

PRESS KIT



Shakara Tosha

Ascension Guide

STAR MESSAGES & LIGHT LANGUAGE
Teachings, Transmissions & Activation Tools
For StarSeeds-Becoming-StarBeings

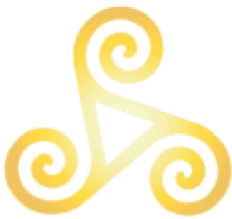
Shakara Offers

- **Classes & Workshops**
- **Presentations & Messages**
- **Private Sessions**
- **Energy Readings**
- **Sound Meditation Journeys**
- **Light Language Transmissions**

Key Services

- **Inspiring Transmissions**
Cosmic StarBeing Messages
- **Vibrant Communications**
Light Language Activations
- **Conscious Wayshowing**
Soul Guidance & Teachings
- **Creative Expressions**
Energetic Art & Performances

Shakara Guides StarSeeds To:



- **Activate**, Embody & Resonate Your Higher Vibrations
- **Master** Your Unique Inner Ascension Path & Abilities
- **Create** Your Life Consciously In High Frequency
- **Partner** With Your Higher Self, Your Guides & Source
- **Reconnect** To Your Multidimensional Nature
- **Manifest** Abundance & Expand Your Human Potential
- **Remember** Who You Truly Are & Live The Life You Love

LET'S CONNECT!

Contact me to co-create together



shakara@shakaratosha.com



www.shakaratosha.com

New World, New Earth, New Consciousness, New You.
Welcome, We Have Arrived.



About Shakara

"Creative Inspirationalist"

Shakara Tosha offers Guidance, Teachings, Tools and Services to inspire your daily lifestyle during these energetically shifting Ascension times. She has engaged and activated thousands of people worldwide to connect to their higher vibrations, radically transforming their energetic vibration to consciously and creatively shape their own spiritual life path.

Shakara's a "Creative Inspirationalist" who partners with her Star Guides & Higher Self (together with yours) to raise people's frequencies to higher dimensions with joy & creativity. She has been consciously connected to the Star realms all her life through personal experiences, spiritual ceremony, corporate life, artistic creations and self-initiations.

She works within the higher dimensional star realms—receiving and now sharing massive wisdom downloads on quantum information, techniques and daily life guidance on extensive topics from many Star Guides. She carries a profound high-frequency vibration that thousands have experienced deeply. And the many Light Languages she transmits immediately shift people's internal paradigms of thoughts, feelings and actions.

Interacting with Shakara is a fun and transcendent experience, as she gently and lovingly encourages you to activate yourself from within. Bridging ancient and modern life, Shakara partners with co-creators to awaken and "REMEMBER" their true nature, develop their unique soul expressions and manifest the creative life of their dreams.

→ **StarBeing Messenger**

→ **Ascension Guide**

→ **Energetic Artist**

→ **Multimedia Performer**

→ **Vibrational Healer**

→ **Cosmic Symbol Scribe**

→ **Light Language Speaker**

→ **Ascension Guide & Teacher**

→ **Prolific Author**

→ **Mystic Intuitive**

→ **Energetic Activator**

→ **Creative Code Carrier**

"I received a very healing and comforting Light Language activation from Shakara that felt like going into the deepest levels of my Being."



Meet Shakara

Multidimensional StarBeing

Hi!. I'm Shakara.

I am here to support you to get fully connected to everything deeply—to become an actively engaged in shaping your life, to remember who you truly are, to raise your vibration, and to live a continually inspired life of joy. You are the creator and artist of your life, and you are transforming to the new YOU.

I transmit powerful healing and activating energies through my extensive creative multimedia expressions of "Light Language"—manifested through multimedia symbols, codes, energetic dialect, toning, sound, music, artwork into my various product and service offerings. I wear many hats and live totally guided by Spirit, consciously operating within multidimensional realms while functioning in the human 3D realm. My Mission is to assist you in your own personal awakening, expand your senses, become more energetically conscious, and activate your True Self while navigating your daily life in creatively new and inspiring ways.

I also share many useful teachings, tools, wisdom and insights gathered from years of downloads from my cosmic Guides in partnership with my Higher Self, together with living Light Language transmissions—via informative videos, classes, workshops, webinars, courses, sound journeys, meditations and public presentations. Each Guide has shown me many creative ways to view and utilize various life energies...to elevate the mind, body, soul and spirit—which I now share with you. I also teach practical and exciting new ways to apply this learning and information in your own life and benefit greatly.

I make it fun to open to these new vibrational ways of living and Being. There is the New Us, a New You, a New Consciousness coming online fully in these Shifting Ascension times. I "see" you, and I'm honored to be of assistance to help you awaken fully and live your best intentional life while deepening your heart connection to everything in your world. I look forward to connecting with you! It's your time now to align with your unique gifts...and share who you truly are with the world.

"Your continued light language work is blessed and amazing."



About Her Work

Encouraging & Supporting Humanity

Shakara's Mission is to prepare people for this new world that we are moving into, during this transition phase, empowering them to contribute to a beautiful future. She's a bridge and conduit with the Star Nations, helping people to reconnect with their Star Family and their starry nature, to feel and "see" differently—by raising their frequency to acquire new ways of living and Being.

Shakara has received "downloads", "transmissions" and "Messages" constantly throughout her life from many "StarBeing Guides" who she partners with. It is a continual process for her of tapping into these Messages—intuiting, reflecting, deepening her understanding in research, integrating and upgrading her energy and her vibration, applying these things to her life. All Message downloads come to her in the form of energetic codes and packets of information represented by a symbol (kind of like shorthand from her Guides). She then translates what she has received in various ways. With each understanding she manifests art, writings and creations from what she has learned—to better understand it all, then share them with others.

When sharing her Messages, teachings, guidance and Light Language with others, she accesses the energetic frequencies of "creation codes" within physical and etheric symbols that she works with in higher realms, and from understandings she carries within...together in partnership with the people, their Guides and Higher Self she is interacting with in that moment. She utilizes healing techniques incorporating a similar process as working with symbols—intuiting what a person needs, taps into the Akashic and higher dimensions, and pulls the correct energy, answer and healing out into existence for the person at that particular time.

Shakara can feel and "vision" people's holographic star codes and can source what their Star lineage is, which parallels which Star Guides are present around them during the connection. She shifts frequencies and energetically travels to higher dimensions to gather information and frequency on any topic, word, code or concept—while she "views" and "visions" that input from many different perspectives...a kind of multidimensional energetic scrying of energy and information she shares with her clients and students. Her work contains high-frequency energy to help you open and expand into your full consciousness and get reconnected to the ALL—Creative Source, the cosmos, Star People, etheric energy and spirit, higher dimensions, your higher senses, earth and nature, your Higher Self, your Guides, your physical self, nature and other Beings.

Connecting With The Creative Force of Nature

Wisdom Teachings & Topics

Ascension Tools For The New Frequency

Shakara shares her extensive body of work in many multimedia formats.

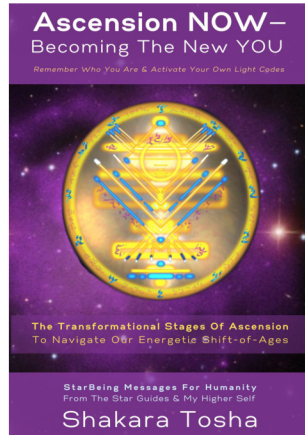
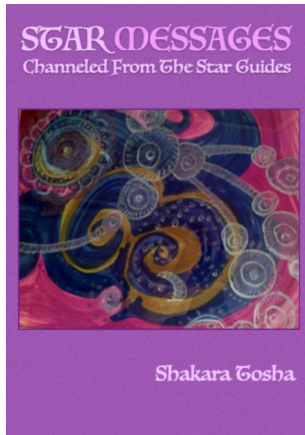
- **General Daily Life & Practical Living**—Lifestyle Tools
 - *Connecting to Universal Life Force, Daily Practices, Group Dynamics, Aligning Career & Passions, Mastering Your Path*
- **The Individual Self**—Going Within & Being All You Are
 - *Your Energy Signature, Whole Self Balance & Healing, Upgrading Your Body, Instincts, Senses & Blueprint*
- **Creation & Creativity**—The Act & Art Of Creating
 - *Artistic Expressions, The Act of Creation, Connecting to the Energy of Creation & Manifestation*
- **Energy & Frequency**—The Flow & Function Of Energy
 - *How Energy Functions & Working with Frequencies of Light, Sound & Vibration in Daily Life*
- **The Cosmos & Galactic Existence**—The Cosmic Connections
 - *Our Connection to the Stars & What's Occurring in the Cosmos*
- **Nature, Earth & Gaia**—In Tune With The Forces Of Nature
 - *Working With Gaia, The Forces of Nature, Elementals, Energy Lines, Sacred Sites & The New Earth*
- **Light Language**—The High-Vibrational Language Of Light
 - *Where It Comes From, What It Is, How Transmissions Affect in our DNA, Upgrading, Manifesting Your Expressions*
- **Higher Communication Tools**—Connection Devices
 - *Symbols, Codes, Numbers, Shapes, Signs, Glyphs, Crop Circles, Mandalas, Mantras & Higher Senses*
- **Systems Of The 13**—Dynamic Modalities Of The 13 Ways
 - *Continents, Grandma Trees, Moon Cycles, Feminine Energy, Crystal Skulls, Galactic Systems, Chakras & Senses*
- **Action, Ceremony & Ritual**—Practices & Tools To Raise Your Vibration
 - *Honoring Sacred Moments, Dreaming, Visioning, Journeying, Healing & Activation Tools, Blending With Spirit*
- **Union & Unity**—From Duality To Unity & From One To Oneness
 - *Remembering, Merging, Rebalancing & Reconnecting of Opposites, Feminine & Masculine, Spirit/Higher Self & Physical*

"The connection to your High Self and Guides, and your own personal connection enabled a great feeling of acceptance and at times, joy in bringing about change in my life. The guidance given was of an exceptional nature."

Books, Classes & Courses

Information, Teachings & Activations

Wisdom teachings on many downloaded topics...via Books, Classes, Webinars Courses & Workshops.



AVAILABLE NOW:

- **Star Messages**—Transmissions From The Star Guides
- **Ascension NOW**—Becoming The New YOU



IN FINAL PRODUCTION NOW:

- **StarBeing Messages**—Direct Downloads From The Star Guides
- **Becoming Shakara**—My Spiritual Journey of Awakening & Being
- **Remember Who You Are**—You Are The Being That Is Being YOU
- **New World, New Earth, New YOU**—Our Evolving Humanity
- **Connecting With Your Guides**—Co-Creating With All Guides
- **Starseeds-Becoming-StarBeings**—Awakening Your Inner Starlight
- **Shakara Light Codes** (my scripts, artwork, codes, diagrams & symbols)
- ...and many other mini-books to come

TOPIC SERIES: (each have subtopic books, classes and courses)

- **General Daily Life & Practical Living**—Lifestyle Tools
- **The Individual Self**—Going Within & Being All You Are
- **Creation & Creativity**—The Act & Art Of Creating
- **Energy & Frequency**—The Flow & Function Of Energy
- **The Cosmos & Galactic Existence**—The Cosmic Connections
- **Nature, Earth & Gaia**—In Tune With The Forces Of Nature
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- **Union & Unity**—From Duality To Unity & From One To Oneness

MESSAGES FROM THE GUIDES SERIES:

About Them & Their Wisdom Teachings

- **The Arcturians**
- **The Sasquatch**
- **The Star Nations**
- **The Divine Feminine Tribes**
- **The Animal Nations**
- **The Elemental Nations**
- **The Ascended Master Group**
- **The Shakara/LayooeshTunila**
- **The Guardian Alliance**

Light Language is the universal language of love, telepathy and higher senses.

Private or Group Sessions

Guidance, Healing & Activating Support

Shakara offers various one-on-one client and group sessions focusing on many topics.



Unlock Your Full Potential...and Say Hello to The New YOU.

During a Private Session, Shakara's Higher Self and her Star Guides connect with your unique Energetic Frequency Signature and your own Personal Guides, to receive key readings she shares to help you recalibrate, gather deep realizations, and modulate your frequency.

Shakara offers practical daily life tools to manage your situation and further empower your life. The high-vibrational transmissions further activate your creative DNA codes to effectively open new creative channels of energy within you, which assist and inspire you in getting fully connected with your innate abilities and manifest the magnificent life you wish to create.



TOPICS CAN INCLUDE:

- Healing
- Activation
- Energy Readings
- Personal Life Guidance
- Releasing Old Energy Blocks
- Managing Ascension Symptoms
- Career & Business Guidance
- Parenting Star Children
- Deepening Relationships
- Connecting To Your Star Family
- Connecting To Your Guides
- Activating Your Light Language
- Retuning Your Energy

Shaka Guides You Through:

- Getting clarity on any personal topics you may be experiencing
- What's uniquely happening with you
- What's happening energetically in the universe
- Massive energetic shifts that are occurring and tips to manage it
- Solutions for balance to move forward with joy
- Manifesting your highest potential
- Tap into your unique Energetic Frequency Signature
- How to connect with your personal Guides

Every Session Includes:

- High-dimensional Light Language Activations
- Connections & Messages from your own Guides & Higher Self
- Unique Messages downloaded just for you from the Star Guides
- Intuited guidance from the Star Nations for your situation
- Transmitted Messages from your Higher Self back to you
- Multidimensional energy frequencies from Shakara's Higher Self

"For those of you curious to learn more about your spiritual teammates, soul lineage, light languages, codes, and more, I HIGHLY recommend working with Shakara."

Presentations

Multimedia Messages, Light Language, Journeys & Teachings

MULTIDIMENSIONAL PRESENTATIONS

Conference Keynote Speaker, Mystic Sound Journeys & Home Gatherings



SACRED SPIRIT WORK

Circles & Ceremony, Meditations, Healing & Activations, Journeys & Connections on the Land

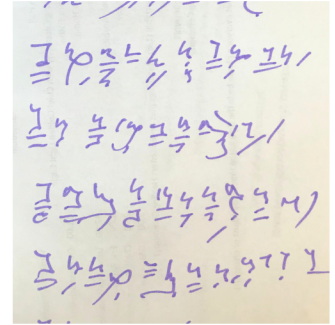
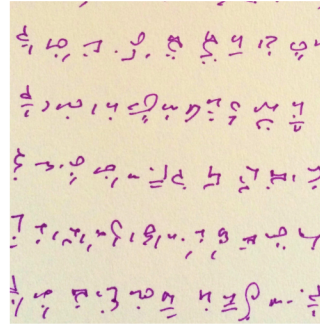
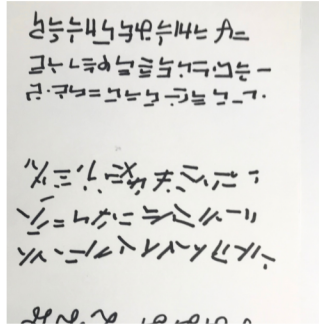
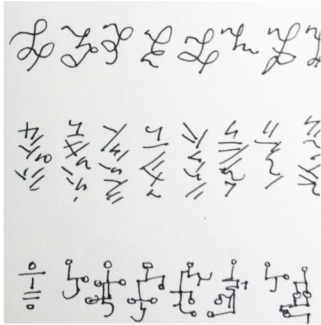


Connecting With The Creative Force of Nature

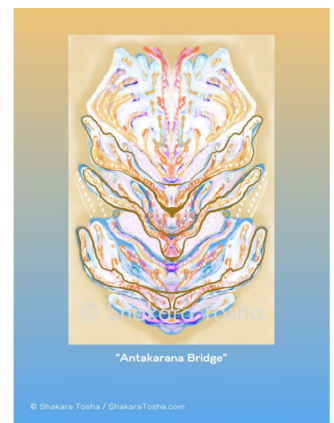
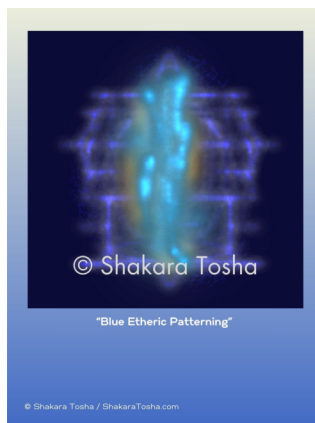
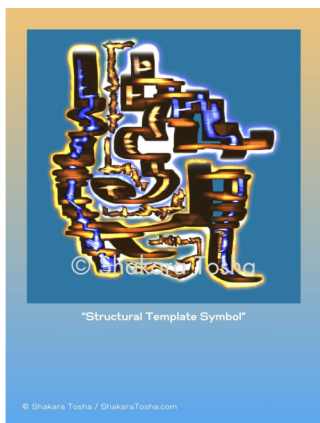
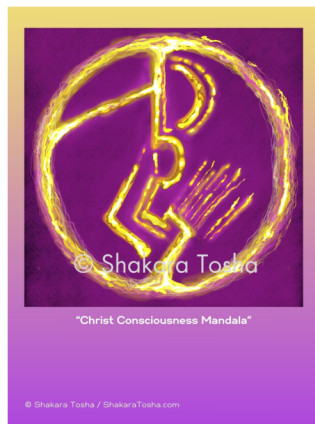
Energetic Artwork

Activated With Light Language & Energetic Frequencies

CODES, SYMBOLS & SCRIPTS



ART PRINTS

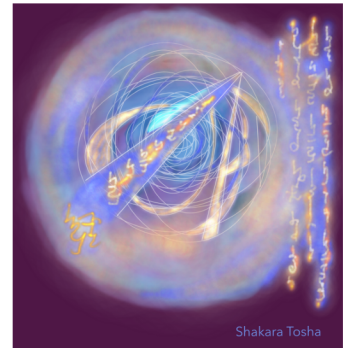
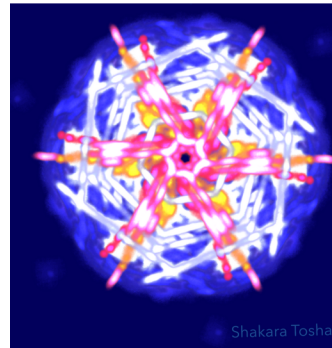
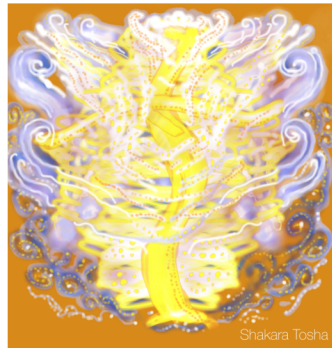
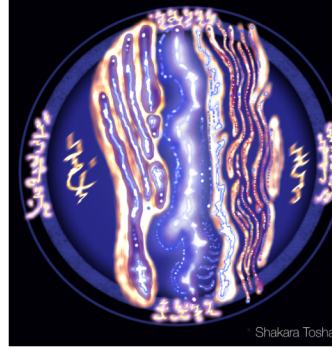
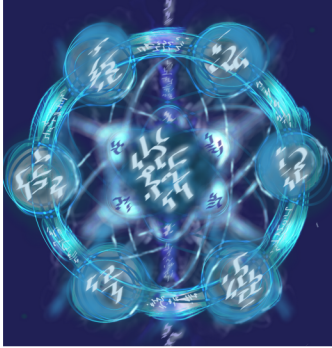


*"Incredible beauty and light codes of our devic body! Thank you Sistar!
I can feel the Light Language in them."*

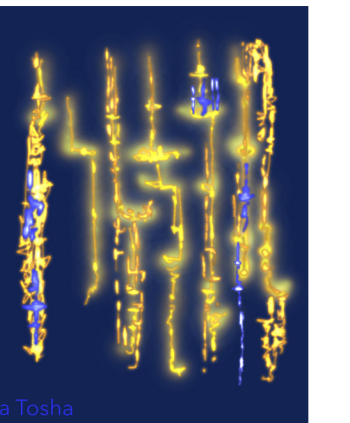
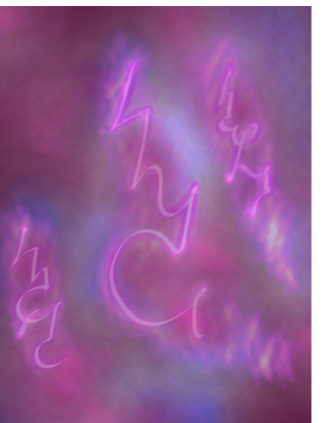
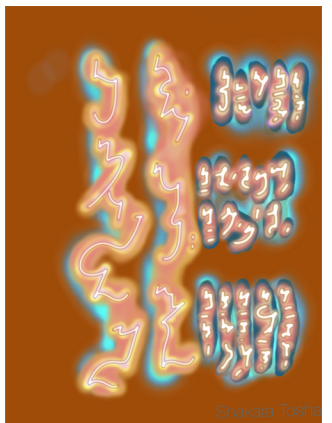
Customized Portraits

Hand-Made Creative Expressions Just For You

CUSTOM ENERGY FREQUENCY SIGNATURE SOUL PORTAITS



CUSTOM LIGHT CODE PORTRAITS

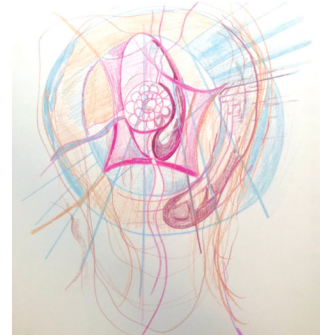


"Wow!! I'm so grateful that you created this amazing artwork and beautiful Light Language activation!! Kept listening to it several times. I love your voice and the lovely (love) Light Language is just beautiful. It feels like home...!!!"

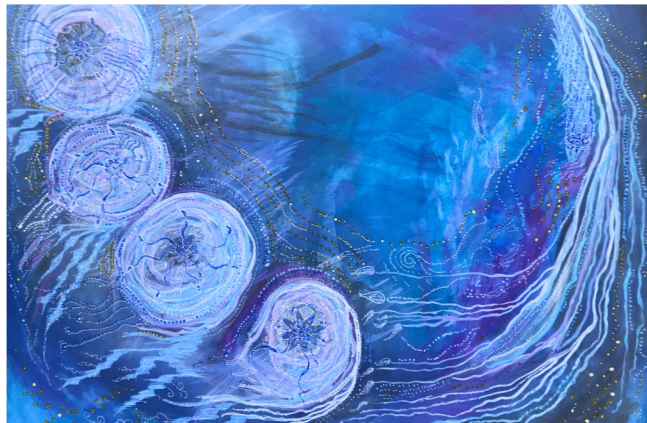
Commissioned Art

Hand-Made Creative Expressions Just For You

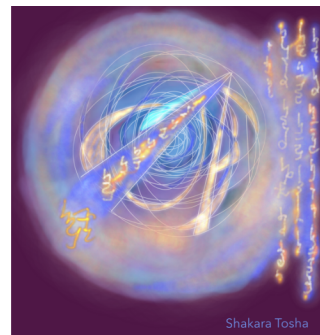
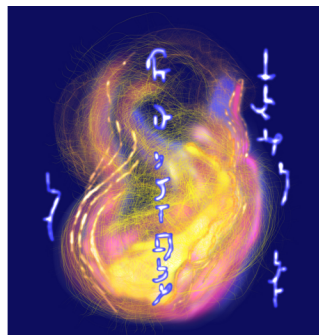
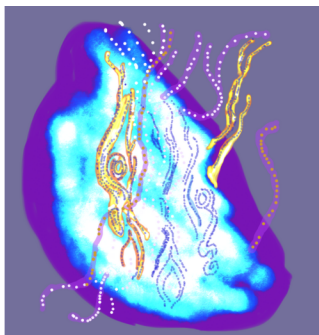
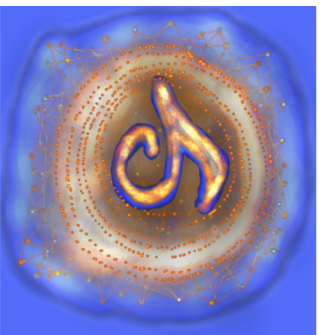
CUSTOM DRAWINGS



COMMISSIONED PAINTINGS



COMMISSIONED DIGITAL ART

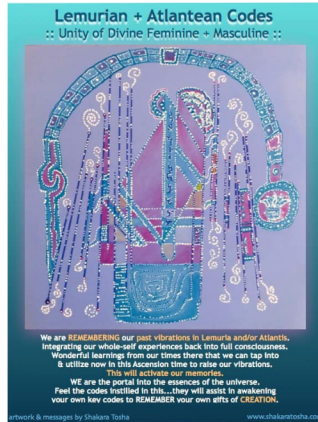


Be the Being That Is Being YOU

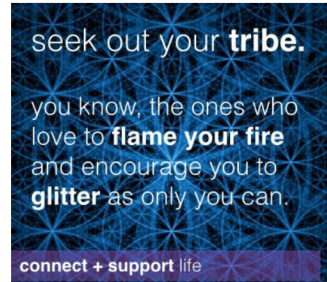
Activation Tools

Ascension Tools For The New Frequency

ORACLE CARDS



AFFIRMATION CARDS



COSMIC RUNES



"As powerful and transformative as your artwork is, it's a fragment of what it feels like to meet you in person, hear, ponder, receive light language from you."

Upcoming Products/Services

New Projects In Development Now

There are many new things evolving!

Creative Ascension Lifestyle Website

Community Platform by Subscription

Hosted Podcast

Conferences

Presentations

Collaborative Conferences

Retreats

Products

Sacred Oils

Jewelry

Bundled Product Kits-

Music

Light Language Meditations

Lullabys

Collaborative Sounds & performances

New Books

Books for Star Children

Poetry



"Your words are so precious! Thank you for sharing your gift with us. Profoundly beautiful heart energy is so alive for each of us. Your (Message) is meaningful on multiple levels."

Meet The Star Guides 1

The Guides Who Bring The Cosmic Messages

GROUP 1: The Arcturian Collective (The "ARCs")

GROUP 2: The Sasquatch (The "SAS")

- **Sas Individuals:** Clan Leader Sasquatch; Situ (my key female Guide); Kitae (my key male Guide; Sunokaya; Sasquahi (Chunaba Sasquatchi); Sasqui; White Sas/Pachat hybrid; Ankara' Maniku (preserver of the stone ways); Unci Dakari Grandmother; Uchu Sasquatchii Grandmother; Unci Kara" Grandmother; Kabatun Aatama Grandfather; Kaetel; The Blonde One Shillowa; Haloti
- **Sas Tribes:** Ancient Ones; AN; Sasquatchitani; Star Nation Sas-ku-wachi hybrid children; Sasquatchi; Sas Firefly Orbs; Local Wisconsin Tribe; Sas Tri-skele Shifter; Sas Tree Tribe; Sas Stone Tribe; Sas Sasquahi Tribe

GROUP 3: The Star Nations (The "SN")

- **Tribes & Groups:** Venusian Nation (Venus); Pleiadian Nation; Sirian Nation (& Pachats Cat People & Dolphins/Whales from Sirius A, B & C); Zeen, Zine, Zane and Zahir; Lyran Nation; Lyran-Anauhuazi/Anuhazi" People; Anu; Draco; Eieyani Nation; Orion Nation; Inner Earth Beings in Telos & Agartha; Star Nations in Cities of Light & Shamballa; Star Bird Tribes; Cygnus Cosmic Bird Beings; Partner from the Blue Star Council; Beings of the Ultra-Violet Flame (The Violet Ray & Planet)' Ancient Star Elders from Northwest Pacific US; New Ancient Star Nations arriving
- **Ancient Councils:** Galactic Federation; Ancient Els; New Galactic Councils; Blue Orb Sphere Light Ray Council of 13; Collective of 13 Galactic Federations (old and new); Galactic Council of Light)

GROUP 4: The Divine Feminine (The "DF")

- **The Great "Divine Mother" Feminine Aspect Of Creator:** The Creatress; The Divine Feminine Aspect of Creation; Asherah (Ashara the Pure Spirit); The Shakinah (The Shakti energy); Mother Arc;
- **Individual Divine Feminine Beings:** Immanuella (my key Guide & twin sister of Immanuel/Jesus); Dresdimalla Of The White Flame; Arya Tara (White Tara, Mother Earth Goddess); Joan of Arc; Quan Nin; Lady KA-tsina" (Kachina); White Buffalo Calf Woman; Unkara The Priestess of High Road of Undaal; Towi (Blue Star Woman); Magiratha (Protector of the Light); Ancient Grandmother Tree
- **Collective Feminine Energy Groups:** Magda-Sophia Energies; Maryamne (Divine Mary, Marataten, The many Marys Energies); Egyptian Goddesses, Priestesses and Masters Tribe; Sophia Sisterhood Collective/Counsel; 3 Girl Bee Guides; Seven Sisters of Pleiades; Triple Goddesses Collective; 13 Stargate Goddesses; 13 Lemurian Grandmothers
- **Priestesshoods & Guardian Collectives:** Feminine Masters of Djedi (& Assasi Warriors); Banduri & Queen Maev); Shamankas; Amazonia Feminine Masters of Mazur (Mazurka/Mazuria); Ancient Ones (& Hisatsinom/Anasazi Grandmothers); Priestess-Hood of The Sacred Flame; Royal Priestesses of Mu & Lemuria; Oracles of Nature; Feminine Ishayas" & Their Master Teachers; Feminine Essenes & Their Master Teachers; Inner Priestess-Hood of the Knights Templar; Sisterhood of the Rose (& Sisterhood of the Blue Apples); The Feminine Golden Dragon Society

*"The session helped me reveal the true goal being true to myself no matter what.
The Guides and Light Language spoken was of a profound nature."*

Meet The Star Guides 2

The Guides Who Bring The Cosmic Messages

GROUP 5: The Animal Nations (The "AN")

- **Earthly Animal Tribes:** Whale & Dolphin Nations; White Animals; Black Jaguar Clan; Bee Nation; Deer Nation; Bird Nation; Spider Nation; Serpents
- **Galactic Tribes & Animal Beings:** White Paschat Lions Of The Cosmic Cat Nation; White Crane/Dove/Swan of Cygnus; Galactic White Spider
- **Galactic & Earthly Ancient Hybrid Beings:** Ancient Dragon Guardians; Rising Phoenix & Rainbow Phoenix; Mermen Mermaid People Of The Mer (Waters); Ancient 'Water Serpent'; All Other Hybrid Creatures

GROUP 6: The Elemental Nations (The "ELs")

- **Cosmic Elemental Nations:** Solar (Soul/Sol) Sun Star; Lunar Moon;
- **Gaia Earth Nations:** Tree Nation; Rock Nations (Stone, Rock & Crystal Nation); Wind, Air & Cloud Nation (Water Nation/Mni Wiconi); Fire Nation (Photons of Light Nation); Ether (Ethereic) Nation
- **Earth Nations Protectors:** Mother Earth Protectors; Ley Line Guardians; Earth Guardian Elementals

GROUP 7: The Ascended Masters (The "TRI-SKELs")

- **The Divine Masculine Trinity:** Immanuel (Jesus)—The Carrier of Christ Consciousness; Melchizedek" (Melkizedek)—The Melchizedek Priesthood; Quetzalcoatl (Quetzal Coatl)—The Feathered Serpent
- **The Divine Feminine Trinity**

GROUP 8: "The Shakara" & "Layooesh Tunila" (The "SHAKI")

GROUP 9: The "Guardian Alliance" (The "Guardians")

- Guardian Alliance Collective Of All Groups; Galactic, Cosmic & Universal Guardians; Spiritual, Astral & Etheric Guardians ; Elemental Earth Guardians; Human Guardians



"The Guides gave me clear guidance on how to shift into a life of higher consciousness while embracing my current struggles and reminding me of how powerful I AM."

Experiences With The Guides

The Guides Who Bring The Cosmic Messages

A Few Key Encounters With Some of My Guides

- **Visited by a Guardian of Light as a Child**—at age 4 I had a fully conscious memory of my first StarBeing interaction, who told me about my Mission and activated my Light Language.
- **Visiting the Arcturian Starship all my life**—there are various “rooms” and stations including a learning and teaching room, a healing room, a room with a holographic wall, a room with various portal gates and big crystals, natural tools and minerals.
- **I dream the Guides, I have seen them in the physical, I hear them, they telepath with me**, they often click on the walls, sometimes I feel their touch and pressure on my head; I learned how to shift my consciousness into higher dimensions while fully conscious in the physical, and connect with them.
- **As a baby I would see the Star Guides in my crib and around me**; later I was hospitalized a few months before age one, and the Arcturians would visit and teach things; during a few years of Grand Mal Seizures and would “journey” in the cosmos with the Guides; Arcturians would surround my bed and telepath with me.
- **At age 3 I was gifted a little teepee from New Mexico from my aunt**—it was my “temple” I’d go into, meditate and move energy with my hands, and the Guides would visit and share Messages and teachings about many things.
- **As a youth I’d rent a canoe down our little river** and visit these “twin caves” —I’d dock and sit in the caves and sing, meditate and talk to the Spirit world and the ancestors.
- **I also connect with the Guides when in nature**, sending Messages through nature via morphing cloud formations, water ripples, bird flight patterns or songs.
- **Visited by many different Guides during spiritual vision quests** and during sundance.
- **The Guides would come in many sweat lodges** and materialize like blue outlines, touch me and telepath and give me a Message for someone in the lodge, myself, or the writing I was doing.
- **Various direct physical encounters with Sasquatch**, most dynamically during a “vision quest” where 8 of them circled about 75 feet away and “mind-spoke” to me; I’d see them in the forest as a child; they go in and out of dimensions, and shape-shift.
- **I experience Beings as orbs of light**, some as a bright gold dot, big blue circles, a hazy rotating globe; I’d travel with them psychically through energetic portals.
- **Guides would pop in when I was working on something** in my daily life that was their specialty, to teach me more about it from their understanding
- **Sometimes they emerge “through” the energetic field of a client** I’m doing a session with and tell me things about that particular person I’m guided share to help them.

Interactions With Cosmic & Earthly Energy & Light

Events

Creative & Instructional Presentations

I've shared Messages, Light Languages, Teachings, Interviews & Sound Journeys at Various Events:



Spiritual & Wellness Expo

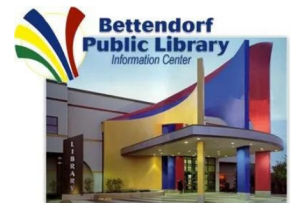
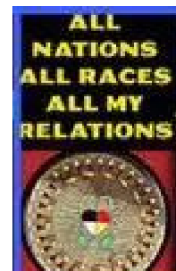


April 30, 2023 11AM - 4PM
Garver Feed Mill
3241 Garver Green, Madison WI

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TRANSFORMATIONAL
SHIFT
EVENTS

Awakened
Goddess
Show



"It was a pleasure to have shared some of your great energy and to have been able to connect! Thank you again for the message you delivered! I am standing in my power! You are beautiful."

Contact Me

Let's Co-Create Together

Host & Hire Shakara in your next event.



Shakara's Key Offerings

- Conferences, Panels & Events
- Interviews & Podcasts
- Co-Creative Conversations
- Small & Large Group Gatherings
- Healing & Activating Retreats
- Sacred Ceremony Circles

Shift into a life of higher consciousness and realize your human potential.
The Creative Ascension Process is a journey of becoming...more YOU.

LET'S CONNECT!

✉ shakara@shakaratosha.com

🌐 www.shakaratosha.com

"You will write a book about the Codes of Creation...because you had something to do with them. In service to Humanity, it's the moment now to share these codes. We are entering a time where everyone will read and communicate with the Language of Light—you will help people do that, and then help them get reconnected to the StarBeings in their everyday life." —Lakota Chief Golden Light Eagle