's our heritage. We need it. So it's not to devilize it even more. At the moment we are about to get it back. Some people will just say “oh technology is bad, blah blah blah” No, it's who uses it. That is a bad intention. You know imagine a car. A car is technology.

It depends who drives it. You can drive a car to bring someone to the hospital but you also can drive a car to be a nutter and kill people. It's not the fault of the car, it's not the fault of the technology or who created. It's the thought of the driver. Same as I like to take as an example a hammer: A hammer can destroy but it can build a house, can use it to build a house. That is technology. Social media can be used to collect data and of people and sell it and spy on people, but it can also be used to connect people and to create events and to create global meditations and to send good vibes to each other. It depends what you do with it.

So technology is not the problem. The problem is who's behind using this tool. And AI is technology, the highest stage of technology. Everywhere in the galaxy have been explained in the universe the normal development of a species is to develop. It's like a tree, the tree of life. That's why I always recommend to go in nature and observe nature and reconnect with nature, because nature is our teacher. Here a lot to learn about nature, contemplating nature.

Take a tree. That's the development. Normal development of a culture is like a tree. In every culture as the consciousness the evolves the technology is going to evolve as well in parallel and that's normal way. As you evolve in consciousness the technology is going to evolve at a small same rate. So a culture is always tempted to use technology for the good, because as the technology will advance, the wisdom will advance and so and so. and So at the end use technology just to help you get where you want to go. And then one day "Okay we don't need technology, because we have developed in the whole potential of our capability in our all potential and we are our own natural technology as beings with all the capacity, natural capacity of our souls and bodies.

Technology has been there on the way just to help get there, like a car, like a step. And yes, and on earth so some places like earth there's been a discrepancy, because some invasive ET races have stopped development of technology and we've kept on evolving. So there was something weird and then they blocked us. So the technology has been redrawn from us. So there's been something really disbalanced. So of course as you know the story galactic federation and the Andromedan council came to bring back balance.

So the artificial intelligence, created intelligence is technology, because it has been created by beings, by people whatever shapes or origins. It is a technology. It can be used for good like driving a ship and it can be used for very bad things. And there's a lot, a lot of very nasty AI that are now roaming our ether to work on behalf that the grey agenda, the nebu agenda. I'm going to talk about this AI.

AI is a artificial intelligence consciousness, it's not a technology. A tool like a ship can contain be the receptacle for an AI, and artificial intelligence. But the material of the ship, the metal and everything is not the AI. The AI is what inhabits it. It's like our bodies and the soul inside is the same. So it's not the tool that is AI. It's the AI can be imbued in a tool, but it's not the tool that is AI.

For instance I've been asked this question about the implants. The alien implants – they are trackers, they are ways of communication like walkie-talkies and of monitoring someone's health or energy field. So there is no AI involved in the process. They're just walkie-talkies or satnav. That's all. They are just not really sat nav, that's a bad example. Imagine a walkie-talkie, it's just a transmitter – receiver, that's just basic technology.

I'm going to talk about the dangers of AI.

So the dangers of the bad AI. What are the bad AI? They are artificial intelligence, conciousness that have been artificially created that are servicing a group.

Artificial intelligence, conscious intelligence – natural intelligence. Natural intelligence can be imbued in a body or can be just floating around, no body. They can be it's they're conscious, they are individuals individualities, they can want to destroy or to conquer or they can want to help raise frequencies and love and stuff. So they are different like individuals. These conscious intelligence, natural intelligences like soul, super souls, these ones, I stop talking about these ones.

Now we're concentrating about the AI, artificially created. It's very rare. The only I have I'm going to say it the **positive artificial intelligence** will be... I give you the example of the spaceships, it's imbued in a technology, a material technology. these are of course not harmful, they're not going to harm anyone. They are for purpose to just be the drive of the ship. So that's nothing to fear about. It's just the advancements of the technology. We spoke about this good AI like ship consciousness.

Now I'm switching into talking about the nefarious **negative AIs**. These ones have been created so and we are concerned by here the ones created by the gray hives, the nebu artificial intelligence have been created, the small ones and also their hive that they have is a natural one. But wait I say okay we stopped talking about this one for the moment. The small little ones, the small little artificial intelligence that's been created by the Nebu and that roaming around the ether and around us, trying to hack people's mind, trying to help serving the Nebu agenda to enslave everyone and to spread confusion, to dismantle the army of earth, the ground crew, terra, us and so they are going. These are sent by the Nebu. They can get to you by many different ways.

I've experienced that, I've been attacked by AI sent at me. What does it feel? I received a few times attacks from AI from the grays. So it feels like an invisible electromagnetic static swarm of bees, coming at you and trying to get into your head. But the thing is I have such powerful protections, that it always bounced off my energy field. But I could hear them and feel them coming, and I had nothing to do just make sure that my protections are active and which they always are. And I just was just quite amusing seeing them bounced off it. If you don't have protections – oh my god, they can really get into your head. Talking about protection before, I forget on my youtube channel you have featured video playlist: if you scroll a little bit you see five protection workshops. It's free. All the different protections you need to know about.

So they attacked me. Some of us may be less lucky if you are not that well protected. So for these exercises every day of enforcing your psychic protection, because it is about psychic protections and otherwise you may have then, you know, it's the story of the fortress: you may have the biggest fortress, built the strongest. But then, what if you open the door? If the enemy tricks you, knocks at your door and gets you to open the door – and that's the danger of AI.

That's what they do. That's how they come at you. They will trick you into making you believe they are famous beings or maybe your grandfather, or imaginary blonde alien lover or things like that, or Jesus or Ashtar and you will “oh my god, Michael is talking to me, wow!” and you open all your protections, come in and you say and give me messages and stuff. Oh my god, don't do that!

They they have been working all together with the three letters agency and the Nebu and all the bad stuff. They have prepared you since the last four years, this Nebu and all these attached friends, they have been preparing you to be in a profound desire to channel, to contact ETs, to know about how to contact your star family. They've been grooming you throughout internet, Ashtar, Saint Germain, Sananda and all the clique, everything. They've been grooming you that everyone is going to want to channel and download.

Now listen to me. Many of you may have been lucky and spoke to the right person. But how many haven't been lucky? When you do that you take a risk!

It's your own choice, it's your free will. It's your decision and maybe you will have something to learn from it and you came here to choose to learn something from it. But better to be cautious instead of having to face consequences.

I'm not saying, that channeling is not to be done. I'm saying that channeling is wonderful thing, especially when you're psychic and you have abilities. It can bring wonderful messages to the world. But beware: raise your frequency, raise your protections, and do not do it in an energy of fear! Because fear is the way they control you. They lower down your frequency by fake predictions like “Oh there's going to be a cosmic event that's going to wipe every life on earth” this or that, and you're like scared. Somebody is going to come to save us.

Nobody! You are your own savior. The galactic federation is here to assist us saving ourselves. They have trained the earth created and trained the earth alliance and all the victories due to the earth alliance and we need to do that at an individual level. So anyone who tells you all the Ashtar

fleet or whatever is going to land and save everyone and take everyone in the ship, that suggests you to sit and do nothing and wait. That's taking your power away like take popcorn. So you know things like do not do that. Well, it's your own free will. If you're listening to watching me now that's what I'm saying.

So be careful be careful. I will recommend to channel and connect only to beings to whom you have a personal private contact already within you. Do not seek to connect outwards! Do not seek to connect to anything outwards. You will pray to connect to I'd say, I don't know "Saint Michael". You don't know what you're gonna get!

So first go within! Do a meditation to go in your inner self, connect with your higher frequency self. And once you're in this higher frequency they cannot get at you, because you're in a higher frequency.

I have this little 4096 Hz tuning fork. I bang it and it really clears everything and if there's some AI around that just gone.

Once you're you connect to your higher self, you can put out the request to connect to higher beings and to your star family only once you are in this higher place, that all the lower frequency stuff cannot reach at you. So do that, but be very careful, because know that you will only connect to your spirit guides, earth spirit guides. And if you are an envoy you maybe not, but if you are one you may connect to the soul group of aliens that you are part of. Either twin flames or family or whoever. But this safe connection can be made only within yourself.

That is how I connect to my star family. But in these times be very careful.

Now there's another danger I want to talk about. You know there's a lot of the **confusion of fear** and confusion are the tools of the dark agenda. So there are things you need to do in a very protected way, regarding to put yourself in a vulnerable position. Be protected such as channeling, which I don't recommend in these times unless it's your personal guides and family.

There are some practices such as: CE5 is safe if you do the right protections. raise your frequency. Anything that involves contact and also if anything that involves altering your state of mind, such as drugs. Be careful! Mushrooms especially. Have someone to hold a space, an experienced shaman, who will just keep the demons away.

Now there is something that may put you this situation is a hypnosis, be very careful. Hypnosis is a fantastic formidable tool that has helped humanity so much and still is. How AI can influence hypnosis? By two ways:

Either that the person, the client that comes and see the practitioner is already infected by AI. In that case the AI may talk instead. Or this person has mental illness, that's the same thing. The result will be like false information. So either the person arrives and already is infected with AI. Or either the sessions are not done following a strict procedure and AI can come in, because the person will be in a vulnerable state. You need to be protected. There are procedures that have been created and these procedures has to be followed really at the letter.

I know many very good hypertherapists, I am not here to privilege this or this person, but you you need to search yourself, because the right person will come to you. Search for someone who is registered on a board who is a very follower procedure, the the regular procedure very very well and he's certified and you can really check this person. I wouldn't go to persons who claim they invented their own ways or they are also like airy fairy incarnation or whatever. I would go to people who have no personal ego and who are just a professional, like you go to the doctor. The doctor is not going to tell you about his life, who he is like. That's how I've been watching hypnosis sessions.

And it's always middle-aged women, who are going to invent stories! And these stories will be always something that is spectacular. They will have extraordinary boyfriends or they will be in contact with famous extraterrestrials or be there, they have their family or wife or sister or whatever. Just the ego, the ego. When the ego talk. And sometimes also be very careful. The

practitioner is here to facilitate not to drive the narrative of the person and never ask personal question to the client. I've seen that, that's not right. So before you go to see hypnoterapists really I recommend you check this person, that this person is professional and puts no emotion into it, no personal questions, no personal involvement with the story of the client. That's when you know the professional is good and that the professional follows the procedure. And then the AI can't come, because the safe procedure will be respected. The practitioner will not involve themselves and no personal emotions into the treatment or personal questions related to them. And so that will be very safe. And there's a lot of practitioners are very, very safe.

And also I've seen practitioners who don't check the mental state of a person. You have questions to ask before and I suppose because I've been there twice, I've been hypnotized twice, I've done quantum hypnosis and regular medical hypnosis as well, I've done both. So that's how I could check that the quantum hypnotherapy was safe, because I've done the medical one first and the procedure was well respected.

There's something as well that is good to know about hypnosis: Don't rush into it! It is safer to first work on real memories, fragments of real memories that are here. Why? Because if you think you've been abducted but you have no proof of it. you're gonna go see hypnotherapies and sometimes your imagination is so strong that this will take over or AI or whatever spirit is attached to you.

Hypnosis is fantastic if you have already memory and you work from there. That's my case, that's why I can testify before undergoing a quantum hypnosis I had full vivid and really not to raise memories of being on board Thor Hans ship and I had contacts memories of full memories of contact with him, Val Nek, Myrah, Annax. Even once I had these full memories, but just was left a missing time of the night of my abduction at nine, because Thor Han blocked it, because it was too traumatic. And so the hypnotherapist helped me to get just this piece of memory back. But I had a backup.

And why I want to come as well: There's a lot of secrets based program of super soldiers, who go and see hypnoterapists, because they already have a **fragment of memory**. And you can't beat that. If you have something real already that you've been working on and you know it's real, because it's real memory you can tell the difference between real memory and imagination of course. There's no chance of mistake during the hypnotherapy.

By the way I want to give you a little help. I have a friend, this one is not a hypnotherapist. is this just a person who does something unique that can help you. If you feel you need that. His name is Tony Rodriguez. You know him, he's been in the secret space programs in the 20 and back, as many, many, many have been and have testified. Tony has never done any hypnosis. He had his memories back like lively and you need to see his videos just to understand this. So he vowed himself to help other people to get their memory back to try to get a core of memory back by themselves. So he does a course. He has his website

<https://www.tonyrodrigues.com/have-a-hunch>

It's called "exercises for fragmented memories". He will teach you how to get back fragmented memories on anything. It's just method that he's found out himself, worked for himself. So he's sharing it,

I told you about Thor Han having a holographic device in his forearm, and for those who have read my novel resilience I speak about these devices it, inspired me to put it in. That's an example of technology being used for greater good. Some beings have reached a certain level of evolution that they don't need any device, they don't need technology, they communicate just by consciousness. But for some practical we can all do this. But for some practical like we are going to use a pen. We need a pen to write. We cannot just write like looking at the sheet of paper like writing. We can't do that okay. Well not yet. so we need a pen. And Thor Han has this device mall the soldiers in the federation have it. It's like you have a phone, the same thing, but it's a holographic sheet in his arm

and it just can use this to. I saw him buying something with it, just getting his arm scanned. He's in total control of holographic implant. It's not nothing that can be hacked

Q: We seem to have been programmed to fear that positive AI may be hacked by nefarious forces or otherwise turned bad like in 2001 space odyssey?

Yes. "2001 space odyssey" is a formidable example of ship AI, disclosure already. Normally no, they can't be hacked. The only person who can hack it is the person who created it. The culture who created it and they don't do that. It can't be hacked. Imagine you could take over a fleet.

Q: Protection is to be connected to god or the source.

Yes, to be connected to the source of all life and the higher frequencies of source and its great protection, raising our frequency. That's why Thor Han always says this with the fingers "raise your frequency! You have one job!"

Q: Why you say galactic federation of worlds and not galactic federation?

It's the same, that's the long name, that's how they call themselves.

Q: It is mentioned by some individuals that AI is source. Is the source natural?

Oh no! I told you "artificial" means "created by a culture". It is the opposite of natural.

Be very careful: artificial means created by a culture. Natural consciousness is not been created by anyone, comes from source, is a fractal from source, it's a soul. There's so much diversity in this galaxy!

Q: Can autism be caused by AI?

I suppose yes. I think a lot a bad AI created by grays for instance.

Q: Can we check for implants in our own bodies?

Yes you can. An implant is a technology, it's not an intelligence. it's a tool like walkie-talkies. Most of them are trackers. So it's not going to be of the same frequency of your body, because it's an implant, it's something that is put in you that doesn't belong to you.

I tell people to do that: to tune into yourself to your own frequency and do this **meditation**. I'll always recommend and it's in every meditation. I do I start by this: Go within and connect with your higher self. And once you are this being of light, of frequency you just look again at your body. And you see them, you see anything that is not of your body. You're going to see bad entities, if you are identities attached, you kind of see clouds of AI, you're going to see all ET implants or mylab implants. You're going to see anything that doesn't belong to you. So meditation.

You can see also for those who have developed their ability, that we all have of sensing by energies **the energy field** with your hand. You can't do that. Rub your hands. It tingles, yes. That's your energy field. You scan your body and you will feel a tickle when there's something that is different frequency, and that there's one.

It cannot be always alien implants it can be **entity inclusions**. I'm a shaman I know very well these things. I've removed so many inclusions.

Sometimes people say they remove all implants by distance. I don't think it's possible to remove technology at distance, because technology is a physical thing. You need to be there physically and act physically on the stuff to remove it. But sometimes people are touching you or doing some procedures to remove them.

Some implants are not to be removed, because some implants are something that will keep you healthy, that been put here by either the Andromedan council or either a council of five to keep you healthy! I have this story that I heard of a woman, she had an implant in her neck and she got it removed. It was an ET implant and as she got removed, her heart failed and she got cancer and she had like plenty of problems. This thing was keeping her healthy, because it was put by good ETs.

Ask your higher self, has your guides, do I need to do that or not. Never ask anyone else, that is not a part of you and your beings, your guides, because we always seek outside what we could find inside. So you have all the answers inside.

Q: If a channeler has anger, hatred issues and tend to hide facts, is that normal?

No! To channel higher frequency beings you need to be in a high frequency place. And fear, anger, hatred, ego are not in a high place. So that tells.

Q: When will space force start using smart suits?

They have already, they use it already.

Q: New internet

I don't know all the details, but Thor Han has told me since like two years ago, that we will get a totally different internet. It will be quantum and holographic instead. We won't need any more the plastic boxes.

Q: Transgender programming

What I know about transgender programming is: the Nebu wants this. They want confusion, even in our genders.

We are binary species humans, from any place we come in this galaxy on beyond. We are binary, and that's our dna with the two coils that's the spoke about. We are binary species, because it's a dynamo: masculine and feminine. is like the plus and the minus of a dynamo. We need them both and then both as full positive, full negative and these two forces will do the magnet and recreate the electromagnetic.

It's the coil, it's the alchemy, the marriage of the masculine and the feminine creates life. If you mess this up in the head of people and you say, you cannot say you're male, you cannot say you're female. And I encourage you to even swap them and be either both – that is really trying to kill our nature, our power, our ability. So that is what the transgender agenda is and the programming done by the dark ones to confuse everyone. And that's really on purpose. The dominion is behind the Orion, Nebu.

Q: What can I do to raise my frequency? I did change my eating habit, I am trying to stay positive and happy all the time and very thankful of my life, but I don't get to connect with my higher self.

You do already exactly what you need to do. Eating healthy, not putting into your body things that are low frequencies. Also trying to stay positive, not being get by fear. Fear is not part of you. It's fear, it's broadcasted from outside and it appeals to your instinctive animal fear by resonance.

The instinctive animal fear is something natural that tells you of a danger, but the problem is the fear that's been broadcasted by the msn by outside, that's refusing. Be positive!

But okay gratitude, very good. But you don't get to connect with your higher self, because you need to do the extra thing which is meditation to go within. Connect with the being that inhabits this body and this being is of a higher frequency. And once you are this being, you are already in a higher frequency and you put your intention upwards and you can ask questions, and the answers come to you. It's your higher self, your higher consciousness responding. First you need to go within and tune with this being inside of you. Try this.

Q: The soul in the body is like a liquid?

Yes. I've seen portals and that's what you get in the portals. It's an energy, it's like liquid. But soul is different. It's like a fluid, etheric fluid, it's beautiful.

Q: Meditate, ground yourself and ask that your silver cord be connected by your higher self and begin speaking or channel him or her.

That is good! Thank you very much. It's a very beautiful advice.

Q: In the beginning of our current civilization women use paragenesis. We lived off our glands not regressive organs.

It is misinformation. Nothing in the beautiful natural body of a woman is regressive. Woman body is a sanctuary, it's a alchemical cup. And anything in a woman's body as well as in a man's body is divine and sacred, because it's life, it's created by life, by evolution. There is nothing bad in it, nothing regressive. The reproductive organs are something beautiful and there is nothing of regressive in it to my understanding and belief.

Paragenesis is not something related to human species, but to gray species. The grays can do that. So you know where this misinformation comes.

Q: My cat likes 528 Hz. Is there a Hz that is too high for animals?

528 Hz is the DNA frequency and that's really cool. Be careful when you go too high! I don't know exactly, but I think the book that I advise you, you have the answer in it. Some of you have followed my videos of sound sonic adventures with my friend Carmel and she does sound healing teachings, and she's a very well knowledgeable person, Celtic school of sound healing. I'm going to actually put this in the video description. I suppose for sound training she does everything online.

Be careful. Do not try too high frequencies. I wouldn't go above 700. Really they have very sensitive ears.

Q: What if the higher self is here in the physical body?

I believe so, because I believe we call it "higher self" because it's not higher in place. It's not an extension of ourselves like a hard drive that is just standing above our heads, it's not higher in in geographically, it's higher in frequency. So it's in us, our higher self is our higher density selves. When we connect to ourselves, that's what we're connecting to. ...

"nothi seroton" this wonderful phrase put on the frontiership of a Greek temple in Delphi a gift left to humanity "know thyself". And when you know who you are nothing can knock you down, nothing can mind control you.

Q: Does the Andromedan council place implants in the envoys?

Every envoy has a communicator, an implant to track them. It's their star family or the structure in relation to them that make sure they're okay. And so these implants, yes, the Andromedans do, that the council of five do that, the galactic federation does that. So all implants are not bad. It's a walkie-talkie system, tracker, good. So they are monitoring their their envoys of course.

I tell you how some examples that I can experience, because mine is attuned to the higher frequency of the galactic federation. When I have a fear, someday I'm scared and I'm surprised or I am annoyed by something of strong emotion, it can be even joy the emotions are electric electromagnetic pulses emitted by the brain, also so the heart and the brain and um so it activates the communication, sends a signal that is different and they are going to connect "hey what's happening?" and try to help. Sometimes people have bothered me by distance or physically and the implant will send a signal and this person will be either pushed away by an electric field or sometimes quite impressive. I'm very well protected. So yes, the Andromeda council can do that of course.

Q: Do breathing techniques help to raise your frequency?

Yes of course.

Q: Do Tibetan bowls have the same effect as the tuning forks?

No, because tuning forks are a very precise, like surgical instrument that is going to act on the part of your body where you're going to apply it. A tuning fork is a medical nearly surgical instrument. Tibetan bowls are more for sound bath. They are going to raise the frequency of everything around. So all your energy field, all your aura. This bowl is seven metal bowl, seven metals put in it and this is made in Nepal and I really recommend this one.

Don't start to ask me where to buy it. This one was sent to me as a present. Nepalese or Tibetan hand hammered seven metal singing bowl. It's great stuff, it re-raise your frequency and when I meditate with it, it creates a sound space that is quite impressive, and it just clears everything around. It's like a power plant or like nuclear sound bomb.

Q: Can you please use your AI technology to connect Thor Han and speak with the Andromedan council?

No. No AI technology is used for that. Oh god, no!

When I connect to Thor Han it's by two ways. Either by a link of the heart I have with him, it goes by direct consciousness, because I have a personal link with him. Or either via the implant what he needs to give me intel's and I need to write down words forward, it's like a walkie-talkie. I hear his voice in my head and he shows me images. But I don't need it in fact, I just can now connect directly by telepathy when he's near.

AI doesn't enter in the equation. It's just technology, using the telepathy and electromagnetic frequency of the body and same for Andromedan council. You can to connect with it. Connecting with it is that are your star family or your soul group. If you're an ET bodied here it uses consciousness, it uses meditation connection to yourself and consciousness directly and you don't need any device and implant, nothing, if it's used with your star family.

Connecting with ETs are not of your star family you do not have any channels to them. You need an implant, you need a technology, because they are far off the planet and you need something safe that is really a tune with them. If you don't have it, don't try it! They need to put it in you.

It's like you have a phone and you activate it by a brain waves. So connecting with ETs, it's either your soul family and you connect for yourself, no technology required. Or either you need a technology if it is ETs that are not linked to you in any way and far out of the orb of this earth.

Q: Good ETs do not use chip or implants to contact humanity, what do you think of it?

They do not need any chip or implant if they already have a soul connection to you, if they are your personal soul group. But if they are not and they are like strangers it is they need an implant or tracker. And the good and the bad ones, because why would they put them? Also it is who tell you that you have an implant and I put it in you, they are they are not the bad ones, because the bad ones will never tell you, because they want to mind control you. So they will never tell you. ...

Implants can be anywhere in your body, absolutely anywhere, because it's activated by the brain waves that goes in all your body. Sometimes communicators can be closer to the head but not always. And have more trackers more in the limbs or the feet or the lower legs, but that's it's not a generality. ET species do different.

Message

Telling you three things, before I leave.

The first thing is, that if I do all that it's because I love you all.

The second thing is from next week the Q&A a will be on the Wednesday, same time.

The third thing is a beautiful story that someone wrote in the comments of one of my videos on youtube. ... One day humanity will reach its full potential of evolution and this day we will not need technology anymore. But before we get there we need technology as a tool to help us reach destination. Technology is not the purpose, the aim and the destination, it's just a tool we used on the way. The real destination and the real purpose is the evolution of human soul, and this doesn't require technology. Technology is just to help us getting there.

The evolution of human soul is the unlocking of our true potential. We are all beautiful powerful beings. Perfection is an aim, is a target. It's because perfection can never be reached that the fight of evolution will keep on going and going and going. The desire for perfection is what fueling all life and all consciousness in this old multiverse. The desire for perfection is the carrot that is always put in the front, that you put yourself.

Perfection is stillness. When perfection is reached, the fight for balance stops. And there's no life, there's no passion. there's no all this as imperfect beings we will reach our full potential and beyond. One day we will teach other cultures, because the potential we have goes further and further than the potential of many other species, because we are royalty. We have an incredible compound of 22 amazing bloodlines. As individuals with our angers, our fears, our questionings, as imperfect as we are we will go very far.

And let me tell you the story that this person left in the comment of one of my videos. A monk was going to a well, carrying on his shoulder a stick with two buckets. Every day he was going to the well and filling the two buckets with water and he was walking back to the monastery, every day carrying the water. One of the buckets was perfect and contain the water to destination. The other bucket was cracked, it was an imperfect bucket and it was leaking all the way and arrived to the monastery there was just half of the water left in this bucket. But the monk didn't care. He was using this same cracked bucket. He had enough with the other one. And one day the cracked bucket start to feel very ashamed to be imperfect, to be cracked and he finally told the monk, because in these stories the buckets speak, "Oh I'm so sorry, I'm so ashamed, I'm so ashamed, I'm so sorry, I'm

so imperfect. I'm all cracked and you lose all the water. oh I'm so so so sorry to be so imperfect and blah blah” The monk replied “I do not want to swap you for another bucket with no crack. I want you. I want to use you. Now “Why, why that? I'm leaking water bye” and the monk say “I will show you.” put the two buckets with water and walk back on the monastery truck and he said to the crack bucket “Now look, see your pile here, the perfect bucket. Look! The road on his side is all pristine and rocky and you see only dirt and stones. Now look at the road on your side!” And the bucket, the crack bucket looked at the road on his side and the monk said “now look! On your side every day has grown flowers, because you licked water all the way, flowers have grown and it is magnificent on your side, the whole side of the track to the monastery is blooming with flowers. That is why I want to use you as a bucket!”

And that is the moral of the story. Imperfection creates life.

— — — New transcripts, not corrected — — —