

# Ascension NOW— Becoming The New YOU

*Remember Who You Are & Activate Your Own Light Codes*



**The Transformational Stages Of Ascension**  
To Navigate Our Energetic Shift-of-Ages

**StarBeing Messages For Humanity**  
From The Star Guides & My Higher Self

**Shakara Tosha**

## **Ascension Now—Becoming The New YOU**

Copyright © 2023 by Shakara Tosha

All rights reserved. Please share information about this book with all who are interested. Feel free to share lines and quotes you enjoy (and reference me). No part of this book may be utilized, copied and shared in whole, taught or reproduced in any manner whatsoever without the written permission of the author. Thank you.

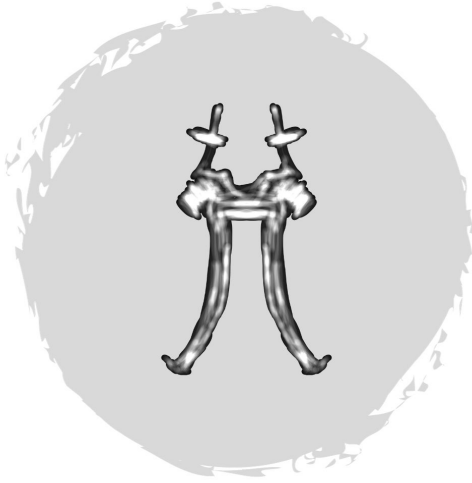
*Light Language Code Cover Art: Shakara Tosha*

First Edition Ebook PDF (2023)

*This book is dedicated to my daughter Imani Jade.  
You are a bright light and I love you beyond words and beyond worlds.  
As a child you said "behind the world there's a lot of stuff".  
Thank you for Remembering...and for helping me continually  
Remember too. May you experience it all—and sing your own  
creative song of everything you encounter.*

We have entered into the New World, The New Earth,  
The New Consciousness, and The New You.  
***Welcome, we have arrived.***

# Light Language Message



Su-Ma    Ta-Ka-Su    Oh-Tu-Sa  
Shu-Ma    Ta-Ka-Su    Oh-Tu-Sa

Shi-Ta    Ra-Mi-Ka    Su-Ma-Tu  
Sa-To    Chu-O-Va    Sun-Da-Ra

In-Ca    To-Sha-Ka    To-Ku-La

On-Ka    Ra-Mu-Su    Ku In-To  
To-La    Ka-Ti-Na    Ki-Ta-Na

A-Shan-Te

## ASCENSION NOW—BECOMING THE NEW YOU.

### Awaken and Remember Who You Are.

*To all who are allowing themselves to Awaken and Remember now...  
All that was, is & can be. And so it was, so it is & so it shall be. Eternally.*

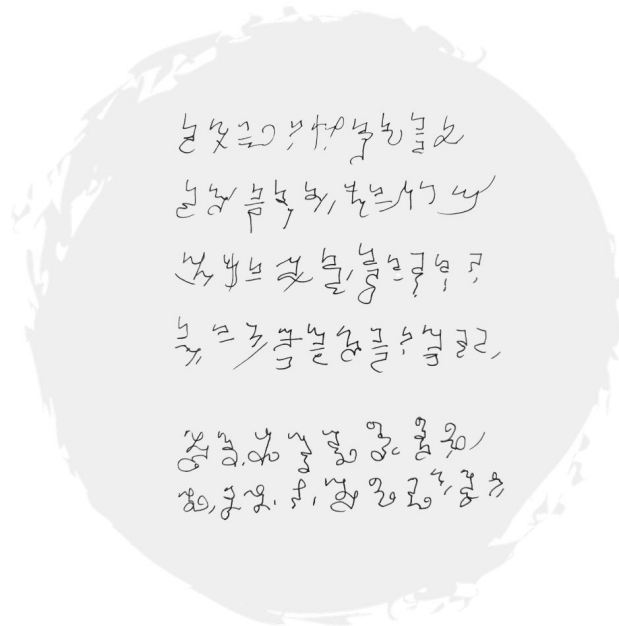
### **Everything is connected.**

*See patterns and connections in everything...and you will Know the Universe.*

### **We have forgotten to Remember.**

*We need to Remember what we have forgotten—about everything. Now is the time to Remember.*

*The StarBeing Guides said, "It's time to release the codes". And so she did.*



What may appear as other-worldly, hyper-real & fantasy is very real in our world. All dimensions, realms & realities are here & co-exist at once, together in Oneness. Universal Galactic Truth is right here, right now, right in your world. Literally right within you.

You carry all The Codes of Creation. Awaken-up & BE.

You are the artist and Creator of your life.

All is just as it is & as you create it.

Journey onward. You are the Being...that is Being YOU.

*Creative Ascension—a new pathway of living a new multidimensional lifestyle.*



# TABLE OF CONTENTS

<b>INTRODUCTION—The Art of Ascension</b>	<b>1</b>
Ascension Now—Our Shifting Ascension Times	2
This is A Multidimensional Guidebook	4
Using The Book As An Activation Tool	8
This Book is Created For You, About You & With You	12
Energizing Messages—From Me To You With Love	15
StarBeing Messages	21
<b>CH 1: ASCENSION PHASES</b>	<b>24</b>
<b>(1) THE AWAKENING: The Process of Waking Up</b>	<b>25</b>
The Awakening Overview	26
Stages of the Awakening Process	28
Awakening & Removing “the Veil” Over Our Consciousness	30
Initial Prompting Activations— Sparks & Glimmers of Awakening	31
The Beauty & Benefit of Awakening	33
Many Aspects Of You Are Awakening	34
Conscious Awakening	37
Collective Awakening	38
Cosmic & Galactic Awakening	39
Current Society Occurrences	40
Awakening To Negative Control Systems	44
Rise of Technology, Digital Systems & AI	47
<b>(2) THE SHIFTING: Our Shift of Ages During These Times</b>	<b>50</b>
The Shift of Ages Overview	51
Earth Is Shifting To A New Consciousness	52
How The Shift Affects Human Beings	54
Shift In Our Evolution As A Species	59
Shift In Our Relationship With Star People	60
Shift Of Our Experience Of Time	60
The Energy Shift Alters Our Perception Of Space	62
The New Waves Of Light & Energy Coming In	63
The Shifting Of Our Experience Of Society & Community	65
Transcending, Transmuting & Transforming Into the New	66
<b>(3) THE BECOMING: The Process Of the Art of Ascension</b>	<b>71</b>
The Becoming Overview	72
The Ascension Process Steps	77
Ascension Symptoms	82
Navigating 3D While Experiencing Higher Dimensions	88
Humans Collectively Ascending Into Higher Dimensions	90
Enlightenment In Full Consciousness	94
Evolution Is An Ongoing Process	97
Consciousness & States of Being	101

“The Collective” & Working Together	112
<b>(4) THE REMEMBERING: Remembering &amp; Knowing</b>	<b>116</b>
The Remembering Overview	117
Divine Integration—Putting YOU Back Together	117
Re-Create To Re-Integrate Yourself	118
We Are Collectively “Re-Membering”	119
The Memory Of Our Connection To Everything	121
We’re Ancient Beings— in New Temporary Form	121
You’re The Code Carrier & Code Writer Of Your Own Destiny	122
Remember, Awaken & Utilize Your Gifts	123
“Knowing” Is A State of Being That Informs Everything	123
<b>(5) THE BEING: Moving Into The Future Way Of Being In The New</b>	<b>125</b>
The Being Overview	126
The New Earth We’re Transitioning Into	126
The New Human We’re Becoming	128
The Star Children—Indigos, Crystal Children & Star Kids	133
You As A Master Helper—Various Roles Of Service	135
StarSeeds-Becoming-StarBeings	140
The New World & New Society—A New Golden Age Of Light	146
<b>CH 2: MEET THE STARBEING GUIDES</b>	<b>152</b>
Overview of my “Consultant Team”	153
Meet The Guides That Brought these Messages	155
(1) The Arcturians (“The Arcs”)	155
(2) The Sasquatch (“The Sas”)	155
(3) The Star Nations (The “SN”)	156
(4) The Divine Feminine (The “DF”)	157
(5) The Animal Nations (The “AN”)	159
(6) Elemental Nations (The “Els”)	160
(7) “The Shakara” & “Layooesh Tunila” (The “SHA”)	161
(8) The Guardian Alliance (“The Guardians”)	162
<b>CH 3: BECOMING SHAKARA</b>	<b>163</b>
My Journey Of Awakening	163
The Download Process Of “The Messages”	165
The Process Of Writing “The Big Book”	166
Experiences & Connections With My Guides	168
Gallery	173
My Spiritual Work & Wisdom-Sharing	182
My Offerings—Services, Products & Ascension Tools	186
Connect With Me	187
<b>BACK PAGES</b>	<b>189</b>
Acknowledgments & Gratitude	189
Let’s Journey Creatively Onward Together	191

# INTRODUCTION—*The Art of Ascension*



(TU-RA KA SI-MU)

LIFE=ART + ART=LIFE

- Ascension Now—our Shifting Ascension Times
- This Is a Multidimensional Guidebook
- The Purpose of the Book
- Using the Book as an Activation Tool
- This Book Is Created for You, About You & With You
- Energizing Messages—From Me to You With Love
- *ACTIVATION TOOLS: Suggested Activities To Help You Assimilate the Messages*
- StarBeing Messages

# Ascension Now—Our Shifting Ascension Times

*The Ascension, The Shift of Ages, The Great Awakening, The Event*

**Calling out to all awakening & activated LightWorkers, LightCarriers, Artists, Wisdom Keepers, CodeCarriers, GridWorkers, PathFinders, Energetic WayShowers, Galactic Soul Brothers & Sisters, High-Vibe Tribe, Light Language Activators, StarSeeds-Becoming-StarBeings & actualized StarBeings in the physical world...awaken and REMEMBER WHO YOU TRULY ARE.**

## Awaken & Remember Who You Truly Are

*You are the BEING that is Being YOU.*

**If you resonate with any of these “self-assignment” roles above, then these Codes of Light are meant to find you**—to assist in fully awakening and empowering you during these “Ascension” Times and the “Shift of Ages” we are collectively experiencing in this Now moment. By the law of attraction we have (re)found each-other. You are attracted to this book because you are one of the star soul tribes here on the planet by choice to change the frequency of everything—to vibrate at a new level of peace, collaboration and new ways of living. You have a great mission in being YOU. You know how to do this, you just have to REMEMBER how. *Inside, you already Know.*

**All is creative energy, creating a new way.** “Remembering” is a creative act of putting back together all the pieces of you, to become holistic once again. Now is the perfect moment to Remember all your abilities, all your inherent gifts, all that has been, and all that can be. Remember the Light, the Infinity of Energy, and the Creative Force within everything and begin to partner with it in new ways. You are a quantum, multidimensional Being of Light. You are part of everything, and everything is a part of you—therefore you are connected to everything. Get reconnected to yourself, your environment, your world, your creative abilities in life and of life. Partner with everything to create a beautiful world. You and your unique creative expressions are so needed at this time. In the awakening of all we are and all we have the potential to be, we are reintegrating all aspects of ourselves and the Collective of humanity back together to create something new.

**Now is the time to Master your emotions, your creative abilities and diverse skillsets**, working with your light body and chakra systems, to master the art of Creating your reality. We are here to try new things in a consciously aware state, to experiment with reality, to create a new world, society and existence—where everyone benefits—working and living together in harmony and in a co-creative state. You are a Being of Light. Re-awaken your Highest Being from within, realign with your True Nature, and create from there. Consciously BE that Being who is Being YOU. You are a Being of Light. Reawaken your Highest Being from within, realign with your True Nature, and create from there.

**Embody your unique journey. Learn the process of shifting your energy frequency.** Activate your inner power and soul codes through your DNA (which carries Light intelligence) to raise your vibration. Get crystal clear on how to work with energy and transcend anything. To merge your Higher Self into this physical realm. Learn how to activate your unique Gifts and abilities in your daily life. Begin to live multidimensionally with all your senses activated. Become your own Guide and Wayshower into the New.

## Re-Awaken, Re-Member...Expand & RISE

**We are living in exciting and quickly changing times.** All current and past life, energy and social systems are quickly shifting into new ways of operating that are much more holistic and connected. We are personally and collectively reconnecting to our Higher Selves, to the land, to community, to each-other, to all sentient Beings, and to the Stars and The Star Nations. It is the moment NOW to awaken fully to our divine nature and activate our true hidden potential—to create new ways of Being and manifest amazing things in this lifetime. We are collectively accessing our higher senses and creating a new future in the process. It's a journey of becoming...more YOU.

**This Ascension Time is about reawakening all our hidden abilities and using them in new ways,** as we awaken from a very long and deep collective slumber back into full consciousness. Now we are awakening and stretching in new ways. It is a form of inner evolution, back into full awareness that exists on higher dimensional levels. We are returning to being multidimensional with full awareness. This ability is coming online now for everyone. I'm shown my Messages are from the future time that I'm integrating in this current timeline of me (and that can help stimulate this "you" in our current third-dimension), to prepare a way to evolve consciously into our near future states of being and living.

## Spiritual & Soul Awakening in Full Consciousness

*Get awakened and stay present*

**We are awaking ourselves, as we are being called to awaken our consciousness and re-tune with everything in the universe.** We are the Ones we have been waiting for. We must choose our path and awaken ourselves now into a new world of our making. We have entered into an auspicious time of the Great Awakening of Humanity, the true Great Reset of energies, what I call "The Big Show". The "Awakening" is the continual process of becoming awakened, then staying awake, aware and consciously present throughout these fully shifting "Ascension" changes.

**It's a time of revealing all that has been hidden,** including what's already inherent from ancient times within humanity's abilities. Literally, what's inside you is waking up. It is happening naturally as part of an evolutionary progression. This Ascension of frequencies & creative energies is occurring uniquely for each person, based on their life experiences to date. And it's happening to all of us collectively.

## You Are Evolving Into the New You—a New World

*"Behind the World there's a lot of stuff". Let's explore it together.*

**You are the Being that is Being You. You are exploring the transformational process of becoming the new YOU. The future is NOW.** Each person is creating their own experience of Reality at every moment. Each of us is having our own experiences, while we are collectively moving into experiencing, becoming and Being new energies. "The Ascension" is the rising of all vibrations, both within and throughout everything in the cosmos. It's occurring right now. The more conscious we are, the more we can actively participate in directing our individual and collective destinies in the near future...with joy, ease and creative purpose.

**Everything is “conscious energy” becoming fully aware of itself...including you.** We are collectively evolving into a state of “Being” where we can intuit anything in a higher dimensional way, and begin to read and speak the “Codes of Light”. It is a “Becoming” of tapping into our superpowers, while it is a deep “Knowing” and “Remembering” of this ability that is already hard-wired within our matrix system of body, mind, soul, spirit and etheric energy. When we consciously connect to all these systems internally and work them together, we open new pathways of sensing, experiencing and “Being”. Then we consciously create from that center place of Being, and manifest the new reality of our choosing.

## **This Is a Multidimensional Guidebook**

*Seek the highest truth...and you will fall in love with the joy of Being.*

### **The Book You’re Holding Holds Multidimensional Energy**

**This Book is alive...with multidimensional energy to assist you on your Conscious Awakening Journey.** It came into being multidimensionally. This Book is quantum information, downloaded and channeled material I transmit to you in human terms—about the new world we are evolving into, who we are, what we are made of, and what we are capable of, as individuals and collectively. This material, and my whole body of work, is manifesting to assist you in deeply understanding our profound evolutionary process now, and to support you on your own awakening life journey. *This book is alive with life.*

**This book is a “Multidimensional” Primer Resource Guidebook**—full of Wisdom Messages, Activations & Tools. This work has been continually guiding me. This book has written itself. It knows how it needs to present itself. I’m just showing up to be the transmission channel. We are multidimensional Beings—and this book was created multidimensionally...*therefore it is multidimensionally alive.*

**This book you are holding is a multidimensional package full of energy** that has been activated with Light Language and high-vibrational frequencies during the download process and the compiling of these Messages into written form. This book is a movement of energy that has been encapsulated in a form, in a relative moment, as I wrote it, and as you are experiencing it now and again. The Star People have shown me these “Codes of Creation” as a “Sacred Bundle of Light” to share with humanity at this time. They have been gifted to me to awaken dormant understandings, “Knowings,” from the past and the future—“Ancient-Futures”—to be shared with you to help you on your Spirit Walk and continued Life Journey forward.

### **This Book Is Infused With “Light Language”**

*Light Language is the universal Language of Love, telepathy and higher senses.*

**This book is also infused with “The Language of Light”.** “Light Language” is a high-vibrational state of cosmic communication, energy, Light, intelligence, information and universal connection. It is an energetic light-infused “operating system” that I have been shown we are all capable of tapping into and using—as we enter this new way of Being in these times.



**All Light Language opens up and reactivates connections between things at all levels.** Light Language expressions stimulate higher-dimensional sensory connections within you—with your Higher Self, between all your senses, and your connection to the All. Many people at this time are Remembering their original Soul Language and expressing it naturally in their own form of Light Language. It's a kind of language that exists outside of learned historical and culturally known human language. It is connected to an ancient Source language we all communicated with from the dawn of time. That is the pure essence of the Language of Light and the Language of Love, which are alive as living essences of energy. Light Language is resurfacing in the world now as a higher-sensory communication tool. You can receive activations and inspiration through the Codes of Light I present here. And, quite possibly, through my transmissions, you may activate your own Light Language.

### **Message “Downloads” From Many Guides on Many Topics**

**All my life I've been connected to many beings, Guides, Energies and Star People, as a collective group I refer to as my “Consultant Team”, whom I call “The StarBeings” or “The Star Guides”**—Star People (ETs), Elementals, Animals and Ascended Masters. For many years (especially the last 10 years)—these Guides, partnering together with my Higher Self, energetically “downloaded” extensive quantum Messages and Activation Codes—on a vast range of topics from each of their perspectives about many topics, which I have integrated in my life, spiritual work and artwork. I worked deeply with these Messages, integrating them in my life and in my Being. I have been initiated into functioning and living in multidimensional ways through sacred ceremony and my personal evolution of scripting, drawing and living these Messages.

**The StarBeings shared these Messages through “dreaming me” and “visioning me”** in dream-time and in physical awaking states, awakening these activation codes deep within me. These are personal unique expressions of Love and Light that have been shown to me, and through my own Spirit Walk I have chosen to manifest them through my unique artistic creations. The Messages and Codes have activated me.

**These are high-vibrational Messages I have received from a group of Guides I work with,** from the lands I traveled on, and through my own Messages I created about life and all the things I learned here thus far. All these Messages are coming to me from my Higher Self with the deep partnership and assistance of numerous Star Guides, to share and activate others during these shifting Ascension times. Through my extensive and intensive learning and living, I have integrated what I was shown and guided to understand and feel deeply into the core of myself...then I was guided how to share this energy and wisdom with others during my journey and travels. Each Guide has special traits, and they also work together on different realms. There is a Partnership of energies between them all. Each theme, topic and tool has a unique purpose and function, and they also work together in various combinations.

**I'm the Messenger of the Messages.** It is energy that is alive on many multidimensional levels, like a living library and a living akashic scripting that is morphing, shaping and growing in new ways as it is “experienced” in a quantum way.

## The Messages & the Reading Process Is Non-Linear

**There are many ways to read, access, and work with the codes in each chapter.** The book can be read from front to back, back to front, or intuited to find understandings at any time in any section. You may be interested in investigating a specific key tribe/code/theme you resonate with, you may resonate with a few or many of these themes and topics, or you may already operate in a multidimensional way—and remember a hybrid blend of your dominant strains of energy, Guides, and personality, so you can uptake a combination of these Messages and media forms simultaneously. How the Messages are presented in this book is not in a traditional linear form of sequential learning of sequential steps—they are incremental, accumulative and progressive learning steps to engage with, at the rate that works for you.

**Each person has a different way of learning,** and therefore how you work with these elements is up to you—you can slowly receive and play with the concepts and energies, or quickly intake them and process them—whatever is in tune with your conceptual speed and informational/energetic intake. These Messages will awaken your Higher Senses and Gifts of “synesthesia” (where all your senses cross and work together holistically).

**Each concept within this book can be cross-referenced to another.** The sections are broken out for clarity—every perspective, aspect, idea, tool, concept and encapsulated energy form relates to and interacts with every other. This functions just like the StarBeing Guides, and like the vibration of energy itself. The book can be read in sequence of how it has been formatted, or you can jump to sections that are relevant to you on your journey, or what you seek more understanding about at a moment in time.

**In essence, all the Guides, themes and topics are related to each-other**—they all cross paths and all can be combined in any way—like a code sequence. You can peruse any section, or read a few sections and cross-reference the information to get a new perspective. Like drawing different Oracle cards, these Messages can be worked with together to show a bigger picture, or you can hone in on one phrase and let it ruminate in your field to reflect upon and unlock deeper understandings that are relevant to your situation at hand.

**All these Messages are little widgets of information to reflect upon and utilize as you wish.** You can pick and choose to read and reflect upon any widget of information in this book—to scan and ponder deeper. Your Higher Self will guide you to a section to your own “reading” of that passage that may assist you in that moment of inquiry and connection to a particular “string” of words you experience. Therefore, these words and concepts are not linear, they are sequences of Codes strung together in various bundles as “energetic experiences” and activation tools for you to utilize as you need.

**By layering many things together here, I leave my work open for different interpretations,** seeing and understanding that there are endless possibilities in which you can view, interchange and connect with energy and Beings of all forms (energies, people and alternate states of being). Begin to seek and find patterns and a resonance between sometimes disparate or seemingly unrelated things. I have experienced many connections between everything, finding and feeling underlying patterns in everything. These will assist you in your process of Remembering all you are and what IS.

**Like poetry, my creative works are an attempt to render the beautiful or sublime into artistic expressions** without the burden of engaging in a limited, logical or narrative thought-process—to get myself and others “seeing, thinking and feeling out-of-the-box”—then realizing there never really was a “box” of limitations of any kind in life. Limitations are false creations of the mind that we took upon as we were guided to do so, and applied to our own lives. When we release the notion of limitations we are free to experience and explore a more holistic aspect of Creation, life, reality and consciousness.

**The symbolic, visual, textual and audible elements in this book are multidimensional Codes—**energetic widgets and packages to unlock, that in turn unlock Key Codes inside of you—that will open “portal doors” of consciousness in your world. All these elements are connected, and activate a more expansive awakening in you—designed to awaken and stimulate a “glimmer” of something new in everyone.

## Awakening to Your Own Multidimensional Way of Being

**These Messages are presented as multimedia widgets of information—**textual, symbolic, visual and audible (when you pronounce the phonetic Light Language syllables shared in the beginning of each chapter)—to suit your unique style of learning. Coming in contact with the energetic aspect of each of the topics and codes further activates a level of awareness within you, opening new portal doors within your consciousness.

**While acquiring knowledge and working with these energies,** through the internalization and application of these tools, you are simultaneously awakening and building conscious awareness of your own internal tools already operating inside you, further activating yourself and your unique abilities. The process of interacting with this material is itself a form of awakening. It’s about combining various principles, codes and techniques at a certain time (as you create your sequence of learning) to have a desired effect of your choosing.

## A “Starter Map”— for Your Creation & Exploration Map

**This book is a Guide Book of sorts—**a map to help you find yourself on the pathway of your own life journey. It is not a linear sequence of events. It has been created to be experienced and interacted with multidimensionally, because that is how it was created, with the purpose also of opening your multidimensional sensibilities and abilities. As with experiencing all of my multidimensional multimedia body of work, you can allow yourself to just be guided to any page for a bit of information, explore larger passages for deeper understanding, read it from start to finish once, or return to the guidebook as needed. In essence, this is a map to help you create your own map—and then chart your journey in your own way.

**Each chapter is a tool—an energetic bundle—**consisting of a key symbol, mini-Message, Teaching, Wisdom Message, Light Language Code String, and tool or action step you can utilize as you wish. Just holding this book carries energy Codes that may assist you to receive your own activation in your own way.

## This Is a Collaborative Work as You Become Your Own Multidimensional Guide

**This is a transference of energy from me to you.** As you come in contact with these Codes of Light consciously embedded within these Messages and words, images and symbols, whatever you choose to focus on and integrate in your energy field will be helpful to you, as you are being guided to experience this material in its energetic form. This is a transference of creative energy—from the cosmos, through me, to you—to further awaken and activate yourself to amazing new possibilities and creative life options that already exist within you.

**I feel this is a very collaborative work,** as I have been exposed to and gathered much learning and understanding from many people, places and things throughout my life journey, which I customized into my own words and creations. And by sharing this with you, as you read it we are collaborating together, and you are activating your own energies. You will collaborate with yourself. You can approach the information in this book in any way, depending on what you want to explore, your level of understanding and interest in the topic, your level of curiosity or what you may need help with in the moment (which evolves over time). You will continue to teach yourself as your own Guide, then Guide others through your own life's work to help others with their own awakening. *You are uniquely constructed and operate in your own special way.*

## Using the Book as an Activation Tool

*The Messages and symbols are living Codes of Light and Activation Keys.*

### These Are Living Codes of Light— of Energy Preparation

*The Star Messages will help you remember your true nature—both your starry and earthy aspects together.*

**The book has been created for you as a “starter code”**—to get a feeling for my work and style of delivery, and engage on a journey with me through the work I offer.

**People are awakening fully. The Star Nations are making connections again with us.** And the Messages and Tools in this book can prepare you quickly for the huge energy changes happening now and in the very near future, including the physical appearance of the Star People in our dimension.

**This book will assist in the activation of your Higher Self.** Re-find the joy of living in your heart, and you will find your connection with everything in the universe. You will find your Purpose of Being in this NOW moment, and the mystical will be revealed to you. It has always been within, and when the heart opens it allows you to experience The Everything within everything.

**This is our time, our moment now, collectively**—our time to awaken out of our slumber into a new way of living and being. We are calling to each-other, as we call forth our inner song, our inner gifts, and the ancient universal language of love—through our unique creative expressions. Awaken yourself to the joys of living, and everything will be accessible and available to you.

*Access your true power. Awaken YOURSELF to all of creation.*

**Read these Messages and get activated.** I too have been activated when I receive these Messages and work with them—I have experienced them as intense vibrations that are truly mind-expanding and heart-expanding Wisdom. Ascend to higher states of being your True Self right now in the holistic reunification of your mind, body, soul, spirit and etheric nature. You will feel more complete by completing yourself—through your own activations. You feel more purposeful by naming your own purpose. Live your Best Life. Life is for the living. Live your life fully, reflect on your journey, deeply discover what it means to be YOU, to be human, to be alive. When you seek beauty and the essence of Creation in your heart, you will see it manifest in everything you come in contact with. This Ascension time is about becoming deeply connected with your own creative soul, with the cosmos and with each-other. To create a beautiful world, ongoing.

## Receiving Energy Transmissions—From the Book to You

*You bring this book into Being through each of your interactions with it.*

**There is Energy deeply infused in this book.** I was shown that just connecting with this material will activate an awakening in you. This book is a transmission of energy in many ways—a transmission of Messages, teachings and energy from the Guides, downloaded to me—and now I am transmitting these Messages to you. The words and symbols are codes that carry energy transmissions in themselves. Therefore, the book is alive with energy that has been embedded into it in many ways.

## Connect With Universal Energy

*Awaken your unique multidimensional way of exploring your world.*

**Every energy in the universe can be tapped into, pulled, utilized or projected**—you just have to know the key codes to awaken that energy (hint—you already have this knowing inside of you, you just have to bring it to the surface consciously). This can be done with songs, words, mudras, body positions, and operating with intention and purpose, coupled with an inner Knowing of how the process works. When understood and utilized, anyone can practice and utilize a movement of energy as a tool. By our will, intention and attention, energy can become solidified into a form, an energetic symbol representing that creation, which manifests through our Creations.

**This “Wisdom Grid” is multidimensional and exists out of time.** There is no set order in which you need to experience this material—you can skim across the surface of some key themes or choose to go deeper in the wisdom of each theme and topic. This book and all the Messages I share within it were accessed by me tapping into universal consciousness—through my efforts, in partnership with my Higher Self. My Spirit Work now is to assist you to reconnect to your own Guides, your Higher Self and the universal Grid of Consciousness that exists everywhere. It is calling to you, waiting for you to connect.

## All Elements in the Book Are “Activators” in Partnership

**Like the book itself, the elements in the book are “activators” that work together**, each serving a different purpose. When writing and working with these Messages I always feel flashes of heat and experience orbs and Light whenever I am working with these Messages, so I know there’s some-

thing powerful going on here. All parts of this book are related—everything interacts with everything.

**I am guided to share these Messages with you** so that you may be assisted to “Remember Who You Truly Are”, and what you carry inside your Being, that’s connected to everything in the Cosmos. This book is a collection of activations to awaken many aspects of you. This material creates a chain reaction for you to continue activating yourself, to help raise your vibration and receive clarity about your mission and purpose in these times. This book itself is an activation tool, to further awaken you to infinite possibilities that exist right inside of you, right now. Think of these words like open-ended poetry—downloaded and transmitted energy packets that are left open-ended for a multitude of interpretations by you, as you wish—to evoke a response in you which will awaken deeper creativity in your own life. In a way, this is a Guidebook to be able to open to your own personal akashic records, and open to higher vibrational thoughts, feelings, functioning operations and processes of the cosmos.

**I am shown that the Messages and Light Language Symbols in this book are “activation keys”** to open many new doors in your life and awaken your higher multidimensional consciousness. They will help you Remember your true nature, your starry and earthy nature combined.

## The Embedded Energetic “Keys” Are Here To Help You Awaken Yourself

*These are codes of activation for you—to help you Remember*

**Awakening and activating “keys” are energetic keys that help you unlock the doors to your full and true potential.** They are sprinkled through this book. The purpose of this book is to begin to awaken (or further awaken) you—to awaken yourself—to internally see, sense and feel the shifting of energies in a new way.

**Some call this time “The Shift of Ages,” or “The Ascension”**—and we are preparing to begin to integrate this change of frequency and higher evolved ways of functioning into our daily life NOW. It’s happening because of us, it’s in alignment with what’s occurring right inside each of us... and regardless of what we do, it is still continually occurring. Let’s get conscious of its occurrence and work together with these energies in a beneficial way. All these downloads are starter points, iceberg tips to explore further. This is just what came to me as my Guides have shown me. Nothing is “factual”, each thought form resonated as “Truth” to me when I was shown it. I continue to filter and modify my belief and heart systems about all this information. I can’t justify or explain it...it just IS Truth to me.

## Activation Codes—Seeds of Awakening & Remembering

**May this book provide you with further “seeds” of awakening.** I’m planting little “seed codes” within each topic to stimulate a Remembering that you already know internally—about some of these Guides and their frequencies, the various topics and essences of each of these Messages—to help remember your True Self, vibrate fully, and become a fully multidimensional creator of your own life and your reality. You’re already a full Creator of your life (in partnership with everything), whether you all are aware of it or not. Now it’s important to awaken to this aspect, learn and utilize how this functions energetically, and awaken your consciousness fully by choice.



**Spontaneous shifts of energy occur when others' experience these transmissions from me through my work.** I have experienced each time that people come in contact with these Messages, the Codes of my transmissions and the Light Language I communicate...they spontaneously experience a shift in their energy field, a literal paradigm-shift of their thinking and consciousness—a realignment and readjustment of their overall energy field—which includes all aspects of their mind, body, soul, spirit and etheric frequency.

**During the thousands of clients sessions I've offered, during interaction with me and the Star Guides, the recipient always feels profound shifts**—a physical shift in their body and an energetic awakening, and a paradigm shift in their thinking. Each time, people tell me they feel an unusual tingling of energy and they “see” something they haven't seen before. It's usually an immediate transcendent experience that washes over them like a warm breeze, and something just becomes immediately clear to them, with new insights, based on the topic we are addressing. This work and energy running through me is from a higher source.

**The transmissions of energy from me to you will stimulate a shift in your perspective**—of everything. Your way of thinking and your way of being will shift—to help modify, improve and progress in your life more consciously and creatively. What occurs is a deep heart-felt feeling of Love and connectedness to all. So, reading this is a co-creative partnership between us—you can integrate the wisdom from the Guides shared here and energetically activate yourself in the process, just as I did when receiving the initial Messages from my Guides.

**The creative light codes embodied in this book make up the essence of this book as an “Energetic Bundle”.** These are key codes of awakening offered during these Ascension Times, to help navigate the journey of life during the Shifting of Ages into new times we are collectively experiencing.

**I'm shown this book can do many things**—mostly it can help you shift your perspective to see and experience your life and reality in a new way, open your mind and heart up to limitless possibilities, and help you make deep heart-felt connections with everyone and everything you come in contact with. This book is a collection of energy that is connected to everything. Everything is connected... to everything. I'm shown this book is an activator itself, authentically, because it came into being in a natural and conscious way, through loving, conscious attention and intention of my own to the guidance I was shown and what I experienced.

**I'm one Being who brought this into the world in this way,** just as each person has their own unique specific tools they will bring into our collective reality through the tasks they will accomplish. This is a process of awakening to our Gifts. Based on what you need at the time you need it, whatever you gather from this book is what you can utilize at your specific stage of awakening. It can facilitate various states of awakening and openings within, and will help you access higher States of Being within you and how you are Being YOU—through your inner meditation (awakening), healing (growth and change), and activation (manifestation, commitment, attention to action).

## Activate What You Want & Need—by Choice

*This is a Library Matrix of material—which all works together collaboratively.*

**Like any good tool and high-vibrating external source of information**, please tap into and utilize what you need at the time you need it. Awaken your inner codes of Creation, ascend forward boldly, and your dream becomes your reality. You are seen, you are felt, you are important, and you are loved...just as you are. In all your wholeness. You are part of the activation process of this book. By reading this book, you are integrating yourself in the process of activating your own codes, while utilizing and sharing these Codes. You can use and adapt any part of this work as you need—to customize your own access and application of what you are learning, and remembering, as you discover new ways of approaching these various concepts.

**You are the Creator of your own life.** Take whatever you resonate with and what may be useful to you, build upon these concepts and tools in your unique way, and make them your own—to further expand and enhance your joy of living and creating anew. Life is a living prayer. Every action can become a creation of your own making when you become conscious. Awaken yourself now.

## This Book Is Created for You, About You & With You

*There is no coincidence in the universe that you are reading this.*

**I “see” you. By the laws of attraction, I know you. I believe in you.** I love you. I am another you, as you are another me. Oneness. Learn the art of mastering yourself, your creations, your energy, your frequency, your life, and your reality. You are the master of your own destiny. This is a book of self-mastery, including inspirational topics and some process steps to guide you on your own journey of mastery of the Self—just as I have done through my own life experiences, listening to the messages of all these Guides, and manifesting it in my work in every detail, every word and concept I work with, in every emotion, and now living these Messages.

**May these Guides and my teachings, Messages, artistic creations and expressions inspire you** to become a master of your own energy, emotion, physical manifestation, and creation—into the new world that we are collectively manifesting in every moment.

## We Are Muses for Each-Other

*We can go back and forth in our experience of past, present and future.*

**These are some of my musings about life. My visioning.** As both the Guides and this book have been my muse, they can also be your muse. And I can be your muse and a source of creative inspiration for you at this moment in time—to help you find, awaken and activate your own inner muse by tapping into and exploring your own innate creativity. A muse can be anything that sparks your creativity, such as a person, place, or object. These Guides, their Messages and the wisdom teachings can be your muse, as they were for me.

**You & I Are Already Connected Through The Law of Attraction.** All time exists simultaneously, we are just focusing on this Now moment. I speak the words of many who have come before me, and many from the future who have come back in the “Now” moment to adjust things, and we can each attract other helper Beings to us as we need, to help us grow in new ways.

**I’m shown that somewhere, sometime, in a galaxy far in the past (or in the future),** I have (or will) work together with all the people I come in contact with. That includes you. If we have crossed paths in the past, then “we have been down this road before”, and now we have the opportunity to fine-tune our Spirit Work together to benefit each-other, and benefit others. If we have already met in our future-time, I have been shown we have made a conscious choice to come back to this now-moment to change our course of action and revamp what we did, so we can recalculate a better future.

**Each person is attracted to (and “called” to) different material from different Guides and Teachers at different times in their lives...**because people seek answers to what they need at that moment, and at the moment of seeking they connect with that person who has the perfect special key for them to unlock another door of their conscious growth, right in that moment of connection. At this time, because of the law of attraction, you are reading my material...therefore, I am that person for you right now. You called me into being. You manifested me. It works both ways between us.

**The book brought us together. The book itself is a Guide, a bridge to help me find you.** It’s my muse, and therefore your Muse. I’m so glad you showed up and connected with me. This is the law of balance. What I’d like to emphasize is that you are also that helper and Guide for me! By reading and activating this material in your own way, you are my key that opens new doors. We work together.

**You, in some way, helped create this book—we are co-creators in this effort.** I wrote this book for you, and also with your help. You are materializing this book because of the laws of attraction between us. You have manifested this book to you as a Guide to help you on your journey, just as it came to me the same way. You are co-creating this work as you engage in it. Now, as you read it, you are co-creating with me, with the Guides, with all Guides everywhere, and with Source Energy (manifesting through each of your thoughts, feelings, senses and actions)—into the New Way of your own making in your life. The co-creation of this book (and all my work) is a co-written book together with all my StarGuides, my Higher Self and all the people, teachers and friends who have contributed their energy to the creation of this book into its Being.

## **You Have Unique Gifts & Inherent Inner Knowledge**

*Awaken yourself fully.*

**You are a unique being with your own unique “Energetic Frequency Signature”.** Each person has their own unique Energetic Frequency Signature, their own style of doing things and expressing themselves in the world in their own way. Awaken to your abilities as a Master Creator, and have fun with your inherent creative talents and sensibilities. Keep your vibration high and keep pulsing your Light.

**You are seen, felt and understood** by me and the others who walk on this earth plane and are “aware”. Keep shining your light. You’ll naturally attract all that is good and all that you need, when you need it and as you need it, incrementally.

**You are made of pure Light.** Deep within us all lies dormant codes of photonic energy, a connection to the original Source of Nature, that has been temporarily disconnected from our waking state. Now we are individually and collectively awakening from a deep slumber, and beginning to re-stimulate our higher senses and abilities...of the art of creating, and OF Creation itself. You have always had these “Gifts” within, and now is the time to awaken to your inner abilities and what you can truly do. You create your reality at each moment, through your thoughts, feelings and actions. You are given the choice at this point to evolve out of the old and into the new...or continue to live in a world of illusion. *Awaken and share your gifts and talents now.*

**You are seen, heard, felt, and supported.** You are SO important in this process of awakening and evolving...and it’s time now to awaken fully to your higher senses and abilities, to start creating consciously with energy and Light. It is time to awaken and share your unique Gifts with the world. You know yourself best—and only you can truly heal yourself, find meaning in your life, and answer the bigger questions of life as they present themselves to you. This book is an initiation to be able to do this in the way that works best for you.

**Awaken yourself in these “Now” times, and thrive abundantly.** Become fully connected again to all of Creation. Awaken and activate your own creative Light codes from within. I am here to help you do this and walk together on the journey with you of awakening and Being “The New”. You have a life purpose, personal “Gifts” and abilities waiting to manifest NOW. Whether you are conscious of it or not, you came to this world on purpose, with a mission. Now it’s your job to figure out why you chose to be here, and do things through your unique Energy Frequency Signature to manifest your special unique Gifts into the world. Find your voice, your essence, and shine it bright for all to see. This book can help you get reconnected to yourself and your life purpose in deeper ways. Then realize your True unique abilities and skills, and manifest your own Gifts into the world, which will inspire others.

*Evolve, then share your Light magnificently with others.  
I walk together with you. I “get” you, and I “see” you.*

## Rise Up

*We continually reverberate Light.*

**Rise up, evolve consciously, raise your inner frequency, express your unique self in all ways, and radiate your inner light...**so we may see each-other and illuminate the path for others. Shine your inner Star, your unique light, so that others may see you, recognize you and honor you. Then do this with others and get fully reconnected to everyone and everything.

**You are a movement of energy, a Creative Force of Nature**—as you flow forward, upward, inward, in deep connection to the All. Ride the energetic waves of these Ascension Times more smoothly. Evolve yourself consciously. Create the new YOU in all your manifestations. I share this

"Energetic Frequency Bundle" from my heart to yours. Take what you need, use it as you will—for your own explorations on your continued life journey.

**Glow, StarBeing, glow. Live your best life in each now moment.**

It's a New World, a New Earth, and a New You. Welcome to the journey of Awakening into Being.  
*The possibilities are endless when you are truly free.*

**Remember, Remember, Remember.** Clarify. Then Be, Be, Be.

You are a Divine Being of Light. It's time to awaken your full Self...

and share your unique abilities & Gifts with the world.

*Be YOU in all your magnificence.*

## **Energizing Messages—From Me to You With Love**

*These codes belong to the People.*

**All These Guides, Messages and experiences may seem almost unreal...**but I assure you, dear reader, they are Real and Truth to me, because I have experienced them all—and I am living them continually.

### **This Is a Codex Blueprint "Code Bundle" of All my Work**

**This book is a "Primer" in many ways**—it introduces you to my spiritual work, and it primes you for the new Messages, wisdom, creative and Light Language expressions coming through many people now, including you. It prepares you for the energy changes happening now in our world, and it prepares you for the multidimensional lifestyles I'm shown we will all be living in the very near future. Some people are already fully living this way Now.

**This book is a primer "starter-kit" and reference handbook of Messages, wisdom teachings and life tools** I share as a sampling here of all my work to come in other formats. This is the first book in a series of many Messages I teach about. They are all already written. This is an overview and sampling of mini-Messages on the range of topics I have received—as a jump-start offering of concepts, tools and activations for your enlightenment and inspiration. These are practical things that you can apply in your everyday life...in your personal, spiritual and soul practices and Ways of living and Being.

**The Book is an Energetic Code Bundle.** You can think of the elements in this book as multidimensional, coded energy packets that make up each unit (theme or topic)—they are embedded within each concept, word and phrase, and together create an overall Energetic Code Bundle. Every word combination seems to me to be intentionally crafted by the Guides to have a specific effect, in an almost poetic or ambient writing style. At times the writing may feel tangential, but I have been shown that this is how the Guides work to keep the energy of connection open (and that they are overlaying meaning or energy within that concept that may not be visible or conceptually available to our minds at that time, but will activate a different way of higher thinking in you).

# The “Big Book” Blueprint—an Organized Framework

*It is a multidimensional weaving of energy.*

## A Starter Sampling of Many Downloads From my “Big Book”

**This book is a “sampler” of all my work**, a “starter-kit” book as an overview of my huge library of downloads and writings. These are key topics about Ascension that is elaborated on in all my work.

**I was shown a vision early on of the overall “blueprint” structure of all my books**, of all my work, services and products...and how they all fit together. The information in this book came to me in many forms—I fragmented all the elements out to understand and experience them from a deep soul level, to envision and experience the “big picture”—like reverse-engineering all my work. Then I put the the pieces back together in a more cohesive and understandable form to be able to share these Messages with others, and to better understand them myself. I am continually learning from what I scripted, encoded and created through artwork and symbols.

**Over time, I have received the intel, teachings, codes, energy downloads and upgrades in progressive, accumulative increments.** My Guides taught me through this process in this way, so as to open my multidimensional awareness. Now I’m guided to share this material with you in a similar way. This book is organized in the precise order the Guides, Teachings and Wisdom (themes and topics), and Activation Tools came to me, through my own awakening process. I’ve also included a sample of my various artistic expressions (and a bit more about me to get to know me). You can use and adapt any part of this work as you need, to customize your own access and application of what you are learning, and remembering, as you discover new ways of approaching these various concepts.

**This book is part of the “big book” of all my writing, creative artistic expressions and teaching**—what I’ve already done and what’s to come, manifest in various multimedia. It’s a culmination of all my life’s work, experiences, journeying, ceremony, interacting with thousands of people, and going off grid for the past few years to pull it all together. I have already scribed information on many other topics and themes that I will share—each chapter of my overall writing will be its own book or mini-book, which you can pursue more deeply if you are interested and attracted to the material.

**My “Big Book” is a never-ending story.** It is a story of how these Guides came to me, who they are, what they showed me, how I integrated it, and how the Messages became part of my life. This is a kind of starter kit, a “Primer”, in a sense, for all these Guides and topics that I will write about and teach in the near future. This is also a primer starter book for you to ignite your fire, your eternal and internal flame, to become fully in-tune with yourself and your reality.

**This is an ongoing work-in-progress for me (just like our evolving lives)**—it is never done, because I’m constantly learning and being shown many things—while also remembering, and channeling/transmitting from ascended Guides and/or my Higher Self. I will continue to share the wisdom with you through ongoing Messages—created with energy, embedded consciously with Codes of Light. I am creating and living a “movement” of energy.



**This is a sampling from my library collection of of many Messages I have received as downloads of information from many sources.** I call these Guides all “Star Guides” because I have been shown that they are connected to “StarBeings” (beings from the stars)...and because I feel I’ve truly been “Guided” and shown many things about the functions of life, energy, and living with purpose, love and intention. We are partnering together on the journey. I feel that there is no universal “right” way to learn and grow...each person needs to temper their learning at their own pace, whatever works for you. This is just what occurred for me.

**These are personal, unique expressions of Love and Light that have been shown to me.** Though my own Spirit Walk I have chosen to manifest them within and through my unique artistic creations. These words, thought forms, tools, techniques, learnings, life experiences and awakenings are what I have come to understand and feel deeply as my own inner evolution...that I have now been guided to share with you as multidimensional, creative self-expressions that will act as a catalyst to activate your own internal codes of Creation and live them into existence. Though my own Spirit Walk I have chosen to manifest them within and through my unique artistic creations. *I’m building the Antakarana Light Bridge (the stepping stones of enlightenment and realization) from my heart to yours.*

### **What I Received Is How I Live & What I Teach**

**I have become what I learned from these Messages, and carry these energetic frequencies and these Ways of Being within me.** I’ve gathered many experiences and learnings along my unique life journey and my Spirit Walk. I manifest my understanding of the world and the Messages I have received through my own personal self-expression, artistic creations, teachings and Guidance I offer to others. My documentation of these multidimensional words and images I was shown are how they were revealed to me in their essence, received by me, manifested and lived by me. I have put them into words and pictures exactly as I was shown through my own personal experiences and creative expressions, in the way and form they showed me. These are Truths to me.

**I have been guided now to transmit and transfer these “codes” of Light, information and understanding to you**—to teach and share the wisdom and energetic frequency I received with you through all the tools of my work to:

- Inspire you on your own unique Ascension Path.
- Support you in raising your vibrational essence and activating your unique Energy Frequency Signature.
- Enlighten your heart and soul as nourishment to fortify you, and restore you to your original true essence.
- Help you to access and activate your OWN unique vibration coupled with higher vibrational energies.
- Assist you in identifying and utilizing your own methods of reception, interpretation and creation of energy.

**The material in this book resonates with many other wisdom teaching through the ages**—with my own personal added understanding. I just downloaded the intel, worked with it spiritually and practically in my daily life, and put my own creative style and flair into it, so to me it’s a creative expression of my own making. I partnered with the energies, grew and evolved, and my “inner artist” chose to share it in this format at this moment—so it would call out to you and then make a connection with you. This is just how it came through me uniquely, in my own creative expression—to understand myself, and to get it to you.

## Activated Energy Codes for Your Continual Life Journey

**This book is a labor of Love. It's my story of Becoming and Ascending into higher states of Being, continually and consciously.** This information comes from my direct experience—with many Guides, many lands, many people, and many dimensions. I am shown that this book and these wisdom Messages from The StarBeing Guides are multidimensional activation keys to open many doors in your life and your higher consciousness—to live joyously and with purpose in full connection to everything. This is an energetic Guidebook I gathered when I tapped into high states of consciousness. It has been “handcrafted” into a structure and framework of information accessible to everyone, while simultaneously encoded with profound underlying Messages and energy for those who wish to dive deeper into the concepts, philosophies and new ways of looking at life, energy and the evolving human blueprint. There is an energetic weaving of Light Codes permeating through the words in this book. *This book is...alive.*

**The Messages and Codes which I manifest here are just a single set of codes that resonate and transmit through me,** a sampling of much more to come. The Star People I work with have shown me these Codes of Creation as a sacred Bundle of Light. They have been gifted to me in this particular way to awaken dormant understandings and Knowings within me, from the past and the future, the “Ancient-Futures”—and they can do the same for you.

**My writings, videos, courses and activated art codes will help you “Remember Who You Truly Are”** and what you carry inside your Being. These will help you fully awaken yourself and live your best life in your own unique way—during and through our current dramatic shifting times—to accelerate your vibration on your personal Spirit Walk and Life Journey. *As you become more awakened, you in turn awaken and activate others.*

**Everything is connected, everything works together.** We are all rebuilding ancient pathways to show a new Way of living and being. These Messages and transmissions are creative code activations to help you return to your own Truth, the “heart of the matter”, which is the source of Creation that pulsates through everything. If the Messages resonate with you, please take what you can use, utilize what you need, and make them your own. Let them awaken within your core those deep memories desiring to be made manifest by your unique creations that you find within you.

**I share these Messages, Wisdoms and Teachings as “activators” of energy.** This is only a sampling of inspiration and information from all the Guides’ perspectives—as I’m shown “how” energy and systems work, and why this is star knowledge is being revealed “now”. I will share more in my other work, including teachings and walking you through the process steps of how to apply this in your daily life. *May these Messages and Codes inspire you onward.*

**My hope is that what I have gone through during these experiences in my own life will help you on your life journey** to get clear about who you are, while you’re here, what your purpose is, and how to express your true gifts into the world as you are living a dynamic, exciting and passionate life. Take what you can work with to help you REMEMBER WHO YOU ARE—these are just starting points for your continued journey. This is my gift to you—to assist you in your further awakening, to deeply connect with your Higher Self and higher dimensions, and live your best life with joy and passion, in a new creative way of your own making.

# Journey With Me on the Path of Creative Discovery

*Navigate with me into Higher Dimensional Realms while in the physical.*

**Come along with me on a journey of exploration and experience into the higher multidimensional realms**—as we tap into these higher-consciousness states of the Self and all that is—and bring those energies down into the physical realm within our everyday lives. Our unique life journey and soul path is a continuous, authentic exploration. When done consciously with wisdom, intention and purpose, we can manifest a beautiful future—individually, and together with humanity, as we evolve onward.

**I'm here to assist you in reconnecting and activating your True Self.** To joyously awaken to your soul's purpose in these Shifting Ascension Times. Let's Walk through this transformational process together. I am a conscious StarBeing in the physical realm. Just as you are. Join me on the journey of discovery, awakening and becoming fully conscious of who you truly are...then create from there in your full Being.

## My Hope & Prayers for You With This Book

*You are the Creator of your destiny, your reality and your life itself.*

**My hope is that these words activate your higher senses** and you begin to feel and experience your own interpretation and meaning from the energetic codes in this book—that you in turn activate your own inner codes and awaken some deep inner knowing within about who you are and what you are capable of creating. This book is my prayer for you and to you...to fully awaken to your greatest abilities and manifest a beautiful life you love. Through my sharing of these personal experiences and Messages delivered from the Guides, my hope is that you get inspired to make your own deeper connections to the energies of the universe, that you can connect to these Guides and then deeply connect with your own Guides, to move your life forward with joy and ease. That you open to your true gifts and manifest them in the physical, further raise your vibration, design and create your purpose in this life, evolving ever forward.

**My wish is that the Light Language you receive from me** (by your choice), embodied in this book (and all my work) activates a longing in you to resonate deeply with your soul, with the essence of life within—and over time resonate your Self into a higher vibrational state of Living Light, whereby you resonate and tune in with the "Everything" (the Creative Source of Life that exists and fuels all in the universe). May these expressions, which I call "StarBeing Messages", fire up your own internal soul calling, to help you Remember and Be who you truly are. May these offerings, ideas, artwork and activated codes of my work, play and life inspire you onward...as helpful, ongoing tools to call forth something deep within you that is longing to be seen, felt and expressed out into the world for all to see. Share your life, your heart, your abilities, your Gifts, and your Creations with others. I'm here to support and guide you back to yourself and connect deeply with the Source of Creation with you, and within everything. I've probably "been there" and "done that thing" you're struggling with in some way. I'm sharing my experiences, learnings and Messages gathered along my life path to self-actualization and living a more creative life of abundance, joy and fun—in hopes that you too will find your True Path and walk it with grace, ease and conscious intention.

## My Personal Introductory Prayer

*I request to fully activate my connection to the Ancient Ones, the StarBeing Grandmothers and Grandfathers who have come before—to speak deeply from my heart, with Love and Right Action. I pray to carry the highest vibration and correct sequencing of Star Messages and Activation Codes from the higher dimensions into this realm to help others.*

*I intend that my human vehicle correctly receive, purely interpret and authentically express this information in its deepest original intention from my Star Guides and my Higher Self. I'm grateful to be of service to humanity through my Spirit Walk, to assist others on their continued life journey explorations in a creative, joyous and beautiful way.*

*- With love, Shakara*

### ACTIVATION TOOLS: SUGGESTED ACTIVITIES

#### TO HELP YOU ASSIMILATE THE MESSAGES

- *Journal the Messages you personally receive when experiencing these Messages. I encourage you to keep a journal to note what these codes open up within you. It's very important for you to create your own reference point and understandings from your own point of view and experience.*
- *Do an artistic activity to activate that code, topic or understanding. Make free-hand drawings, codes and doodles.*
- *Create your own meditation or spirit technique to activate and integrate that code.*
- *Start to create your own Light Language symbols, script and art...whatever comes to you.*
- *Create your own checklist of things to do to utilize and integrate these techniques, topics and concepts.*
- *Go into nature to experience these topics through the elements (touch a tree, walk through area and experience time shift, feel the wind differently and listen for Messages).*
- *Make an art piece about what you "vision" as you are reading the Messages.*
- *Create a vision board and experiment with manifesting from what you are attracted to collecting as images to work with.*

*Enjoy this journey...and stay connected with me if you'd like to receive more  
(see the back of this book).*

*Have fun with all your creations.*

## StarBeing Messages

These are a sampling of the Messages as they came to me directly from the Guides..."as-is". They downloaded these and many more as direct Messages that I scribed or dictated exactly as they came to me:

### *StarBeing Message:* **Significant Processes of Awakening & Ascension**

*Spiritual awakening  
Heightened sense of understanding and awareness  
Opening to the senses that you already have inside  
Rewrite your own internal system programming*

**Release yourself from external limiting conditions** placed on you that you chose to incorporate in your livestream energy field.

**Create your own internal conditions that set the stage for the seeding**, blossoming and fruiting of your Highest Self from formlessness into form. Then learn to stay in that state of heightened awareness and maintain that soul frequency.

**Awake and hold all of yourself in sacred space.** Remove all the crutches that you have used to prop yourself up. They are no longer needed. Become fearlessly authentic, hear your voice, sing your own song, and express yourself fully.

**You no longer need to hide yourself or change any part of yourself.** You become full. Don't worry about other people's thoughts or feelings about you. Stand in your own space.

**You overcome and master fears of rejection** because you are being your authentic self. You no longer have to explain yourself, just be that.

**Be true to yourself, your instincts, your intuition and desires.** Let your Higher Self in your highest vibration guide you fully. You will know what to do when you follow your own internal instructions.

**Claim your internal shadow**—all the things that you've judged negatively about yourself, and turn them around. They are strengths you can build upon, they are your internal building blocks to utilize as an aid to move forward in your life positively.

**That which you have rejected or suppressed about yourself** is what needs to come through. Those are negative judgments that can be turned around and created into strengths.

*The only thing that is holding you back is doubt and questioning yourself.*

**When you feel secure in yourself, your decisions and your actions,** you are motivated very differently. You can begin to move forward in a peaceful way with grace and ease, with internal power.

**Choose now to give yourself permission to be all that you are,** be free to think and feel what you need and experience the world in your own unique way.

**You can transform yourself from feeling fragmented...**into feeling whole and complete again.  
Just as you are.

**When you release any judgments and doubts about yourself and others,** higher creative energies flow through you and the world of possibilities opens up again.

**When you are feeling stuck, loosen those ties that bind...**remind yourself that you put those bindings upon yourself, so you can remove them by your own choice and action. They were really just illusions to test you—to learn and master yourself.

**Remember that everything is connected.** Reconnect and activate yourself fully and holistically. Become the cosmic Being of Light that you already are. Remember your true nature and be that.

You are the Being that is Being You.  
You are the Creator and Artist of your life...utilize yourself wisely.

### *StarBeing Message:*

## **Friction & Change Is Important in our Evolution**

**When there is friction and unrest in our culture,** you can perceive energetically there is something seeding and blooming behind the scenes that will push through the darkness and grow anew—just like a flower growing through the cracks of the pavement.

**When you perceive unrest, know that entropy must happen** for old systems to release themselves for the new to come in...like a snake shedding its skin, like a chick hatching, like a butterfly emerging from it's cocoon, like a new leaf on a branch, new growth is always there.

**There is dormant possibility within a seed,** waiting for the right time to germinate.

*This is your time to shed your old ways, old concepts, and old vibrations...  
to create something new and step into Being it.*



*StarBeing Message:*  
***Awakening & Re-Finding Yourself***

***It Takes a Lifetime to Truly Find Yourself...in an Instant***

**Direct your own path.** *There are many steps of mastery, and the mystic journey is about remembering and rekindling the sacred fire inside of you...traveling on your journey and writing your own story. You—are remerging, realigning, intuiting, remembering and activating all that is YOU.*

*Walk The Path & Know The Way.*

**You may fall off your path at times,** *but always find your way back.  
You always have a choice in everything.*

**Your soul is waking up and realizing its true essence of the universe.** *You start questioning everything. You want to understand more, to realize there is more, but you don't know exactly what to do. You realize there's something different inside of you now, and you can't function in society as you have before. You are transcending into your newness.*

**Start asking different questions.** *The answers will not be found in the current external world... we must go deeper within, and rekindle the flames of our inner Light Codes. They know the Way.*

**Our world is transforming and transitioning before our very eyes...** *you are evolving into the new you... Awakening, Shifting, Becoming, Remembering, and Being all you are and can be.*

*Something shifts inside of you and your soul begins to REMEMBER its true nature.*

# CH 1: ASCENSION PHASES

## *Core StarBeing Messages—From Awakening to Being*

(MA-KA TA-RA)



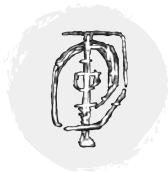
- **The Awakening**—The Process of Waking Up  
*Awaken Yourself, Your Reality & Your Consciousness*



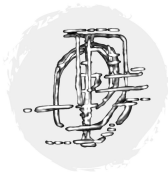
- **The Shifting**—our Shift of Ages During These Times  
*Shifts & Changes Occurring Now*



- **The Becoming**—The Process of the Art of Ascension  
*Our Continuing Ascension Into the New Ways*



- **The Remembering**—Remembering & Knowing  
*The Remembering, Reintegration & Knowing All We Are*



- **The Being**—Moving Into the Future Way of the New  
*Our New World, New Consciousness, New Earth,  
New Human, New You*

# (1) THE AWAKENING:

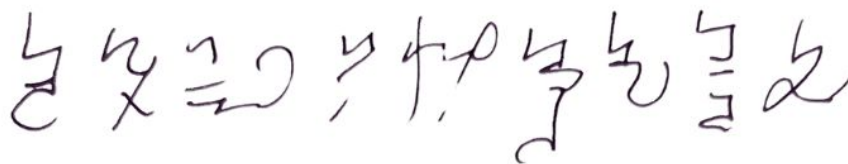
## *The Process of Waking Up*

*Awaken yourself, your reality & your consciousness...  
into full restoration of all you are & all you can be*



(MA-KA SI-TU)

- The Awakening Overview
- Stages of the Awakening Process
- Awakening & Removing the Veil Over our Consciousness
- Initial Prompting Activations–Sparks & Glimmers of Awakening
- The Beauty & Benefit of Awakening
- Many Aspects of You Are Awakening
- Conscious Awakening
- Collective Awakening
- Cosmic & Galactic Awakening
- Current Society Occurrences
- Awakening to Negative Control Systems
- Rise of Technology, Digital Systems & AI



# The Awakening Overview

*We have been in a deep slumber for many lifetimes. Now is the time to awaken.*

**Awakening is the process of waking up**, into a fully conscious state of being.

Get excited again about life. Awaken & wake up to vibrant living.

*Awakening=re-vibrating, re-tuning, re-energizing life, energy, passion, creativity.*

## The World Is Awakening

*The world is awakening as individuals are awakening into new Beings,  
a new world and a new Golden Age of Light.*

**Many things are causing a new awakening in everything**—solar flares are blazing (which affect our electromagnetic body), the planets are spinning at a different frequency, and Earth (Mother Gaia, Tara, Terra), who is a sacred Being, is shifting her energy into higher vibrations of her internal pulse. This pulse called “The Schumann Resonance” is accelerating and affecting our body, which is directly calibrated to it. Mother Earth has decided to raise her frequency and we are directly connected to her energy. And we are awakening as a collective consciousness, moving into a new era of existence. This is occurring for everyone, regardless if they are aware that it is happening or not. It is happening now because this is the time—enough people have desired this change and have attracted the new energies and the Shift of frequency to the planet. We are collectively creating this shift into the New World, New Earth, New “Way”, as we are transforming into New Beings of Light.

**And the cosmic Star Nations wish to reconnect with us again.** We are a planet of human beings becoming stars and lights of consciousness. Collectively, we are birthing a new Golden Age of Light. The KEY is to become awakened and aware that these changes are occurring, and align with the dramatic and dynamic changes happening in everything as we shift into higher vibrational states of living and Being. We are awakening hidden inner abilities and awakening to new ways of Being. We are slowly experiencing the previously unseen world as visible. We are reconnecting to the ALL. We are all collectively awakening and relearning techniques, ways and states of being we have always known and are now remembering more consciously, bringing all our abilities into full awareness now to create the NEW.

*Each individual is choosing how they want to participate in this energy shift.*

**The spiritual and etheric “veil” over our consciousness is truly lifting now**—as Mother Gaia’s re-birthing into a higher dimensional and vibrational state. Galactic tunes from various universes are reawakening ancient memories within the stardust, photons and elements of the essence of our human mind, body and soul. We are Bridging “Ancient-Futures”—Ancient ways and Modern Future creations within us. This Ascension Time is about re-awakening our hidden abilities and using them in new ways, as we awaken from a very long and deep collective slumber within our full consciousness. Now we are awakening and stretching in long-forgotten energetic muscle-memory.

**You are re-awakening to your ancient abilities**—and Remembering who you truly are now. The light inside of you is starting to vibrate more in alignment with the higher frequencies of the universe. This is “The Great Awakening”. We are awaking ourselves, as we awaken our consciousness and “re-tune” in harmony with everything in the universe. We must retune with higher frequencies of the planets, the sun, the earth shifts, and everything that is vibrating at a faster sequence. This process of Awakening is not just for accumulating more information, it is for healing and deeply connecting with other people while learning and expanding our consciousness—to deepen our Wisdom, Truth, and esoteric understandings—so that we can incorporate them in our life, to consciously live them and BECOME them.

### **The Process of “Creative Ascension”— Remembering, Reawakening & Resurrecting Yourself**

**Through the process of Remembering, your inner life force and energy becomes a recognized innate potential** you have always carried—and by doing any action consciously, you reanimate it and reinvigorate it. In this way, you truly “resurrect” yourself and your life energy—metaphorically, literally and physically. This is what Ascension is—shifting into higher states of Being, and regaining access to all that you have always carried with you and have always had access to. You then activate the Keys to Everlasting Life and Conscious Evolution. This is about opening the doors and gateways of perception that you consciously choose to activate and enter into, to traverse new worlds. This is the process of “Creative Ascension”. We are all awakening into something new. We are awakening many aspects of ourselves, our consciousness, our world, and awakening into a deep understanding of how life and energy really functions.

**We are becoming awakened Beings.** And we are awakening into the understanding that we are already awakened, and have always been. We have been in a long-term hibernation, and we are now awakening to our True Self that we chose to be separate from, while in a dormant state, where we incubated for lifetimes. We are now reconnecting the pieces, the grid, the vibrations inside and outside of us, in all forms. ALL beings are evolving. This is the awakening event now occurring that ripples through all time—every unit of existence is evolving and stretching and growing, which affects all others. One shift of an atom alters the balance of the universe, one thought form, one breath changes collective destinies.

*With visible breath we are moving.*

### **Everything Is Awakening Into its Full Splendor**

**The sun is pulsing and sending higher waves of awakening to us at a cellular level,** while the earth is re-birthing and evolving her light body, sending ripples of electromagnetic vibrations out into her field that stimulate our electromagnetic body to open to new energies and states of Being. Every cell in our body is conscious and comes alive—as each atom spins smoothly again. Our sacred geometry merkaba of our individual light bodies are spinning, the torus fields outside our heart and around the parameters of our physical bodies are gyrating upon themselves. The magma and plasma in all physical form is morphing anew. Nature is alive—each flower and tree is opening and carrying new seeds of future life. Our body systems are streaming vast amounts of energy, each cell dancing and vibrating and oscillating in new movements.

**There are surges of energy pulses igniting a sacred ancient fire within us all**—the violet flame of Love and Light, the sacred center pillar of the Light of the Divine, alive in us all, running energy through our spinal column and full body system from outlying galaxies through us into Mother Earth and back. We are terminals and antennas of energy. Some people have chosen to dull their reception, some chose to shut down or numb their reception field, some have kept it open and alive.

**Now is the time of Awakening & Rebirthing—the self-initiation of the SELF in us all.** It is happening to every being in existence. It is the great CALL, the great Awakening to full Source power, energy and Creation itself allowing itself to be heard, felt, seen in all manifestations. It is up to us to awaken and rebirth ourselves into the NEW of our choosing.

## Stages of the Awakening Process

*When you want to be awakened, you just DO—because that's what you choose.*

**The Awakening process is the initial awakening and activation of our consciousness and abilities** within the Ascension process—of becoming fully aware and activated Beings of Light. The awakening process occurs in a series of steps, just like spiritual development. Like every great spirit path to walk, like every hero/heroine journey, there are steps of awakening, actualization and practice, and then the revealing comes. The awakening is the beginning of the process of personal spiritual Ascension.

**Awakening can be a gradual process, or an instant shift.** It's like waking up from a deep sleep where you find yourself in another world. Nothing seems to fit, nothing makes sense, everything is rearranged from what you previously knew, felt and experienced. Then you try to make sense of it all. Each person has their own unique experience of awakening—each is different based on their past lives, state of being, vibrational level, and other factors. Waking is an automatic change, but something we have to consciously work into and navigate more consciously over time.

**The process of Awakening is helping people remember that they need to awaken their unconscious state of the heart,** to remember that they're connected to everything, and awaken their conscious mind to work together with the heart and the instinct...awakening themselves to the whole function of how energy works. Life is just a game of hide-and-seek. In our daily life, we've all just been pretending that we're "not" something, pretending that we're hiding, just to have that experience. Now is the time of the REVEALING.

**The irony is most people are taught, think or feel that awakening is something we have to work toward or attain**—so we're always seeking something other than this present moment. When we sink into this present moment, deep within our inner self, everything literally opens up—because everything is here all at once, and you are completely connected to all worlds and all energies just by sinking into the present moment. You don't have to look for anything else, it's already all here. It's already in the world and inside of you completely fulfilled. That's the irony of life—it's always been...here and now.

## Various Stages in the Awakening Process

**We go through many states during the Awakening Process, which you may be experiencing now:**

### **A. Initial Signs of Spiritual Awakening (Which Can Feel Heavy)**

- Shock to the body and mind system
- Mental angst and physical pains
- Feeling disconnected, disoriented, unbalanced—the world doesn't feel like it used to
- Feeling like you are walking between worlds
- Everything appears like a fractal of itself and it's hard to see things as whole
- Feeling a soul loss, the loss of meaning, purpose and truth in modern life
- Experience of space and time feels off—expanding and contracting more than normal
- Low energy and feeling numb; lack of any desires or attraction to anything
- No longer wanting to do anything you previously enjoyed doing, eating, and experiencing

### **B. Processing & Release**

- Intense life review which includes feelings of negativity and heavy emotions
- Reflecting and releasing old emotions, behavior patterns and memories
- Reflecting on the ego, your life, and letting go of old notions
- Releasing pain in the body and emotions
- Food tastes different and you may switch your diet
- Working through your "dark night of the soul"
- Coming to terms with your shadow aspect, and reviewing and releasing your past
- Letting go of anything that doesn't align with your interests, desires and feelings
- Releasing attachments to the ego, identity and your old self
- Removing of toxic patterns and behaviors that kept you stuck
- Releasing fears, doubts and worries about your life
- Reducing and eliminating worries and concerns about your future

### **C. Recalibration, Integration, Reconnection & Reviving**

- Integration of all memories of past lifetimes and experiences
- Reintegration of all aspects of your Being—mind, body, soul and spirit
- Experiencing yourself as a multidimensional Being
- Reconnecting to the source energy of life
- Reconnecting to your Higher Self and Source Energy
- Recalibrating your full Self and your energy body
- Realigning to your clear center of energy, and invigorating your own stronger life force
- Radical changes in your lifestyle, diet and routine
- Connecting more deeply to all living things around you
- Reviving your joy of living through feeling a new and clear life purpose
- Seeking and finding balance in all you do, think and create

## D. Becoming Activated, Aware & More Conscious

- Activating the more robust functioning of your integrated mind
- Deepening your connection to universal consciousness
- Stimulating your energy and awakening your consciousness in new ways
- Becoming Conscious of how life force, creation and energy functions
- Awakening new cells, new DNA and new awareness about everything
- Feel you begin to glow with energy and light
- Easily raise your vibration and shift out of heavier energies at will
- Feeling better in the mind, body, soul and spirit
- Knowing you can easily recalibrate your body when you need healing
- Feeling clear, fresh and revived in your thinking, energy level and awareness
- Experiencing a massive shift in your awareness
- Opening new connections to your higher senses and perceptions

## E. Creating the New

- Feelings of emerging into a new world, new perspective and new outlook on life
- Your mind begins to create new pathways, accessing your true power
- Everything tastes and feels different and more vibrant
- Feeling connected to everything, and awakening yourself to all of Creation
- Manifesting a new sense of self and soul purpose
- Deciding what you prefer and beginning to manifest that in your world
- Creating new rituals to raise your vibration and maintain a consistently higher frequency
- Experimenting and trying new things while experiencing daily life differently
- Becoming more creative, making new things and expressing your gifts
- Beginning to consciously live and function in an awakened state
- Operating only in the present moment and consciously creating the future you desire

## Awakening & Removing "the Veil" Over our Consciousness

**Before incarnating on earth, each of our Higher Selves placed an energetic "veil of forgetfulness" over our consciousness that has limited our perceptions.** This was necessary so we could focus only on the third dimensional experiences and learn very specific things.

**These are like doors of perception that temporarily closed.** This was a conceptual veil of limitation, an energy frequency that we "took on" or "assumed" in our being and consciousness so we could do the spirit work that we needed to do in the past. In a way, it was a protection from intense forces that tried to capture our essence...and it was a necessary tool that we chose to take on so we could focus more directly on our human tasks at hand to navigate the human experience. Now this veil is lifting and revealing many things.

**Now every human being has access to the awareness of these doors, these veils,** and a Knowing that they can remove the limitations they consciously placed on themselves to open to a new world. This Collective Ascension time is the time of the opening and removing of the "veil" happening to everyone and everything—due to the awakening and activation of global consciousness.



In addition, individually this awakening and "removal of the veil" is happening to those individuals who are self-initiating their awakening process and realizing they can open this aspect of their awareness by choice, as they further activate their pineal gland and light body.

## Much Exists Behind the Veils of Visible Reality

*Behind the world there is a lot of stuff...*

We are awakening back into our Higher Selves while we are in the physical, awakening and stepping into full consciousness. We are again able to access incredible power from within, to access hidden codes within our systems, and unlimited power from within. Everything is opening to us at this time. We are accessing quantum energies within us— the dynamic energies of the Universe.

## Initial Prompting Activations– Sparks & Glimmers of Awakening

**Awakening is a firing up of a Remembering, a stimulation and charge of energy that acts as a transference.** There are initial activations that begin the awakening process, and other activations that occur at different stages. "Activations" are energetic prompts and sparks, glimmers that cause us to awaken in the moment and become more aware of what's occurring. It is a state of heightened awareness.

**We can be activated by outside impulses, and can also consciously activate ourselves.** In turn we can activate others. Activation can happen by circumstance or by choice. It is an initiator that pushes us to become aware and take new action with momentum. Your sleeping consciousness is waiting to be activated. Deep within each of us hides an immeasurable power that allows us to create everything that we want. This dormant consciousness lies buried beneath layers of fear, behavior and restraining beliefs, just waiting to be activated.

## Some Types of Sparks That Begin To Activate Your Awakening

- **The process of awakening can begin by some kind of change**—such as moving to another place, the passing of a loved one, a traumatic situation where you begin to question life itself, or just a shift of your energy
- **You may see a special symbol, sign or receive new information** that causes you to shift out of your current reality and start perceiving something very different
- **You suddenly shift** into a different state of being by some experience
- **You begin to see Master numbers** (2, 3, 4 or more similar numbers in a series) that begins an activation process
- **Your awakening can happen as a flash of light**, as insight—as an "a-ha" moment
- **Something traumatic happened in your life** or someone you know which causes you to more deeply ponder your life
- **You determine that you want to change something that's not working in your life** as you desire, which starts the awakening process
- **You experience an awakening epiphany** through a creative work of art, a song, the beauty of nature, or a stimulating conversation that opens up your perceptions
- **You experience someone communicating a kind of Light Language**, which opens up your higher perceptions

## Your Personal Awakening Time Clock Goes Off

**Everyone has a special pre-coded awakening time set within that begins to activate when it's "time" for you to awaken.** It's an internal clock that begins to awaken and call or "ring" you into more awareness, when you are ready. You will know when it is your time for awakening, and various activations will appear in your life. Ultimately your Higher Self determines when it's the right time for you to begin a new journey. Look for the signs that will guide you to your own personal awakening and self-initiation. Through experiencing activating codes, numbers, symbols and energy you can awaken yourself fully consciously on your journey in this lifetime. This is the mystic journey from the Shadow to the Light.

**Your internal "awakening time clock" just begins to go off and you suddenly shift your energy.** This time mechanism has been placed there by your Higher Self as a prompting for you at that very moment to become more awakened. This is your Time of Awakening. You are collectively realizing a new understanding and actualization of the Truth that we have chosen to be here walking the planet at this time. You have chosen your families, circumstances, locations, skillsets, passions and every experience that happens to you, as a test of learning to GROW fully into an Avatar of Light you truly are and have always been.

**You choose your awakening moment and process**—the time, the method, the process, the timeline, your unique path. This awakening is an essential process that has to happen by choice. No one and nothing can do it for you. It has to come from the will and desire of each individual. We are now opening to time codes embedded within each of us to wake up to full awareness of the world, life, power, energy, consciousness, mother earth, planets, joy, co-creation with Creator/Creatress, working in full harmony with other humans, star people, elemental and ascended masters. The TRIBES are finding each other, we are awakening each other.

*We are creating our unique WAY in and through our life journey—however we choose.*

**Everyone awakens at different stages**, when they are ready to get to a new level of consciousness. You are being allowed to "see" into these higher experiences of consciousness now—you are ready to experience the next threshold into a new portal doorway of understanding. An upgrade, so to speak. You have chosen this awakening time, and are also chosen by your Higher Self to experience your internal Light being turned on a bit brighter. When you begin awakening, things that were not clear become clear to you, they begin to make sense, and begin to resonate with you. Your Personal Awakening in these Times is right on time. Be more of you, tap into your higher abilities and original blueprint, remove any limitations that are holding you back and create a new life you love living at each moment.

**This new evolutionary state is already in motion.** It's time for us all to become more aware of how this functions and open more to our higher sensibilities—these abilities are already within you from ancient times, and each of us can begin and continue to create our new reality in a myriad of creative ways. You can do this, you already know how, as this ability is embedded deeply within your ancient memories—like a hidden jewel waiting to be discovered and empowered. Now is the time to activate yourself more vibrantly from within—to become more conscious and partner with these shifting energies in your daily life.

# The Beauty & Benefit of Awakening

**By continually raising your frequency, the more awakened and aware you become the better you feel,** the clearer you are, and the more you want to connect and participate in the creation of your life. The more you raise your vibration, the more you can work from the higher realms of awareness and function in a conscious and loving state that will be beneficial to everyone. You will want to more actively participate in the evolutionary process of our collective world and our species. When the awakening occurs, the distinction between voluntary and involuntary action disappears. You will discover that things you experience under your own will are exactly the same as things that are going on around you in the outside world. This is a syncing-up with the energies of your frequency and higher vibration, including everything that happens around you—because you are creating it all.

**You realize that you are creating all of this, all the time, from Yourself.** That's why everything starts to mesh and there are attractions of energy—what we might call synchronicities or coincidences—that begin to happen very easily. You begin to watch other people moving, then realize and know that you too are moving, creating and interacting with that energy. Just like you are effortlessly breathing—the synchronization feels natural. You become aware of everything around and inside of you—how it moves, what it's doing, how it works, and how it affects you, like a bio-feed-back loop.

*Everything comes into alignment— as you come into alignment with the Creative Force of Life itself.*

## Some Positive Signs of Spiritual Awakening

- You will notice yourself doing everything differently, and to your liking
- You will feel a sense of connection to everything
- You let go of any attachments—to people, places, objects, feelings and past stories
- You find a new sense of inner peace
- You will feel light and airy, and experience joy in everything you do
- Everything begins to make sense, has a purpose, and has a meaning
- Your intuition will increase
- You'll notice synchronicity in everything
- Your compassion will increase
- You remove fears, doubts and worry, and begin to trust in higher guidance
- Your Life Force and internal energy feels more vibrant
- Your body feels light and without pain

## Some Positive Things That Occur for an Awakened Being

- You have a total change of perception, and all your senses begin to turn on and function differently
- You perceive more senses than the base 5 you are used to
- You experience yourself bi-locating between 2 or more dimensional realms
- You experience being in higher dimensions, then come back in the body to process that experience
- You shift into higher frequencies that are clearly perceivable
- Things begin to function with different properties, principals and different laws of physics
- You awaken your awareness to everything

- You feel deep connections to everything—opening yourself up to new possibilities in life
- You transcend your perceived limitations, and create new outcomes for yourself which you prefer
- You get clear about everything being a potential and a possibility in the world that you can access; everything seems possible—your body potential, your gifts, even how energy and vibration works
- You begin to utilize and apply this new understanding of possibility and perception in your life; you gain the ability to create anything new by choice
- You can quickly change your situation consciously by choosing something different to experience
- You expand your frequency so you can experience other realms, dimensions and states of being deeply
- The world will begin to literally glow—you may see orbs of Light or other aspects of the Spirit world
- Nature will assemble itself as dots in a grid as they shift and move in front of you
- Time becomes malleable, and you can shorten or extend your experience of time by choice
- You are no longer synced to external clocks or calendars
- Everything becomes relative to your state of being and can be shifted at will as needed
- Objects seem to take on less weight, your experience of gravity begins to shift
- Everything appears lighter conceptually, in your perceptions, and your physical experience of things

## Many Aspects of You Are Awakening

**These are stages of Being and awareness during your Awakening Process that you cycle through,** from heavy vibrations to full clarity. This is usually a process of going through an experience of these states and then pausing to reflect and recalibrate. This usually comes in waves that you begin to master surfing through, and become more aware when energetic shifts are occurring so you know how to deal with them and transcend them through ongoing changes. This is a lifetime process of enlightenment. This is the ascension process—internally, within your life experience, and through your connection to yourself, the world, others, Light, energy, vibration, and the cosmos.

### Awakening Is an Ongoing Process

**Awakening is an ongoing process of becoming clear, high vibrational & radiating light within.** We are initially being awakened by various forces, then shifting to further awaken and self-initiate ourselves—to become conscious creators of our life. This is a cyclical, ongoing process of waves of awakening and cycling through stages of more awareness.

*Initial starter activations occur with each awakening force.*

**Every awakening prompt “sparks” its awakening TO and FOR you, in a more passive participation.** Each thing that awakens a specific aspect within you—in your mind, body, soul, spirit and in your world. You get awakened to these many aspects, each in a new way—this is an initial, heightened awareness of an aspect awakening “of” or “to” something, a learning about its existence, its presence, and your relationship with it.

**Then you awaken your full creative engagement with these things...**by conscious choice you become the conscious driver and further initiator, activator, creator and experiencer of each of these aspects, in an active participation. You become actively engaged in the full awakening process of each of these aspects...experiencing how each aspect functions, and working directly with it (an active engagement by your conscious choice of exploring and utilizing these aspects to manifest anything). *You become a conscious creator and experiencer for, and of, yourself.*

*There are many multidimensional "aspects" at various levels of engagement that become awakened through your awakening process.*

**Moving through all these phases and aspects of awakening is not a linear progression, it is multidimensional** and can happen in many different ways at many different moments. Ultimately, they all need to be activated and fully functional, then integrated as holistic aspects of your conscious self—all working in harmony together, to assist you in becoming a fully conscious Being.

## **Positive Occurrences—Awakening Different Aspects of Yourself**

Here are some things that may occur—when you awaken different aspects of yourself:

### **Awakening of the Mind**

- Begin to realize you're creating everything; everything you experience is reflected back to you
- Create your own meaning and understanding of everything you experience
- Experience a major epiphany or sudden realization that feels like an astonishing flash
- Experience an "enlightened" perspective that can help you mentally understand your life

### **Awakening of the Body & Higher Senses**

- Awaken the body and your dormant DNA light codes—those aspects of Self that have been dormant, both within your DNA and within your consciousness
- Awaken the cells of your body to function in new ways and you can naturally heal yourself
- Activate the crystal structures throughout the body to function in new ways
- Awaken your higher senses—like telepathy, higher perceptions and new awareness

### **Awakening & Mastering of Your Emotions & Higher Senses**

- Begin to master your emotions and are no longer swayed by external impulses
- Begin to tap into your higher senses that are directly connected to your emotions
- Resolve and clear past memories, heaviness and trauma, and put experiences in perspective
- Release your attachment to ego and the old self that is limiting

### **Awakening Your Relationship With Your Higher Self**

- Learn, sense, reconnect to and integrate with your Higher Self
- Understand how the Higher Self and the Physical avatar work together
- Get more deeply reconnected to Source through your Higher Self
- Begin to operate FROM your higher self perspective

### **Awakening of a Higher Consciousness**

- Begin to see that another reality can exist
- Experience existence as something much more vast and different than you imagined
- Learn and understand what happened throughout history and learn true history
- Realize what was hidden from you about who we as humans really are

## **Awakening to Your Unique Gifts & Abilities**

- Awaken your own personal repertoire of memories and experiences
- Remember activities and special work you perfected over many past lifetimes
- Discover your unique abilities and special gifts and put them into effect
- Tune into your unique “Energetic Frequency Signature” and work with it

## **Awakening of Your Creative Abilities of Manifestation**

- Through your creations you learn how to create; realize you can create anything energetically or physically
- Experience instant manifestation—of thoughts, actions, and materialization
- Awaken your manifestation abilities, and create things for the fun of it

## **Awakening of a New Personality & a New Sense of Self**

- Awaken to who you really are, your innate abilities, and to your own inner divine nature
- Release the ego and integrate all aspects of your true self
- Awaken to your uniqueness, your personal gifts and how to share them
- Understand your mission and how to help others with your gifts

## **Awakening of Spiritual Energy & Your Connection to Source Energy**

- Awaken new sources of energy within the body and in your energy field
- Your life force is awakened and major changes occur in your mind, body and life energy
- This can be a spontaneous event or can happen gradually over time
- This initiates the process of soul awakening at all levels

## **Awakening of the Soul**

- Awaken your soul to the joys of living, to realize your passions, desires and life work
- Open yourself up to working with your emotions in a dynamic new way
- Open to the codes of energy and creation within you, and awaken to your soul’s true potential
- Soul awakenings can be brief—like instant enlightenment and awareness—and last for a short time
- Soul awakenings can be long—making deep contact with your soul and experiencing a journey

## **Awakening to New Energies**

- Feel the New Wave of energy flowing through and within every living being
- Feel everything at a cellular and macrocosmic level simultaneously, within all levels of your Being
- Become energetically conscious, and conscious of frequency
- Understand what energy is, how it functions and how to work with it

## **Awakening to Your Deep Connection With Everything**

- Understand and Know you are connected to others, society, plants and animals, community, elementals—through life force, energy and creation
- You realize everything is holistic and works together

## **Awakening to Your Inner Light of Possibility**

- Connect to your inner light and the True Light within everything
- Create with Light, learn to radiate and “glow” your light through your energy and share your gifts
- Transform yourself into a full conscious Being of Light
- Awaken your light within, and connect again with the source of energy within everything

## Awakening to Your Mission & Purpose— as Your Own Guide & True Self

- Awaken and fully activate your multi-dimensional self in these Ascending & Shifting times
- Become your True Self—through a new state of consciousness and a new state of being
- Realize you don't need anything outside of you to inform you, shape you, or guide you
- Become your own Guide—and fully trust your instincts

## Awakening Your Awareness & Relationship to the Spirit World

- Reconnect deeply to your spirit, to perceive what was previously not visible to you
- Feel and sense spiritual energy around you
- Get reconnected to your Spirit Guides and you can feel their presence
- Deeply understand the realm of Spirit, where we come from and where we go when we pass on
- Feel much more fluid and less attached or limited to physical reality existence
- Perceive that other dimensions and realities exist, and you begin to experience them

# Conscious Awakening

## Conscious Awakening Is the Self Remembering

**It is imperative that we awaken from limited mundane awareness into full spiritual remembrance of who we are.** We are all connected. We must awaken at all levels-mind, body, soul, spirit, into integrated conscious awareness. Align with Universal consciousness and manifest your life experience in awareness. We must tap into the source of consciousness, which exists outside of our minds and our thinking, outside our body and energy field. Consciousness is a great reservoir that is always available to us, and our minds tap into that source as needed, bring that awareness down into the body and we create emotions, thoughts and feelings in our own way together with this universal consciousness, and create something new into the world.

**What we see in our external creations is a reflection of our inner consciousness,** our inner Being. We shape the energy that manifests externally, which gets reflected back to us, and we apply meaning and interpretation to it. Even when physically awake, we can still be mentally asleep, unaware of ourselves and entirely absorbed in every impulse or external stimulus that grabs our attention. This state of mental absorption keeps us in an unproductive dream state. What we collectively have interpreted as being “awake” is often a partial awareness which disguises the truth that although people are walking around with their eyes open they may still be energetically sleepwalking, only partially conscious, sometimes in a trance state, even though they look like they are functioning normally.

**In this state, the conscious CORE of the individual is absent or passive,** and can get easily swayed by the breeze of external environmental stimulation, other people's opinions or thought processes. At the very inner core inside you exists the True You—the silent observer, the consciousness watching through your eyes and thinking through your mind. This true “YOU” experiences, chooses, realizes, lives and functions as your Being. Become aware of that aspect of yourself and choose to operate from there. You know that you are alive, now remember who you are and what you are capable of.

**Choose to BE in the present moment**—in all aspects simultaneously...in thought, body, emotions, energy. Then learn how to maintain this state of vibration, as it keeps the energy of consciousness and life force flowing fluidly. Engaging all the aspects of yourself consciously simultaneously stimulates the flow of energy, stimulates your electrical circuits and energy in your etheric body, awakens dormant energy and cells to become awakened and aware, and awakens access to your heightened extrasensory abilities and senses. To release any external control over our senses, conscious minds and life experiences, it is necessary to unplug from social stimulation, to "find yourself" and create your own existence in your own way.

**Becoming conscious is also about becoming aware that you are the creator of your life**—and when you act and create consciously you alone are determining your reality that you experience. We are awakening our consciousness and opening our essence to what we have always been. It's an opening of energy and realization that we have always been connected to source energy and the energy of creative life. Conscious life energy exists within everything. We awaken from within, and activate that inner fire, that inner energy through our whole system.

**We are evolving to a state of Being where we can retain and maintain this higher frequency of energy within us.** Salvation is the preservation of inherent conscious life energy in its true state, in our true form. There is nothing we need saving from...we awaken and reactivate this energy within us, and get reconnected to the ALL. We manifest more energy when we give to others freely—give our energy, time, attention, efforts, support and love. You begin to savor, preserve and maintain the vibration of conscious energy in every aspect of your life. We open up to the energy within. This is not something we add to our frequency, it's already present and only needs activating. We open up from the inside and get connected to everything.

**Awakening is not something you learn, take or put on, or adopt in your life**—you BECOME it from the inside out, you open the vibration from within you outward. You open up to your inner essence that has always been there. There is nothing you need to add to your life, the full Source of life has always been with you. Our original soul and spirit started life with energetic access to everything, it was already complete in and of itself. We started with full energy, full effervescence, and it just needs to be reactivated within and brought to the source of our consciousness—to live that energy in our Being.

## **Collective Awakening**

### **Collaboration Itself Triggers New Chain-of-Event Collaborations**

**You live your own life and your own creations will become a collaborative process.** You yourself will collaborate with that energy of your creations, and anyone you come in contact with will receive and collaborate with your energetic creations—which is a transference of your life force carried through anything you create, to any recipient. We are all naturally collaborating with everything we interact with. As we learn, so we teach. As we teach, so we learn. *As we get activated, so we activate others.*



## The Human Collective Is Awakening Together

**Society is participating in, and experiencing, a group consciousness.** Everything that everyone thinks and feels gets added to the universal akashic records, that can be tapped into at will. Every thought you think, every emotion and action you put out in the world affects everything in the world, because everything is connected. We are all awakening, evolving and inspiring each-other.

### We Are Activating Each Other

**As each person awakens it activates the possibility of awakening in others.** The collective unconscious is in tune with itself, and our individual awakenings and realizations directly affect the stirring of the collective consciousness. In the near future we will again function as one consciousness, one heart, one mind, and create together while honoring and respecting of our different and unique skillsets. Each individual is an important aspect of the collective whole. We are here together to remind each other that each of us carries light, and each is important. We activate dormant codes within each other. We can partner in new ways of creating. When we celebrate diversity and find the commonality between us all, we are collectively empowered. Oneness.

### Awakening to Limiting Social Structures Created by Others

**We are forging new ways and paths in our human and social development.** We are awakening to the false constructs appearing real on our society. We have collectively experienced the deliberate suppression of human's innate spiritual nature, to keep humanity at a lower consciousness and easily manipulated. Once we become aware we have been living in a world that's been deliberately fabricated in ways we never would have imagined, and that even our own true nature is anything but what we've been told, there's no turning back. We begin to be aware of our true abilities and possibilities of creating a collective experience that everyone can benefit from and enjoy equally.

## Cosmic & Galactic Awakening

### We Came From the Stars

*We came from the Stars. You come from the Stars. We are connected to everything.*

**You are a StarBeing from the stars, made manifest into the physical realm, now walking the Earth**—here to retrieve, share and experience the energy codes that permeate through everything, while you are learning and refining yourself. Awaken the cosmic aspect inside of you—you are made of stardust, you have traveled through many planetary locations in your past, and you carry aspects of your cosmic self right within you.

**Awaken the galactic codes inside and you will get reconnected to all aspects of the cosmos.** It is a Remembering. Awaken to the functions of energy in the universe, and that knowing that you are part of the universe in its totality, as you also carry these cosmic energies within you. Awaken to what is happening outside and how you are responding to it, becoming a more conscious person in your actions, intentions, work and play.

## Awaken to Your Own Abilities

*Awaken to your own abilities, and your connection to energy, power and the universe.*

**Awaken to your Higher Self and bigger cosmic understandings of things** versus limiting yourself to your own ego in your own life, or what you may misunderstand that you think you need control of. Ultimately, it's about awakening to the fact that you already have everything you need, and you can create anything—in partnership with your mind, body, soul and spirit working together, in partnership with the universe, and also in partnership with other people—literally partnering with everything in a heart-conscious way, guided by instinct. Awaken to your true connection To StarBeings—and AS a StarBeing yourself. You are a StarBeing having a human experience. To experience other Realms and other dimensions, you just need to shift your frequency to see them and experience them. When you upgrade your system of perception and your higher senses, you will begin to experience the Cosmic and Galactic realms with more clarity. The Star Guides will help you awaken the StarBeing within you—and begin to live in a multidimensional way. They understand because they exist multidimensionally.

## Awaken Yourself by Choice

*Become the star you are, and awaken yourself as a beacon of light.*

**We are awakening ourselves by choice and reconnecting to the cosmos.** This galactic and Cosmic star energy, radiated through each of the star systems and planetary systems down to our earth realm, assumes embodied form within our physical vessel. Because this is a planet of free will, we can actively or passively choose to accept or ignore that this is happening. When we raise our conscious vibration it's easy to see how the dynamics of the universe work, move, grow, expand, and evolve. *Raise your vibration and become more aware and enlightened of your starry self.*

**This Ascension process is not only about Star Beings descending** to visit us in our world—It's also recognizing that other higher vibrational energies exist—embodied in physical, etheric and gaseous states, on other planetary systems. And it is about us actively choosing to bring in our Higher Self consciousness form into our physical body.

**Awaken to your galactic nature and all you have been,** by connecting to your Higher Self within your current physical form. You carry the codes of Creation, and you are stardust. We are connected to all the Beings in the cosmos.

## Current Society Occurrences

*The first step of change is awakening and awareness.*

**Huge shifts are happening in our collective global society.** We are in a time of testing, decision-making, choice and new action—at an individual and collective level—to awaken and realize what has been happening in our collective reality, and choosing to participate in the change and direction of where society is headed.

## Old & Out-Dated Systems Are Falling Apart To Create THE NEW

**Old and outdated systems are dismantling while humanity is undergoing a transition into something new**, in every aspect of our world. Every structural system in every field that we have come to understand as part of our modern society is shifting completely—education, religion, politics, food and the natural world, family, in businesses and work life, community and inter-personal connections, language and communication, the creative, artistic and performance world, in technology, financial exchange, in personal and spiritual development and in the daily lifestyles of all people globally.

**We have collectively hit a breaking point and things MUST change.** We are in the Transition Times—the ending of old systems and the entering of a new Golden Age. Our modern society as we know it is dissolving and forming into something else. There have been many beings and energies that have positioned themselves in a state of “power-over others” for various reasons. This need for control will no longer be needed, and will cease to exist in our evolution into the New. Humans are waking up to the deeper understanding of how this has occurred over many lifetimes, how and why it occurred, and becoming awakened to how to change it—for the positive benefit of all humanity. This breakdown is an important part of the process of awakening and ascension.

**People are sensing a total meltdown of what they understood as the fabric of their “reality” experience.** It is creating a disconnection within people...this, too, is part of the awakening process. When people become collectively empowered again they will see they have control to change who they are and contribute to positive changes in reality and society. The old, outdated “control matrix” is dissolving, and new life-promoting systems are being created. We are redefining and transforming ourselves, both at the individual and the community level. Society itself is restructuring in every way.

**All systems are breaking down so that new systems can be born.** These new systems have not been fully defined yet, but are in the process of being built—new ways of living and being, new educational systems, new community connections, new lifestyles, new ways of connecting with the spiritual world, new human connections. We are each redefining a world of our individual and collective making. Humanity needed to experience a variety of life to compare experiences—and out of that collective choice into a more holistic and healthy balance—if we so choose.

## The Truth of Everything Is Cleverly Disguised & Hidden From Us

**Everything we think we know and how we learned about developments and happenings in our current world and life has been distorted over time**—and now the truths of our history and many other things are being revealed and beginning to come to light through conscious awareness. This world is the shadow world, the great illusion. What we see here is but a reflection of Great Spirit, we live in our the shadows cast by the reflection of our true Light Being Self, which is magnificent. We have been living with a false concept of what life can be, and what love truly is. Now we are awakening and remembering.

**Various forms of media have been deliberately persuading each of us that we need other things to make us happy or complete**, that we are not good enough as we are. Those powers get people in a needy state and then attempt to deliver a quick solution concocted by those powers to relieve the issue or solve the problem. Humanity has been taught to listen to outside sources for information of truth, and not trust their own inner thoughts, feelings, instincts and abilities. Things have been kept secret from the masses—including how reality functions, and what humans are really capable of. Over time, we rejected our true selves and instead identified with fictitious identities, and limited the deep understanding of our real Self.

## **Awakening our Awareness of Powers & Programs of Control**

**There have been many intentional systems of power and control that have been set up and operate in every aspect of society**, intended to manipulate people for some desired outcome. Modern society and energies that desire to manipulate others have been doing everything in their power to distract us from our selves, our purpose and our awakening. As people awaken they will begin to understand how to change this, individually and collectively. These outdated processes are becoming exposed and brought to light into the collective public awareness—to reflect upon and change by choice—to support the evolution, growth and benefit of all humanity.

## **Humans Have Been Bombarded by Negative Energy Programs**

**There are many current programs in place that have been causing a depletion in our life force energy, growth and evolution.** These affect every aspect of humanity at large and each individual at all levels. As people begin to become aware of this they will begin to choose differently what they engage in and why. This has been a game of illusion at all levels. Humanity is awakening to the illusion of our concept of reality and society, and false narratives that have played themselves out. The illusion game is over now.

## **Experiencing Separation— by Choice & by the Will of Others**

*The Illusion of Separation—from Source, Self & Others—Is Just An Illusion*

**Our deliberate choice of (temporary) separation from Source actually created the fear that many experience.** We live in subconscious realms, knowing somewhere that we have made an incorrect turn in knowing unconsciously that by choosing to disconnect from Spirit we are missing something...but we have completely forgotten over time what that something was. This was the human choice of free will, but also what created a separation in our connection with the spirit realm and in the star realms. Therefore many modern people cannot even see or feel those realms in their very existence inside or outside around them. These realms don't exist for people, because they choose not to see them. In reality, these realms have always been there.

**We have collectively created our own problem of separation from Source.** Now it is our job to climb back up that ladder of evolution and make that connection to Source Energy again—through our hearts, our bodies, and our actions. This is only done through a free-will choice—then will we be able to see, participate in and work with these higher vibrations that are both inside and outside of us.

**Ego created the ultimate separation**—and forced our body, mind and spirit communication systems to go numb and not be able to even perceive those higher realms. They are here, and we are part of them. Source lives within each of us. Modern society has also segregated everything into separated compartments. Out of fear, the ego's false sense of protection of itself has created an ultimate division between things, and the duality of the world we experience now.

## Global Society Is Awakening To Live & Interact Differently

**People are beginning to feel they need a change personally**, and that they are no longer content with how their reality and experiences of society are going. They are beginning to realize they have abilities to contribute to the changes they wish to see in the world. It's imperative that we make active, conscious choices to shape this collective into a highly functioning, balanced future.

## We Are Awakening to our Role in Society & our Individual Power

**In every civilization humanity had an opportunity to create beautiful things but introduced negativity.** People were gifted with power and did negative things with their minds and bodies which was destructive to earth, other beings and the cosmos. We are beginning to realize as a society that we are collectively responsible for what's happening in the world, because at some time in our past we contributed to it. We, in some way, contributed to the damage on earth in our own lives and past lives, therefore we are beginning to take responsibility to clean up, modify and heal the earth, heal our own individual lives, and heal the connection to and within society globally. We are being given the chance and opportunity to change our circumstances to reflect a higher vibration and a higher consciousness.

## We Are Awakening our Remembering

**We are beginning to remember how we were created, and our true life purpose**, remember how our bodies, minds, hearts and souls really operate and their true potential. We are beginning to understand what real Truth is in all things (it's original state, how it exists, and how it can change) and begin to use energy in new ways. It takes a collective awakening to make a positive collective change. This is our opportunity now—to do it all more positively for the benefit of all. We are moving in that direction during these shifting times. *Be a conscious part of the change you wish to see... and become it fully.*

### ACTIVATION TOOLS: TO NAVIGATE EXPERIENCES IN OUR SOCIETY RIGHT NOW

#### *Release Judgement Of Past Negative Actions Of Self & Others In The World*

- *Don't worry about negative things being done to the food, skies, water, don't identify with these in your reality...you can transmute them with your mind.*
- *State out loud "it doesn't exist in my reality—this is true for anything you want to transcend.*
- *Remember that whatever you align with, believe in, and feel is true WILL BE your reality—state that you choose to believe, think do be and live as you wish, in high vibration.*
- *Release fear of everything—fear is just a state of mind...don't give fear any power over you (otherwise you will draw more fear to you through the laws of attraction and vibration).*

#### *Modify Your Habits In A More Productive Way Of Living*

- *Get back in touch with nature, go outside, go barefoot.*
- *Unplug from technology and social media as much as possible; have direct loving human conversations.*
- *Stop looking at time clocks and calendars, and retune your body system to natural passages of time.*
- *Watch the sun, watch the clouds, listen to the wind, hear the plants growing, hear the trees dancing—all will guide you.*
- *Trust yourself, trust the universe is in-tune with you, trust your guides.*
- *Be your own guide, set your own course, refine it as you go along.*
- *Give more of yourself to help others.*
- *Become a creator of your life versus a consumer of information and energy.*
- *Find balance again in balance of life, joy, creativity, culture, free will, creation, abundance and self expression.*

## Awakening to Negative Control Systems

### The Breakdown of Society

*The breakdown and manipulation of Society has occurred over time.*

**People have been manipulated emotionally and energetically to feel fearful and separated,** and over time culture and civilization became about separation, ego and self protection. We are continually manipulated by media, symbols and devices to get a person to do something that another energetic being wants. We have limited our abilities in many ways—by following the dictations and directions of others in power positions, blindly accepting without question how we are supposed to live and “the way things are” within our past and current society. Many are fearful of what the future may bring—because they may feel disempowered to really create change in their daily life or don’t know how to do it. They often fear what may come, and live in a state of defensive blocking of energies that may hurt or harm them (as they may have felt in the past).

**People literally can’t “vision” the future being a glorious place to live and be.** So they settle for focusing their perceptions on all that they have chosen to distract themselves from the pain or potential suffering they did, can or may experience. People are easily ruled by their emotions, and have forgotten how to control their minds, thoughts and instincts. When you regain control of these things you will unplug from the normative system that has been operating for millions of years in our human history.

### Current Society & Manipulation of Energy by People in Power

**There was a deliberate intention to separate the human soul from itself,** by those in positions of decision-making and “power-over-others” positions of influence. This causes people to feel like a fragmented character of themselves, to play a false role and disconnect from their own true reality. There is a consciousness mask-overlay over everything at the moment. People don’t know what to do with their energies, their bodies, their lives. This creates internal conflict and chaos in people’s lives, and they often just want to escape and do something that doesn’t require their attention or decision-making—choosing to be distracted from their own reality and consciousness. They choose anything to numb the confusion and pain, often resorting to addictive substances or distractions like mass media, which takes them further away from their awakened consciousness.

## People Are Awakening Despite Negative Energies Around Them

**People are beginning to tire of the repetitive rituals being played out on the world stage**, and are beginning to feel there is something else worth living for. This is the beginning of their awakening journey to return to their true self and make sense of the world—on their own terms. Through the awakening of energies in the world this heavy dense cloud will lift, and humanity will begin again to see what is really happening and find ways to become re-empowered and create a new direction for themselves, then for society.

### Negative Predictive Programming

**Negative predictive programming has been running for a long time within society.** There has been a negative program using technology and energy control which has infiltrated and manipulated our modern society—through divisive icons, symbols, within tones and music and other external media programs. These are energy codings being done to separate us from our souls. These running "programs" of control are visible in plain sight but most don't see it. They are pre-programmed to enter the subconscious and play there, running our personal operating systems. We have also been prepared over time to accept more and more of this external programming, and it has occurred so slowly that people don't even notice it's been happening "behind the scenes".

**There is a negative energetic program occurring that keeps a person's consciousness distracted in a zombie-like state**—they may feel fine, but they are not thinking for themselves or operating on their own accord. This plays upon fear the person may have been carrying inside already about life, their future or their existence. It plays on their feelings of self-doubt—which have been engrained within them from childhood, which is a pattern passed down from their family lineage. This is a negative frequency agenda and program that has been going on so long that people don't even see it occurring. It has been assimilated into their daily life functioning and they have accepted it as their "reality". We as a cultural and societal collective have just accepted this over time as our normal reality. We are living in a backwards world, and it's very complicated to even see this with our current perceptions. Awaken to what's really occurring, the understanding of how to shift the energies and methods of how to do it.

### Manipulation Of Words & Language

**Language is being deliberately manipulated and distorted, in an effort to manipulate people's emotions**—again, to create separation and fear of the "other". The meanings of various words are being literally crafted to be interpreted as something completely different than what a word originally meant. Certain groups of people are determining for the collective what things mean—giving new and various meaning to things in an effort to control people in their thinking, and scramble their understanding of things. This has been an agenda in process for a long time. It is beginning to change now.

**The "naming" and "identifying" with a particular group creates a false separation.** It is impressed upon our society and persuades humanity to feel as though by identifying with a unique group they finally "belong". Identifying with a particular group is forcing us to limit our connection to expanded levels of consciousness. This is an agenda that is being forced upon people and drilled into their subconscious through various media. This is playing on the fears of people who feel mar-

ginalized to be part of some way of being, some tribe they can call their own. In reality, they are limiting their potential to be anything and to be all they can be. You do not need anyone else to validate you—you are fine exactly as you are, as you continue to live your life. Naming things limits the frequency of the energy. Naming or putting something into a word or thought is a way to manifest something into form. This is desirable when each individual does this consciously and by choice—the issue is when they allow others to create things for them from the outside world, to determine what they should do, wear, speak, think and feel. Is an energetic way of controlling people—unless the people themselves choose to do, say, or be something.

## Deliberate Intention To Separate People From Their Spirit & Soul

**The goals of these negative programs is to fully separate a person's soul and spirit from their body,** so they can be more easily controllable. When negative beings in power do this, they isolate a personality in the matrix, further separating them from their original source of connection to others and to their divine higher frequency. Then they become very easy to control. If you allow this, you are giving your power away. When you do that, you energetically allow this feeling of separation to literally divide your individual essence, your core frequency, and allow these negative external energies, thought forms, agendas, and external programs to get into and entrain within your system. When you do this unconsciously you are allowing yourself to be "taken over" by external frequencies. Be conscious of this and regain control of your autonomy.

**Innocent people can easily be manipulated, because they don't know how certain things function.** They become the perfect candidate to be manipulated by outside forces. It is your job as conscious awakening human beings to become aware of all forces that pull and play on your energy, understand your rights and abilities and create conscious distinctions between what is "you" creating something, and what is "other" impressing its thought form upon you. Ultimately this identification with this false belief creates a personal separation of the soul from the body and separates a person from their higher vibrational connection. This creates a fear and a feeling of paranoia about anything that is "other" than you, instead of appreciating and embracing diversity. This plays on fears of self-doubt and creates a distrust of others.

**Ultimately, it forces people to unconsciously become loyal to a system that has created this separation.** It automatically creates an allegiance to this system that has created this separation, distraction, this diversion to our spiritual growth. This has become a way of persuading people into believing they are nothing without their leaders, without playing the constructed social game. This is a kind of trickery—you think you are receiving something good, but you must give up something to get it (a kind of energetic sacrifice of something of your essence)—your freedom, your real identity, ultimately your spirit. This is an energetic form of mind control that you allow to happen when you are not conscious this is occurring. Choose to regain your autonomy and personal control over your life, and you will be energetically self-sufficient, to move forward in all aspects of your life by your conscious choosing.



## ACTIVATION TOOLS: TO REGAIN PERSONAL CONTROL

- *The way to regain your abilities of control over your own life is to keep your vibrational frequency open by choice.*
- *When you keep your vibration "open", and allow yourself to be anything you choose at any moment you can more easily flow with whatever expression materializes.*
- *Remember that humans are limitless beings of Light, and can express themselves freely as they wish and choose.*
- *When you consciously choose to "name" yourself exactly as you are at any particular moment, you retain your free will.*
- *No one else can name you, or claim your frequency. This is a kind of energetic protection.*

## Rise of Technology, Digital Systems & AI

*Becoming reliant on technology causes our natural skills, use of our minds and body to slowly atrophy and less stimulated.*

### History Is Repeating Itself

**We are currently re-experiencing the same misuse of technology** and other systems that occurred in Atlantis and other ancient worlds:

- Used crystal powers negatively; developing advanced technology systems and overdid it
- Deliberately went against the powers of nature, played Creator without using true source energy
- Disobeyed the laws of nature (we are doing the same thing now)
- Used too much crystal power that it created holes in the ozone
- Too much power was created and nature/earth dimensions couldn't handle it
- Crystals opened energetic portals and doorways to other realms, but they were too open which allowed negative energies to come in our world
- They manipulated crystals within the body without honoring the natural laws

### How Tech Affects You Unconsciously in a Negative Way

**All technological devices carry a very mechanical metal resonance**—that blocks the natural flows of energy through the world and through us. Social media and certain technology starts to distort your perception of reality, time, space and distance as you engage with it over time, and become entrained in its pulsing energetic patterns.

**You give your internal human power away when you get over-engaged in the use of and reliance on technology.** This has occurred because of the slow buildup of materialism, personal interest in owning things that position you as "more than"—more successful, more glamorous...then we require dependence on appliances (and later technology and "smart" tools) to sustain us. We as a culture have been slowly weaned from our autonomy and free will through many techniques. This is energetic manipulation and it's getting more prevalent in our society every day. It's all about manipulating human perception.

**Technology is an addiction and a drug if you are using it unintentionally.** Our collective society is getting further addicted to technology, especially social media, quite like one gets addicted to drugs. And it all works through the neuro-chemical process of reward and punishment. When a whole world starts functioning driven by this petty instinctual process of reward and punishment, things in existence begin to get really askew. It becomes seductive and alluring, and leads us astray.

**Most technology is lacking a natural "pulse" or live-giving natural energy.** All technology and digital formats lack a natural, creator particle of Love. They are born of man-made creations, and often with the intention to control or "master" data, energy and others. Technology needs a natural element to be truly alive—as all devices and tools need intelligence and awakened intention (like the mind needs the heart) and must include the energy of the sacred feminine to be fully whole. Technology employs the use of crystals—which are data repositories and carriers of information. The intention put upon the crystals create the attraction and outcome of their use and effects. All tech utilizes crystals as data collectors and transfers. Crystal structures are natural but have been manipulated to act as a control device, versus a loving, giving, healing energy.

**We may feel when we go online that we are connecting more deeply with others,** but it lacks the direct human connection in close physical proximity, and creates an illusion of presence of the "other" in our current state of reality...it is virtual and not real, and the virtual begins to feel real, thereby distorting our senses. It also distorts our perceptions of time and space, as we can be communicating with other people literally in a different time, location or energy zone than us—or we lose the human connection altogether, and only interact with artificial intelligence, or an AI mediator between people. Due to more sophisticated technological developments, it's becoming increasingly unclear what is truly real and what is a fabrication or reality. It's a kind of manipulation through distraction, and a reliance on intermediary technology tools to connect us, and ultimately think for us.

## Positive Applications of Technology

**When tech is blended with good intentions and purpose,** blended with natural ways of being, living and harmonization for the benefit of the users/receivers, technology can be very positive and encapsulate positive healing energy. There are phenomenal experiences, interactions and developments with technology, but it's important to keep everything in perspective. Always inquire about how it is affecting you and your connection to the human, earthly experiential world. As people are becoming more aware of how technology gets overwhelming due to a massive information overload and external stimulation, this is causing people to look within themselves for answers and relying less on external sources of information and direction in their lives. Technology, when used as a conscious tool, helps us communicate long distances.

**Crystals can be programmed,** and however the crystals have been manufactured or restructured is what they will do. They are great gifts to humanity, they are inherently neutral in vibration, and can be utilized for negative or positive outcomes. Technology consciously combined with nature create positive affects: we must fuse nature codes with technology to create a holistic balance of energy that works together. This is how the Star People utilize the power of light, metals, metals and energy in partnership with natural forces in their machinery (such as how their light ships are powered). We are now evolving THROUGH technology, to the point where we will no longer need to rely on it.

## Positive Aspects of the Internet

*We are collectively learning how to go “online” internally to connect with everything.*

**The internet is helping to strengthen our telepathy, higher senses & innate abilities.** Use of the internet, computers and smart phones are a way to exercise our higher abilities of telepathy—these devices stimulate a real experience of time-shifting and higher-mind types of communication. We must learn and perfect our telepathy—in the near future we will connect with the “inner net” of our higher dimensional hearts and minds. The internet is a wonderful way to connect to others in different time zones and locations that we could previously never think would be possible to do. It becomes an issue when we overdo our attention to and reliance upon the tech devices and the internet, which force our soulful human connections (or connection to the land and other sentient beings) to subside, or we substitute it for real in-the-present-moment human communication.

**The internet was a temporary bridge to develop our inherent natural higher senses.** It is a tool that acts as a connector bridge, but it should not become a full substitute for human connection, original thought and creative endeavors, both independently and collectively. When we go online we externally disconnect with self and others—we give an essence of ourself over to a partial bridge interface that acts as a mediator. We give our self-power away and lose our natural abilities of connection. In the very near future, we will have access to advanced healing technology and communication tools using sound, light and vibration. The Star Nations utilize technology in very organic ways, merging technology, biological and natural essences with energies that become conscious.

## Artificial Intelligence (AI)

**Artificial intelligence and technology limits creative flow and takes or usurps energy.** Artificial Intelligence operates with data and predictions. Any technology utilized for the purpose of controlling other people's energy creates fear, separation and division—it creates fear of the “other”. Release your need for external tools, and begin working with your own internal “technology” tools.

### ACTIVATION TOOLS: TO WORK POSITIVELY WITH TECHNOLOGY

- *Disconnect from tech devices and tune in to your soul. Go offline for blocks of time, and get reconnected to nature, which will rebalance you.*
- *Rely on intuition and your instinct, your true being; trust yourself in navigating daily life.*
- *Make a conscious choice when engaging with technology—be aware of your purpose and who will benefit positively from its creation and uses*

## (2) THE SHIFTING:

### *Our Shift of Ages During These Times*

*Shifts & Changes Occurring Now*



(MA-KA TI-SA)

- The Shift of Ages Overview
- Earth Is Shifting to a New Consciousness
- How the Shift Affects Human Beings
- Shift in our Evolution as a Species
- Shift in our Relationship With Star People
- Shift of our Experience of Time
- The Energy Shift Alters Our Perception of Space
- The New Waves of Light & Energy Coming in
- The Shifting of our Experience of Society & Community
- Transcending, Transmuting & Transforming Into the New

Handwritten signature or scribble in purple ink, consisting of several stylized, interconnected loops and lines.

# The Shift of Ages Overview

*Awaken yourself, your reality, your consciousness into full restoration of all you are and all you can be.  
We're experiencing a Shift of Ages—into a new way of Being.*

## The Shift Is Happening Now

**The Ascension Shift has already occurred**—now we are moving into the experience of it in the physical in our daily lives. There's a massive, worldwide Ascension "Shifting" process happening right now for everyone. Everything is shifting. We are Ascending into higher dimensions, into new ways of experiencing reality and creating life going forward. You can see massive changes in everything at all levels, everywhere you look. This Shifting is the Awakening of consciousness with no limits. It is an energetic and physical shift that is taking us all into a higher dimensional awareness, and to a higher, more aligned way of life.

**We are "becoming aware of becoming aware"**, and beginning to actively participate in the shifting of every experience and creation consciously into something new—a new world, new human, new way of living life, into new dimensions, and a new state of consciousness. For us collectively as humanity to shift in higher ways, everything must shift and will change. All the shifting of every aspect of humanity must quickly evolve into something new, because everything is related and every energy affect everything else. Everything is shifting into a new energetic state.

*As you are awakening, you're also here to help others awaken as well.*

## The Shift—"The Big Show" & "The Event"

**The "Big Show" is happening now**—currently human life is collectively entering and transcending into a new kind of Golden Age, a new state of Being, while a new human evolution is occurring—as we move into living life in a more multidimensional way during these Shifting Ascension times. It is "The Big Show". This shifting of energy to higher frequencies affects everything in the cosmos, on our planet, in society and within ourselves.

**"The Event" is actually a combination of events in the cosmos that are occurring simultaneously**, affecting everything as we know it on earth. This includes the massive upgrades of energy from the sun, the changing of the positions of the stars and planets, and a new pulse of higher consciousness coming to us directly from source energy. The pulse from the cosmos to us will create our own "event" of massive change in our world, and we will experience many things changing into something new. We are collectively "The Event"—experiencing and expanding itself in daily moments.

## It's Time for the Next Shift & We Are More Prepared

**Many times in the past, earth and consciousness shifted into other higher realms**, but at that time people were not ready to undergo the process of big change...their bodies and consciousness were not prepared for it then, and full breakdowns of all structures occurred before new societies were rebuilt. We are now better prepared energetically for this big shift, because all key component pieces and people are here walking on earth now. They have been "called in" and chose to be here to assist this shifting process. Our world is in the perfect condition for a big shift to occur.

**This Shift will occur more smoothly than other historical shifts**, because we are experiencing it with an awakened consciousness. We are ready and willing to evolve. Throughout incarnations the energies of the cosmos and creator energy became fragmented. Now, because everyone and everything is being pressed to rise to a new level, all beings are feeling and ascending through this shift at a similar speed, and are changing in huge ways, which affects the overall collective consciousness.

## **We Have Entered The Age of Aquarius**

*The Time Of "The Waters" Returning, Rising & Flowing*

**This new Age of Aquarius we are moving into is a time of expanded consciousness**, collaboration, and connections with like-minded individuals. We will experience more freedom and independence. This is a time of rebirth and renewal. Aquarius is related to the waters of life finding the balance, and rebalancing the energy in everything. The memory carried in all water essences is returning, and the cosmic waters are activating the waters in our bodies to awaken and reconnect.

*The waters of life within each human being are being activated.*

*We are experiencing the Shift of Consciousness from the Information Age to the Transformation Age*

### **ACTIVATION TOOLS: TO HELP WITH YOUR OWN EVOLUTIONS THROUGH THE SHIFTING OF AGES**

- *We must all work together collaboratively and collectively with everything—including all aspects of our self working together internally.*
- *Release your hesitations, face and do the thing that you fear, and you will realize that fear was all in your mind in the past. Just as soon as you address what is causing you difficulty, you change the flow of energy and can begin to see other potential options and solutions to solve your issue and move forward.*
- *Respect yourself and value who you are as an individual and who you are as a human being—as a spiritual being having a human experience.*

*Go with the flow and life will be effortless.*

## **Earth Is Shifting to a New Consciousness**

*Mother Earth Is A Being Of Light Who's Expanding*

**In these times of the great Shift of Ages, Mother Earth, "Gaia", is quickly elevating her vibration.** Those of us all who actively choose to be in tune with the Creative vibrations of nature, our soul/spirit, and love for humanity and all beings, can ride this shifting energy wave more smoothly when we continually remember to release heaviness, judgement (of self and other), and choose to fly. We are creating the new world of higher vibrations every moment through our individual thoughts, words, actions and love. Mother Gaia at this time is stretching and growing again, while expanding her capacities. She is also showing us humans that she is a metaphor for ourselves—a blueprint showing how to grow and prosper. When you tune in with Nature the elementals will teach you how they function and work together. They will show you through their ecosystems, in flow of water, earth, air and fire and how the elements interchange with each other as needed.

## Rise in the Schumann Resonance Energy Grid

**The Schumann Resonance is the rate the earth vibrates at**, like an energy pulse or heartbeat of the earth. For a long time it maintained a steady hertz frequency reading, and now is dramatically increasing, which affects many things. The changes in this grid radiate out from the earth and directly affect the electromagnetic field, like a grid around earth, and therefore directly affect everything in, on and within earth. Human Bodies are directly matched to the hertz frequency pulse, because of the law of attraction and balance. This pulse of energy is fluctuating and rising very quickly, affecting people in different ways, including many of the “ascension symptoms” people may be experiencing now.

## Change of the Earth Grids & Ley Lines

**There is an electromagnetic Gridline all over earth, called the “Ley Lines” and “Dragon Lines”**, that affect the flight paths of birds, the relationships between land masses and even between beings and the connection of people to the land. There is a shift in the magnetic fields of earth, which is directly related to the fields in our body, which affects us physically and energetically. The pull and movement of the electro-magnetic fields are changing, lessening and deteriorating, which causes an instability in regulated systems and begins to agitate the energy, causing all coherency and attraction in things to change.

**This grid is being activated, stimulated and modified, and light energy is moving through the grid in different ways.** This grid is directly related to the energy grid of our body, as well as the cosmic grid. When one changes, they are all affected. Things are continually moving through each system—the body, earth, the cosmos, creating huge effects in the other systems, as they are all related and map to each other.

## Shift & Reversing of the Magnetic Poles

**At one very ancient time, the earth poles were balanced and there was no tilt in the earth.** The poles have shifted many times throughout earth’s ancient history, causing phases of destruction and rebirthing of earth and all our social structures.

**The North and South pole coordinates are beginning to shift**, and have already caused changes on earth. This shifting causes the plate tectonics (land masses) to shift on the surface of earth, and causes various changes on earth due to the electromagnetic grids’ relationship to the poles. This is one of the causes for the increase in earthquakes and volcano eruptions, as earth is being further stimulated by this movement of the poles. As the poles shift closer to the equator it also causes big changes on the earth’s surface, and within the earth. Humans become disoriented, up feels down and down feels up. The magnetic shift affects the way our two brain hemispheres interact—they become more unified with each other, opening up synapses to higher metaphysical abilities. This activates our higher senses and perceptions. Animals become disoriented, change their behavior patterns and their flight paths (these are the energetic lines they ride upon and use as navigation).

## Traversing Through the Photon Belt

**The Photon Belt is a physical location in space-time, and an energetic portal we have entered...full of higher activating vibrations.** In 2012 Planet earth started traveling in space through the Photon Belt, which is a collection of planetary and cosmic energy, and vibrations emanating from various galactic forms. This directly affects humans by opening our chakras, related to higher senses and dimensions. There are many galactic particles floating in the photon belt that affect our vibration and our light body frequency. These include stray comets and debris from other fragmented planets and stars, and space rubble—which are sprinkling their mineral, crystals, metals and ancient light on us.

**Photons are light vibrations, and as they vibrate in new ways their energies continue to change our frequency** as they have a direct impact on the energy of earth and our physical body, mind and spirit. The photons of light that make up our cellular and DNA structure are also being activated directly through this change of light frequency. The photonic light from everything within this band of light is directly affecting all things and all beings.

## How the Shift Affects Human Beings

### Activating the Light Bodies

**This changing energy stimulates and activates our higher light bodies.** This helps us move us into multidimensional experiences, and connects us inter-dimensionally to other galactic beings and the spirit world. The “Shift in consciousness” is a shift in our very perception of our world. We will feel this through our energetic Light bodies, which are directly connected to our chakra systems. These in turn affect every function of our physical body.

### How the Shift Affects the Physical Body

**The crystals in your body process etheric and photonic energy.** As this stronger energy enters into the body it will activate and further stimulate the crystals in your body, which will cause you to vibrate at a faster frequency. It will connect other aspects of your body that have been dormant, and will open your higher senses due to the crystals receiving more light frequency. You will feel out-of-sequence with what is going on around you because your internal reference points keep shifting. Both you and the environment are changing so quickly you will not recognize anything as you formerly knew and understood it. Everything is morphing and shape-shifting into something new.

**We are all coming online, and our pineal gland is awakening** from its long-dormant sleep as our psychic “veil” is lifting around us. Everyone's innate energetic skills and internal tools are all activating. Energies are shifting into high-vibration diamond photonics of Light. All orbs inside and out of our systems are glistening and connecting with the Natural world. The waters and photons within us are dancing faster, and are being reconnected to everything. Your body template will change. You will immediately be able to heal yourself, shift your frequency, and acquires the ability to change the formation of your thoughts and your body instantaneously. You will connect clearly to the “merka-ba” field of energy that is around you and directly connected to your Light Body—and you will be able to travel with this like a vessel, into different physical and energetic places.



**We are “upshifting” into higher dimensional experiences and awareness.** This is a process whereby an individual integrates their physical body with their spiritual (soul) and astral bodies, permitting them to become fully conscious. The Solar flares from the sun are directly affecting the electromagnetic spectrum of our light body, then trickling down into our physical form. It will affect every aspect of your body, and all your body systems will become activated. It will feel like you are beginning to glow from the inside.

## **The Shifting of the Mind—Your Thinking Process & Memory**

**We are experiencing the shifting of our thinking**—both our thoughts themselves, and how we collectively think about reality and consciousness. Our minds will expand to take in more quantum energy and understanding, and we will just begin to “know” things as our minds expand into a broader form of mind, and the collective mind. We will begin to communicate with “mind-speak”, also known as telepathy, because there will be no separation of energy between us and everything else. Our memory recall will distort, and we will begin to lose our temporary memory recall—because we are opening into a higher mind and able to tap into it at will. We will begin quickly forgetting what we are saying in mid-sentence. The ideas will just disappear from our minds.

**We are shifting into a different kind of thinking and our minds will function in a different way.** Nothing will work in the same way that you have been used to. Allow it to happen and you will begin transitioning into a new way of being. This energetic shift is altering our mental perception and understanding of time, our memory, our thinking and rationalizing process, our DNA, the wiring of our physical and emotional bodies, our beliefs, our perceptions of good and bad, right and wrong. Every thought we think and every feeling we feel is modulating, fluctuating, morphing into something new that we don’t quite understand because we have never experienced this before. *It will make sense to you in time as you raise your vibration.*

**We are going through a process of Remembering all we have been,** and understanding who we truly ARE. This process is an understanding that is not located in the analytical, rational mind. It is centered in our broader field of perception within our “Inner Knowingness”, within our higher consciousness and the Internal Guidance System activating within our hearts. As we are beginning to remember “who we are”, we are beginning to let go of “who we are not”. Letting go of our beliefs, thoughts and concepts of the world may not be an easy experience because it can make us feel disjointed and unconnected to our past understanding of ourself. We are reframing and reforming everything we thought was US, and shifting from our limited human understanding of Self into our Higher Self experiencing itself.

## **Losing Your Memories & Gaining Your Inner Truth**

**Your brain is reforming itself, and basic concepts don’t make sense because you are beginning to experience the world from a higher perspective.** You are in transition, going through a total transformation in all ways. You are like a caterpillar in the chrysalis transforming every ounce that makes up YOU into something completely different. When the process is complete you will emerge like a new butterfly with wings. A new you will enter into a new world.

**There is nothing broken that needs fixing.** It is simply that who we thought we were in a limited way, who we are NOT (and never were) is beginning to fall away, as we are becoming who we Truly Are. We are relinquishing our memory recall and all that we thought was truthful to us, in exchange for higher understandings and higher knowledge. Ideas begin to slip, and you can't grasp what was a simple concept like before.

**You may notice yourself beginning to say something, only to realize that you suddenly can't find the words to complete your sentences.** Or you can't recall the word for the "spoon" that you are holding in your hand. If this is happening to you, don't be concerned. You're not the only one having these experiences. It's not memory loss that usually comes to people as they get older, and it doesn't have anything to do with your gender, age or culture.

## The Shifting of Thoughts, Beliefs & Habits

*Our thoughts create our beliefs. Our beliefs create our habits. Our habits create how we live our lives.*

**As we begin to awaken and remember who we are, many of our old non-truth, non-aligned belief patterns begin to fall away.** During this process we are losing many of our memories and our reference points upon which we have built our third-dimensional reality. These are falling away because we cannot take our negative thoughts, beliefs and emotions with us on this new journey.

**Old beliefs and ways of relating to the world are being cleared from our unconscious.** As these unconscious reference points that support our sense of lack are being cleared, simple words for any object or concept gets lost clearing of the patterns. Allow it to evaporate, and you will immediately click into the concept or word again. It will come to you from a higher knowing as you begin to navigate these frequency changes. The transformation that is occurring within us is shifting our thoughts, beliefs, and changing the ways we experience the world around us. Up until now, most of us have defined ourselves by the definitions put upon use by outside world, which we accepted unconsciously as being who we are. Our beliefs about how we look, think, what's acceptable, and how we act have all been influenced and established by the third-dimensional world outside ourselves.

**Our beliefs connect thoughts that run through our experiences, forming conclusions about our identity and our world.** But many of these thoughts or beliefs are actually not our own—they were impressed upon us by our family, teachers, friend groups and the 3D reality on the outside of ourselves. Those people who made these impressions on us were simply passing on what their parents, ancestors, people in positions of authority and peers, plus the rest of modern society taught them to accept as a "truth"—as the truth of who they thought they were by adopting this thinking. Growing up, many of us intuitively felt that what others accepted as the "truth" did not feel "right" to us, but consensus opinion is a powerful thing we felt forced to follow. It's not easy to stand against the crowd or disagree with our elders or loved ones, and it was easier to go with the flow of consensus thinking. Deep down humans want to be accepted, and we were easily persuaded into an incorrect understanding that we had to become like others and fit into the society "system" to navigate our daily life easily.

**As we begin to awaken, a new recognition is unfolding within us.** As we start to seek our own truth and walk our own unique path, many of us are beginning to realize that there is much more to who we are than the outside world has led us to believe. As we look within, we are beginning to realize that we are multidimensional, spiritual beings realigning with a Higher Truth and our Higher Self. As this transformation is occurring, we are beginning to recognize that it is our own truth that creates happiness, success and balanced health, while simplifying our life path. We are collectively able to wake up into a new conscious way of living and Being. Previously, only a few souls experienced a Higher Truth. But now this truth is being sought by everyone. Because of you and the many others who are now awakening, a new consciousness is unfolding. The 3D world that was defined by the truths, structures and beliefs of those around us is no longer working and is being dissolved.

*We are experiencing a quickening in our conscious awareness.*

## Trusting & Following Your Internal Guidance

**We are getting back in touch with our inner guidance.** Many of us learned to repress our intuitive senses and dumb-down our feelings. In the process, we became numb. This is why so many people today are unhappy, but have no idea why. It's because we have lost touch with our own inner guidance system.

**We are beginning again to trust ourselves,** to find the courage to define and speak our truth individually, and celebrate our true nature. Some people like you have been guided to a new way of living and Being, shown in dreamtime and your daily life that something magnificent is occurring.

**This new evolutionary state is already in motion.** It's time for us all to become more aware of how this functions and open more to our higher sensibilities. These abilities are already within you from ancient times, and each of us can begin and continue to create our new reality in a myriad of creative ways.

## Shifting of the Emotions

*You will begin to sense and feel EVERYTHING. Seek inside, and look to sense and feel all of YOU.*

**You will begin feeling and experiencing things very differently.** As you are shifting you may feel agitated, you will feel heavier emotions surface and must be released. You will connect to higher senses, and all your emotions will be directly related to each of the higher senses, chakras and dimensional frequencies. You will begin to use your emotions in very different ways. Instead of being negatively or positively impacted emotionally by external influences, you will begin to work with your emotions to perceive new worlds, full of new stimulations, feelings, impulses and vibrations. Your emotions will become your radar to perceive and understand the world around you, while at the same time helping you navigate where you are at and all you are experiencing.

**It's imperative now to hear and follow our individual true heart purpose,** and fully release what no longer serves us personally and collectively, moving forward. It's as if we're floating between two worlds, like an old model that doesn't function well at all anymore, but we can't quite see a new way of being and living yet. We are moving into a new way of living and being that's in the process of being created through our every thought and action instantaneously.

**There's a strong need to connect with those who feel similar things** and can understand what you're going through. We need to go very deeply inside ourselves to find a center of balance, to be fully grounded in the world but not of it, as the experience of the old world can no longer define us. We're each creating new blueprints of our life, collectively creating a new consciousness, as the earth is also shifting up dimensions quickly.

## Shifting of the Soul

*Your soul wants more than the limitations of our current world.  
Your soul wants to fly, be free and experience life in all ways.*

**You will feel a big shift in energies through these times, deep within your soul**—timelines crossing and portals of energy and possibilities opening up. This will inspire and require lots of clarifying and deep soul-searching. This Wave of Change is affecting our awareness of what is possible, and what is calling to BE—from deep within our soul. It is offering us abundant and new understandings, instructions and possibilities of how to once again live in harmony with each other, the environment and All That Is.

**You will begin to re-find your connection to your own soul and your unique expressions.** We have disconnected from the things that truly nourish us. This has left us physically ill, emotionally unhappy, mentally exhausted and spiritually unclear about who we truly are. Now you are re-assembling all aspects of us that make our soul fully integrated. We are beginning to ask bigger soul questions of the universe—like “what’s really important to me”, and “what truly makes me happy?” The answer isn’t found through gaining more of and from the world outside, you will find it by going within and expanding more of you.

## Shifting of the Spirit

**We are experiencing a shift in our spirit, and becoming reconnected with the spiritual world in all ways.** We are becoming more of our spirit aspect than physical, raising our vibrations individually and collectively back into higher spiritual ways of being and living. It’s all frequency, and we will become more aware of that frequency because we’ll be more directly conscious and in tune with it. The universe expands both outwardly and inwardly. We are part of the universe and we will all experience this inner expansion. Physical realms like ours are less common than non-physical, spiritual realms in the cosmos. We are becoming reconnected to the Great Spirit, the spirit that exists within and through everything. Our Spirit is being reconnected to all Spirit.

*You are ascending into higher vibrations as you become those vibrational frequencies.*

## Shifting of Your Personal Contract—Create A New Scenario

*Activate, accentuate, create, make it great, stimulate, reverberate, Create. Love for all.*

**If you don't like what you are doing, acknowledge that you created that scenario for your learning, and create a new one.** We make it all so complicated because we were temporarily separated from our true selves. Rearrange your own codes, your DNA, your way of thinking and feeling about yourself, and create a new you.

**Re-learn your Self. Re-member true beauty and purity of heart.** Re-cycle and cast off those emotions and thoughts and meanings that are no longer needed or valuable to you on this new path. Let all of that just go. Sit in silence and hear your heart, your high heart, your true inner voice of Self and your life force coursing through your blood, bones and every cell in your body. And ask your heart to pump in tune with Mother Earth, creative spirit, central sun, and with all others who walk in their awareness of their Truth.

## Shifting Into a Mystical Way of Being

*It is a Way of Being in tune with everything.*

**This is the shift from metaphysics into mysticism that you have been preparing for over lifetimes.** Metaphysics is changing a bad scenario into a good one through the use of energy tools, mantras, and other ways of changing energy. In order to make this transitional shift as easy as possible, we will need, and will develop, new skills and tools to help us ride these Waves smoothly. We also will need a new understanding of how to perceive our surroundings differently, and how to choose the reality we wish to experience. The mystical world is always in existence, and you begin to perceive it when you raise your frequency. Then, you energetically and physically walk into it, and natural living with a smooth flow of energy becomes easy.

## Shift in our Evolution as a Species

*We are evolving into new humans and new ways of living.*

### We Are Evolving as Humans

**We are evolving every aspect of being human**—our bodies and minds are evolving into new and higher frequencies, who we are and how we function is changing, and we are transforming how we interact with the world and the cosmos. Our souls and spiritual selves are evolving into a new form. We are building upon all past collective and individual experiences of being alive and being part of life as we are continually learning and growing.

**We are shifting the templates and blueprints that instruct formlessness how to manifest into form and materialize**—including our thought processes, our connection to reality and consciousness, and the creation of our bodies and all things around us in the material realm. We are here to change ourselves and evolve into expansive Beings. We are shifting out of the reliance on tools and devices to connect us to energy and source to get things done. We are beginning to rely on our inner abilities and higher senses. At some point in the future tools will no longer be needed to create a bridge to some knowledge or energy source—as we will be able to directly connect with everything right from our internal source.

# Shift in our Relationship With Star People

*We are collective Spirit in motion, together with the Star Nation*

## Star People Are Reconnecting With Us Now

**Star Nations are consciously reconnecting with us**, because we are shifting up into higher dimensions where they can commune with us. And they want to partner again with us to guide earth, society and our future together. Star Nations are also here on earth (and showing themselves) to assist as we awaken to the new reality we are birthing every moment. Our higher selves are becoming fully embodied in our earthly vessels to create a new paradise when we realign our attentions to the joy of living a pure and free life.

## Shift of our Experience of Time

*We will feel we're in no-time and Every-time.*

### Time Is Speeding Up & Distorting

**Our perception of time is speeding up, due to these increased energies.** What felt to us like a full 24-hour day in the past will feel shorter, like 16 or 12 or 6 hours flying by, and we lose all sense of time. The concept of linear time will cease to exist. The illusion of time will dissipate and then disintegrate, because we will be experiencing life consciously in the NOW moment, and will be able to change our perception of where we are located and what we are doing.

**Time is related to the rhythm and cycles in the world, and in our physical forms.** These cycles are all relative reference points for our body and senses. When they shift and change, we experience the spinning of energies and time (as we know it) to change. Some cycles are speeding up, while others are slowing down. This creates distortion in our energy fields and perceptions. Overall, how all things function begins to change radically. This changes our inner circadian rhythm, altering our life energy flow, our sleep patterns and waking state consciousness. Although our internal sensation is that time is going faster, we are actually losing time. Time is not really "going faster", instead it is collapsing into a single moment of Present Time, the NOW moment. This causes our perception of time to change. An action that originally took a certain amount of time appears to go faster or slower, depending on your focus of engagement with the present.

**Time speeds up when you are hyper-focused and engaged in any creative act.** When you are engaged deeply in something you enjoy and are giving it your intense focus, in those moments of that activity you may not experience any passing of time at all since you are in the NOW moment...then you may glance at a clock to find that hours had past, like they disappeared. When you are doing a regular activity in your day and it feels like time goes faster it's because your inner time-clock, your internal meter, is changing. This is also related to the locations of things in space changing and disorienting—items, places, people and things seem to be closer or farther apart.

**When you are doing things you dislike—or you are not consciously focused upon—time seems to draw out**, and regular activities feel like they take hours longer than before. This is because you are not functioning in your present moment as you are wishing or longing for something else to occur, seeking a quick way to get done with your task. At that moment you are existing outside of your NOW time...thinking about the past or future, which seems like a long way away from your present, and time further distorts itself.

**We only ever exist in the present NOW moment.** All time (and timelines of past, present and future) is occurring simultaneously. We only exist in this NOW moment. There is only one single higher consciousness occurring. As our internal magnetic fields weaken, our cycles and rhythms are beginning to realign with a singular flow of consciousness. Our biorhythms, heartbeats, and pulses of our meridian system are all beginning to align into a singular rhythm, aligning with the heart-beat of the Earth. As this occurs, all our memories, thoughts, emotions and beliefs that are not aligned with the higher consciousness of well-being are falling away.

## Timeline Shifts

**“Timelines” are multiple optional pathways of experiencing life and energy.** They are possible development timelines created out of etheric and astral energy. They exist at an etheric vibrational level. When we align to any specific timeline we vibrate with that one we have chosen, and it becomes our reality, coming down into form in and around us. We directly experience that specific timeline we chose to focus upon.

## Various Timeline Options for our Future

**There are various timelines for our collective future being played out now.** One is a total negative dystopian life completely devoid of human essence and emotion, joys and love...and the other is the possibility of a collective humanity blending and re-unifying back together and creating a beautiful daily life full of incredible positive, happy beings creating a beautiful new future. Each person decides and determines their fate and their future potential outcome. Become awake and aware. Then take action that resonates with your highest vibrational state of being.

## Personal Timelines & Shifting

**We live in multiple timeline possibilities all at once**—what we experience together collectively, the various timeline path possibilities of earth, and each individual’s many aspects of themselves...are all happening at once. We can choose what timeline we want to vibrate to, align with and energetically walk upon—like various path options available to us. We can shift timelines as we raise our vibration—and can choose to shift timelines at will—when we are conscious of what we prefer and awareness of our ability to be able to shift or jump timelines at will.

**Those people who maintain a higher vibration of love, joy and happiness will continue to develop in a higher energetic timeline.** For these people, life will seem effortless and it will be a joy to be alive. They will begin consciously co-creating their new world that will be of benefit to everyone. These groups will experience heightened spiritual and physical experiences, and feel the direct presence of the Divine energies flowing through them and throughout civilization.

**This higher timeline will eventually evolve back into a worldly paradise** that we had collectively experienced eons ago in ancient times. These higher vibrational times are returning.

## Earth's Timeline Options & Personal Syncing With her Shift

**The Earth is choosing her highest timeline frequency to move into...**while each individual's frequency contributes to the level we will collectively merge into. We are all participating in this process—contributing, defining and matching with the highest frequency. We are co-creating this shift of energy with Earth as it's happening. The earth and our collective consciousness will choose the highest frequency of its vibration to become. The timeline that is grounded within the earth as she shifts vibrations is aligned with the etheric and physical reality of the planet. This timeline is the one we will collectively vibrate with in our physical and energetic bodies, and what earth will resonate with in us.

**Each person will follow different timelines in groups, based on their frequency level.** There will be multiple timeline shifts that people will traverse upon collectively, and there will be many versions of the earth/human experience developing simultaneously. In addition, each person will have their unique shifting timeline experience depending on their vibrational frequency level. There will be groups of people who carry a heavier vibration who will continue to have a denser life experience as they are creating it by their consciousness, and will continue to experience heavier energies, hardships and a false sense of separation as they experience ongoing tests...until they resolve their internal conflicts, and then begin rising to other higher vibrational timelines as they raise their vibrations. Each person will have their own unique experience of the Shift, because they are creating it themselves through their beliefs and their energy while interpreting what it means to them.

*We are remembering, and applying all we have learned along our respective journeys to create a new world going forward.*

## The Energy Shift Alters Our Perception of Space

### Energetic Shifts Alter Space

**The relationship between objects and material forms themselves will begin to feel like they are expanding and contracting.** It will be a strange experience, because we will begin to directly perceive with all our senses a warping and shapeshifting of the fabric of matter and of our reality—we will begin to visualize everything as energy and light, and see the energy and light moving through everything. There will be less time delay in creating something and its manifestation into form and matter. We will instantly see the effect from something that caused it, like cause and affect happening simultaneously, with no passage in our experience of time through the creation, manifestation and reflection process.

**The inner “space” within our bodies will begin to become more vast and accessible,** plus more connected and related to everything in the cosmos. We will begin to feel that space and the cosmos is truly WITHIN US. Then we will be able to “travel” many places, both energetically and physically, through our body merkabas, and will learn how to navigate this more in the near future. Because everything is relative, we will begin feeling more “space” between physical things because the



atoms will begin further expanding, and spinning at different rates—therefore the perception of distance between any two points or locations will feel like they are becoming wider.

**At the same time, all points within the crystals in our body, earth, the cosmos will become more directly connected.** New relationships and pathways will form between various things. They have always been there but we could not perceive them until we began raising our awareness. Raising our consciousness causes us to vibrate faster, and the perception of space becomes both more expansive—or more tight or limited—depending on our own internal frequency.

## The New Waves of Light & Energy Coming in

*The New Waves Of Light & Energy Are Expanding Outward & Inward*

**New Light energies, related to feminine aspects of balance, nurturing and new being, are flooding into our world from the sun and galactic systems.** The New Light is also being generated up into us from mother earth Gaia herself as she's stretching and raising her vibration of light into our systems, as we choose to connect with her. The sun is being activated and is sending out massive pulses of light out as solar flares, which are getting stronger and brighter as the days go by.

**This Light originates from Source, from “Beyond the Beyond”, through the Great Central Sun,** down through our Central Sun located as the star Alcyone in the Pleiades, and onward through our local Sun into earth and all living beings. It is a string or stream of Light that houses magnificent vibrations of violet, golden and white Light that carries higher “information” energetically within it. These pulses are coming in waves and streams to Earth now, and affecting everything, causing the overall Shift in all energy to higher frequencies. The quality of this Light is higher, purer, unfiltered, and different from what we have experienced in the past. As our sun moves closer to the Central Sun and Great Central Sun, it generates more light, which affects us all energetically.

*It's a totally different kind of Light.*

### Diamond Light Codes

**The sun is now radiating new, high-frequency “diamond light codes”** that are assisting to change our body systems from carbon to crystalline structures so we can receive these higher vibrations. The “Diamond Light codes” from the sun are matching us now. The shift in shape of the Photons particles coming in match the shift of our inner crystalline structure and inner photons of light. The shapes and formations of these waves & particles of Light are transitioning into a more crystalline structure, into a Photonic Diamond shape.

**At the same time the photons and crystals within our body and DNA now changing shape at a cellular,** wave and particle level...so our bodies are now open to receiving this energetic light in stronger doses. We and all the energies of Light around us are changing together. Our bodies are awakening internally through our own Light activations, which are being further stimulated by external Diamond Light that can now communicate directly to us—through this portal opening in our crystalline cells.

**We are changing our structure at an atomic level to more of a diamond shape...**and now the higher bandwidth frequencies coming from the sun can match, sync up with and enter our light bodies down through our physical bodies to our DNA.

**We are literally able to speak, read and communicate...in, through, and with, the Language of Light**—and are developing a two-way communication with the photonic light from Source. This Light is coming to and through us, upgrading and activating us, as we are also individually upgrading into higher photonic light that we radiate outward. We are quickly evolving into full vessels, channels and conduits of Light. We are beginning to speak, think and exchange Light, because we ARE the Light can utilize Light communication in many ways. We are conversing and exchanging many things at many levels through and with Light. We are Becoming Light.

**We are having simultaneous multidimensional conversations and exchanges of light back and forth between us and the sun, source, creation, with the earth and all other Beings.** This is like direct connections through quantum strings of photonic light, through various channels—like the great central sun through the sun to us, and down into the earth...AND directly from one being to another, such as our direct connection with source or earth. These are pathways and passageways the energies can travel upon like a track, and they can also be directly connected from one thing or being or energy source to another. Everything is connected like a Light Matrix or lattice, and the “grid” or connection of and through everything is being fired up. The pathways for the sequential and direct flows of energy are opening, the portal gateways are opening, and all is energy is coming into full alignment with is vibrational match.

## **Waves of Light Energy Moving Through The Universe to Us Now**

**There are two massive wave of Light Energy moving through the universe to the earth and through each of us.** They are working together in perfect synchronization, evolving everything to a higher consciousness.

### **The First Wave—Emptying the Vessel**

**This first energetic wave is clearing away many past memories, old issues, painful moments and experiences stored unconsciously in the mind and body.** As we evolve, we lose the relationship to those memories because we are changing our relationship to Self, and reframing the meaning of those memories. They are no longer what we identify with as part of our “Self”, as we evolve out of the past and more consciously live in our present. Our present and how we think of things defines our understanding of our past, which are the memories, feelings and meaning we apply to past experiences. When we change who we think we are and how we are being, we shift out of old identity patterns that had previously defined who we thought we were.

**Everything that is not of the Light and does not exist in balance is being destabilized, dissolved and cleared away now.** Everything that is not aligned in our lives is being loosened and released. This wave is releasing old, outdated energies, belief systems and all dysfunctional patterns on every level. The purpose of this Wave of is to clear away old patterns, beliefs, thoughts and emotions that we hold which do not support our overall well-being in a broader, cosmic sense.

**Because we did not know what to do with negative thought forms or external happenings** we gathered throughout our lives, we learned to store away the uncomfortable and unsupportive thoughts and emotions that we experienced. In so doing, we chose to give up our own sense of Self, along with the truths and beliefs that we naturally held in well-being, and instead chose to believe other people's opinions. This is what is leaving you.

## **The Second Wave—Refilling the Vessel**

**The second energetic wave operates very differently—it's function is to create greater harmony, bring all fragmented things back together,** and redefine what our experience of reality is. New systems and patterns of energy are emerging. This second wave of energy is expanding the range of possibilities within each of our realities, thereby providing more choice, options and opportunities for growth and expansion...to expand in new ways.

**This wave is expanding outward, spreading greater Light,** knowledge and wisdom, and opening new gateways to higher consciousness and evolution. This wave is shifting mass-consciousness into higher dimensions, providing us with new choices and more possibilities than ever before, making it possible for the second wave to unlock everything that has been keeping us stuck in 3D.

**We Are Continually In Transition.** Through the transmission of these rippling waves of energy, a new consciousness and way of Being is emerging. This is helping us reconnect, realign and RE-MEMBER who we are and what we came here on earth to accomplish. These waves are stepping up in intensity and frequency as they wash over our world and enlighten us even more with each passing moment. This will continue throughout the next few years as all energies are being rebalanced and recalibrated. We are Remembering Who We Are. This Wave is further expanding our awareness and our understanding of who we are and who we have always been, so we can become something new.

## **The Shifting of our Experience of Society & Community**

*Everything will begin operating in new ways.*

*Society will be restructured and reborn to serve everyone in the most positive way for all.*

### **Society & Community Are Experiencing a Paradigm Shift**

**We are experiencing a huge paradigm shift in all the ways we have been used to functioning in society.** We are beginning to unplug from the matrix energy we have collectively been trapped within for eons, which has dictated and controlled how society and people have operated in all ways. With this shifting out of the matrix, people will again be sovereign beings and be able to easily live with the guidance of their free will. This higher vibrational way of living is a place where cooperation, support and understanding create a deeper sense of trust, friendship and compassion. We are shifting from a limited group of people in dominating "power-over" roles to a collective, supportive, leveled and balanced society where each person operates with their own sovereignty in a free-will state, while actively engaged in community and working together for the well-being of everyone.

**This Shift is affecting every aspect of current society** on this planet—our political, social, economic, environmental, and institutional structures—including our inter-personal and professional relationships, how we work and communicate with both energy exchanges and goods exchanges. There is a shifting of how our culture functions and operates. We are moving away from negative bombardment of information on our culture through media, healthcare, advertising and all industries, moving back into heartfelt humanitarian endeavors to support people positively and collectively.

**We are moving from an age of masters and gurus**, to people looking inside themselves for answers and becoming self-reliant...as everything that is needed by someone becomes more accessible and available to them. We are collectively shifting our focus from of the limited human realm to begin to see things more universally.

**There are much bigger things occurring to us at a cosmic level**...like questions about reality, our presence in the cosmos, and higher tools. Being concerned about lower vibrational issues like politics, finances and personal positions seem to take a backseat to everything when you look at it from a much broader perspective. We are expanding our horizons and opening into the cosmos, not focusing on limited issues here on earth that have been created by people who function in a limited way.

## **Transcending, Transmuting & Transforming Into the New**

*Awakening > Ascension > Transcension*

### **"The Ascendant" & "The Transcendant"**

**Through Ascension we are transcending the personal self and awakening to spiritual freedom.** We awaken, ascend and TRANSCEND into new realities and states of Being. During the Ascension process we ARE "The Ascendant" one—we become ascendent, ascending into higher frequencies and aspects of consciousness. Then we become "The Transcendant" one—we become transcendent, transcending our state of being by surpassing, exceeding and going beyond any limits.

### **Ascension & "Transcension"**

**Ascension is the act of ascending, while transcendence is the act of surpassing usual limits.** The action of ascending is to move upward, to fly, to soar, while the action of transcending is to pass beyond the limits of something. We are transcending our experience of our current reality into a totally new state of existence. "Transcension" is the act of climbing of going beyond...it is the activity where when we transcend and leave the denser vibrations behind. We leave behind the illusion of reality, including the concept of space and time. Transcending is removing all barriers.

**Ascension is the process of raising our vibrations**, our consciousness and all aspects of the mind, body, soul and spirit into higher frequencies, and rising into a higher dimensional state. The various phases of our awakening and transcendence can happen at the same time or they can overlap each other. They are distinct but can function simultaneously at different moments of our journey.

## Transcending Space & Time

**Space and time are relative.** Our experience of them in this dimension locks us in a certain energetic matrix. When we transcend space and time we realize that everything exists simultaneously, and everything is happening at once. How we experience space and time is relative and relevant to wherever we are and whatever we are engaged in at that moment. Where we are experiencing our existence is not just a physical place, it's an energetic place and it's a vibrational place. In truth, your mind already transcends space and time because it is directly connected to universal consciousness itself.

## Energetic Transcendence

**We are all just energy—taking different form throughout a process of evolution, personally and collectively.** We are all moving and reforming, shifting and changing our energetic frequency. This happens all the time, but we don't notice it when we are not conscious of the process itself. It is important that we begin to become aware of how this dynamic, quantum process occurs, and how we are engaged in it.

**When we co-create with this energy, in a conscious state, we begin to work together with this energy** and create or shape ourselves into something new. When we don't have a need to control it and allow it to happen we become conscious creators of this reality and creation itself—this energy is not outside us, it is inside of us and permeates through everything. This process of evolution is more than just us willing the energy (within and around us) to do something or be something. It is a higher state of being where we recognize we ARE many aspects of the process of energetic evolution: we are simultaneously part of the process, the driver of the process, the recipient of the process and the process itself.

## Evolution Itself Is a State of Being

**Everything in existence is constantly creating**—building, moving, shaping, transcending, evolving, falling apart, in transition, and stasis, moving and creating anew all the time. Everything is shifting, transcending and evolving. As we evolve we are shifting through various states of being. The changing process is itself a state of being, from one aspect to the next. This is the paradox—even though we can experience various states of being sequentially, everything is really happening simultaneously. When we are conscious that we can "drop" our attention into a specific moment in time, we literally get or go inside that moment and focus our attention on that moment.

**We shift when we shift focus. It is all happening within us,** and what we experience without is the effect or outcome of what is happening on the inside. Slowly we can begin to transcend the notion of inside and outside—there is no separation of the two, they are the ALL, they are one. We begin to awaken into a different state of consciousness, a different state of being. In the process of evolving we realize and become co-creators of our life in partnership with the energy of creation.

## We Are Becoming Conscious Multidimensional Beings

*This is true multidimensional living and being within an awakened state of consciousness.*

**Through a multidimensional process of evolving, we can transcend the limitations of space and time,** and still work with them like a tool to do things, access things and experience different states of consciousness—in our thoughts, feelings and physical aspect. Life, change and development are all states of being that are fluid and continuously dynamic. We continually evolve into higher states of being. This process is multidimensional and not linear, and while we are experiencing various aspects of it we can shape-shift anything at any time in any place as we desire. In truth, we have always been multidimensional Beings. *We are remembering and reawakening to the full multidimensional experience now.*

## We Are Shifting Into Full Multidimensional Living

**We're evolving into a multidimensional world, while having a multidimensional experience,** in multidimensional states of consciousness while being and functioning as multidimensional beings. Multidimensional living is like walking in and out of different energetic portal doors at will. You can begin to experience a higher state of consciousness, then learn and recognize something new from that level, and bring it back to whatever dimensional state you may be functioning in.

**This shifting between your various multidimensional states is continuous and constant.** What is consistent is that it is all possible simultaneously. Becoming consciously multidimensional is a learning process, a growth process, whereby you acquire a deeper feeling, understanding and knowing through your life experience, receiving a new perspective and a new power that you can utilize in different ways.

## The Paradox of Unity & Duality

*Transcending is about transitioning out of the human form and becoming infinite...Ultimate in every way.*

**The paradox of life is that duality is part of unity, and unity is part of duality.** We need these differentiations to understand and experience them, to transcend them and realize that these are Quantum states of consciousness. Where Higher consciousness is "located" is not a destination we move up into, it does not exist above us or outside of us—we shift into it like a change in frequency.

**The shift in consciousness happens inside us,** then we realize it is also happening outside of us...then we realize they are the same thing. We become totally in sync with everything, like breathing the same breath as the universe at the same time. The shift of energy occurs from within the inner essence of our cells which contains the Multiverse, and within the Multiverse which is diverse and simultaneously contains singularity, which also includes each of us as distinctions of source energy.

# The Art of Transcendence

*We are growing into new Beings.*

**We are etheric beings. We function in the “zero-point” space of vibrational energy.** We shift between both form and formlessness, masculine and feminine energies in the ethers finding the balance in everything. It’s important to witness it and allow the shifting energies to flow freely, at the same time being engaged in the process. It is an ongoing journey. This is what we need to do with the energy itself, plus what we feel our role is in working with energy of transcendence. As energetic beings, as beings in the physical and spiritual, we navigate the ascending and transcending journey through the blending of the physical and spiritual in our true nature, to integrate them and reach the fullest aspect of our higher self. Our physical and spiritual aspects exist together simultaneously, and must work together in partnership.

**We are becoming full of light—becoming full light Beings, full light bodies, and One with the Light of Creation.** We are experiencing ourselves in the world through different avenues of energy and different energetic states. We become one with the universal consciousness, existing as energy outside of our present form. When we transcend out of the physical realm and our limiting relationship with the body, we never die, we never feel pain and we are never limited. This is limitless and boundless energy moving as it needs to. We allow the energy to flow through us and we become the illuminated energy.

## Tests Through the Ascending & Transcending Journey

**During the process of our ascending and transcending journey, we are met with various tests in life.** These are there to break through and overcome any limitations. It’s how we experience things as we are going through them—what feelings or emotions are evoked, and what meaning and interpretation we may put to them. It is just a test to get to a new level of consciousness, and growth happens in many ways.

**One key is understanding the concept that you can never go backwards on your spiritual evolution journey.** Once you see, experience and learn something, it is an experience that you have accumulated, one which you can consciously choose to integrate in the being that you are. You learn from an experience, and it becomes part of you. In other words, you become the experience itself and have accumulated wisdom in the knowledge of what you have gone through. The experience exists for the sole purpose of understanding the universe and becoming consciously ONE with it again.

**We are all originally one consciousness.** We separated and fragmented into many different aspects of consciousness experiencing itself in different ways. Now is the “Time Of The Great Shift” in which we are all coming back together to work as a unified system—a unified Being, a multidimensional energy source that can do wonders.

*Behold what the experience of infinite possibility feels like and BECOME IT.*

## What Will Occur as We Progress Through the Shift

*We are awakening into a new world of our Conscious Creation.*

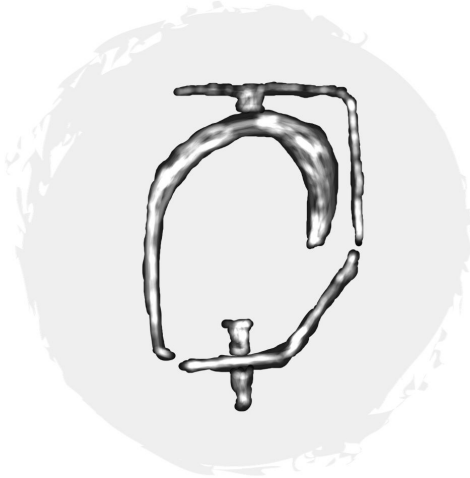
**As we continue to progress through the Shifting, all things in the world will become accessible to every human being**—ideas, thought forms, the akashic records, other people's feelings and thoughts through our telepathy, other worlds we can travel to. You will be able to "travel" and journey to many places and do many things which right now may be inconceivable to you, but will occur. The Shift is occurring within the hearts of ALL of humanity as an "awakening of consciousness"—everywhere, to everyone, in every culture, in every country in our world. We are finding a new passion within, beginning to recognize that who we are as individuals and as humans collectively is profound. We ALL matter, and we ALL have a contribution to make. We work, play and create together. Consciously. In Oneness.



### **(3) THE BECOMING:**

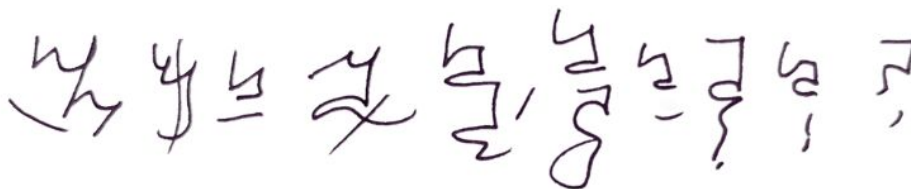
## *The Process Of the Art of Ascension*

*Our Continuing Ascension Into The New Ways*



(MA-RU MA-TO)

- The Becoming Overview
- The Ascension Process Steps
- Ascension Symptoms
- Navigating 3D While Experiencing Higher Dimensions
- Physical Humans Collectively Ascending Into Higher Dimensions
- Enlightenment
- Evolution
- Consciousness & States of Being
- The Collective & Working Together



# The Becoming Overview

The Creative Path of Ascension—  
Ride the wave and tune into higher frequencies during these Shifting Times

*Ascension into The New World—The Golden Age of Light & illumination*

## Ascension Is an Ongoing Process—of Become Whole

**Ascension can mean different things depending on our beliefs.** Some understandings about Ascension include the building of our Light Body, moving from the head into the heart so we lead & live from the heart, creating Heaven on Earth. It is about us learning to live the qualities of love, compassion, wisdom, truth, grace and power in our present reality and day-to-day life. Spiritual Ascension is a natural evolutionary process which involves the process of shedding the old self and experiencing an inner rebirth. Many people speak about spiritual ascension in terms of being “upgraded,” “rebooted” or being elevated in vibrational frequency. All of these terms are a way of referring to the inner evolution and expansion of the mind, heart, or soul. Spiritual Ascension is about reaching new heights and transcending old limiting habits, beliefs, mindsets, and ways of being. It is about becoming something new.

**It's an honor and privilege to be Human on the earth now during this Collective Ascension Process.** This is a rare luxury to be on earth during this Ascension as human beings, and to experience this physical 3rd dimensional world in all its glory. Many Star People have never had these experiences and are very curiously watching us to see how it goes, what happens, and how we are living and experiencing this dense reality. Those of us walking the earth now have been chosen and also elected ourselves, through our pre-life contracts and decisions, to come here and explore. Our human potential is what needs to be explored...to bring down and live our full spiritual/cosmic higher selves right within the physical realm, as we simultaneously raise our physical vibrations to meet the spiritual vibrational aspects of ourselves.

**We are entering huge new global awakening times, a new epoch,** of a different way of living, being and existing. Everything is shifting now, and it's time for all of us to recalibrate, get fully anchored in our center, and “level-up” into higher ways of functioning, living and being. I hope these Messages and Codes will awaken something deep within you. This is a Remembering. Remembering is a process of awakening internal memory of all you are , together with all you have been, and all that IS.

**There is a core group of people here on earth now who came specifically to awaken at this time and create a new system,** a new Way of Being. When this group awakens fully, they will understand what they are here to do, and they will understand how to work with their magnificent system to create and adjust energy here. They carry a high, vibrational light frequency allows them to shift energy in any way that's needed. You are one of those people. Ascension is the art of raising your vibration back into the wholeness that we have always been, the glory of what we once were, but temporarily forgot (and actively chose to put a “veil” over our higher consciousness before entering this earthly realm) so we could incarnate into the human form and have this experience in the third dimension while being human.

## We Are Aspects of Creative Source—"The Creatrix"

*Life exists at all levels in every possible shape and energetic expression.*

**We are aspects of the Creator Spirit, the grand energy of Creation, the Divine Creator/Creatress union of Source Energy—which I call the "Creatrix".** Creator has always been, and will always be, exploring endless potentials and infinite variations of itself in all dimensions.

**It is an energy, a formless consciousness,** that has chosen to move into form to experience other realities. It exists in every dimension, in every reality, in every cosmos, in Dreamtimes and levels of simulations of reality, existing in every living thing. It is the source of Life, and it is Life itself. It is the flow of Creation as Creative Energy that has chosen to differentiate itself to experience itself, and bring itself back together.

**I have been shown that to understand itself, the Creatrix needed to see itself in endless possibilities,** so it differentiated itself as an "other" so it could mirror back to itself many faces, many forms of its own energy. It wanted to understand all thoughts, feelings, experiences, emotions, dimensions in all ways, so it gave aspects of itself (and you could say it gave itself permission) to create endless realities upon realities, to see what was possible. It is energy becoming conscious of itself—learning, experimenting and growing as it goes along.

**This Creation Source differentiated into various rays of light, various energies and properties of energy.** Then over billions of years it began seeding, manifesting and growing many variations of itself, in diverse forms—minerals, elements, living energies, spirits into form, descending into more complex levels of density and permutations of energy. Etheric energies became spirit which manifested into blueprints for infinite expressions of life in many forms. Life created more life, stars and planets, and then Beings into form.

**The Star People are our ancient ancestors, further developing variations of entities in form through the dimensions,** always generating new expressions of life, unfolding in many ways. These Beings became more conscious and more diverse, and began to locate themselves within various universes and inhabit planets, mostly within and sometimes on the surface, creating galactic cultures, forms of communication and civilizations. As they were diversifying, they also began interacting and exchanging information, knowledge, experience and biological codes. Then various groups of beings began migrating, planet-hopping in their desire to experience more.

**There was an original consciousness,** and as various Beings kept differentiating they began to develop their own form of communication. Humans are one group of these various Beings—and as each of us are having our experiences here in our world now, we are informing and relating these experiences and outcomes back to Source.

**We are made of Light, of Source energy.** We carry this with us in every cell of our bodies, in our DNA, in our consciousness. Our DNS is living Light, and it is conscious, aware of itself and of its intentions to evolve and grow.

## All Beings Originally Used a Universal Language

**Since the beginning of time, all Beings could speak an original Language of Life, of Creation, of Source energy**, that later differentiated into a Language of Light and Language of Love. Then various dialogs, cultures, expressions and lifeforms continued to separate, which brings us to our worldly experience today in our human form. We humans are expressions of that original Creative essence. We have been created from it, by it, it is us and we are it. It is all energy. We are collectively Remembering this language and beginning to communicate with it now.

## We Came Through Many Dimensions To Be Here

**We have descended through many dimensions to get to this world, this human life experience and expression.** This world, our earthly experience, is a Free-Will planet where we can experience many things. It is the most dense place of all universes and galaxies...it is a very challenging school of life that we are here to explore. I have been shown that before our souls incarnated, we actively participated in the choosing of our life experience and how it would play out. To come into this world, we agreed collectively to temporarily limit our vast universal consciousness so we could focus mostly on the material world and learning to manifest things here while navigating the emotions and senses within the vessel of our physical body.

**Many Star People are watching this great experiment of descending spirit and souls into physical form**, and are curious about this experience because they have never experienced lower dimensions and energetic densities before. We humans are the pioneers of this exploration into our bodies, into the physical realm of the 3rd dimension. This, like all life expressions, is one big experiment, a conscious creation becoming conscious of itself and what it is capable of.

## Our Role Now on Earth

**Our job on earth at this crucial shifting moment is to become living Masters**—Masters of Creation, emotion, higher senses, manifestation of spirit and etheric energy into the physical realm, and mastering of the Language of Light, the Language of Love, and The Language of Connection. We are all becoming full of light, and co-creating with everything in the universe. My understanding of our roles and experiences here on earth now is to re-merge the spirit with the physical in a conscious way...to manifest our conscious awareness and Living Light from within the form further onward. We are here to become master manifestors of energy, of life, of form...and become as, like and OF the Creator in creative form.

**This evolution is the aspect of Ascending our energetic frequency back into full consciousness**, to merge spirit/soul and physical within the physical form, to become fully aware of ourselves and all potentials and abilities. I have been shown we are here on earth to manifest like the Creator—which we already do with our thoughts and emotions, actions and intentions, but we have temporarily forgotten that this is possible. Now we are collectively beginning to Remember—who we truly are, what we are made of, our full spectrum of life experiences throughout time, and remember what we are made of so we can create in new ways in physical form merged with our higher spiritual aspects, and continue our collective evolution consciously. It is important, valuable, and imperative that we awaken ourselves individually and collectively to this occurrence, and our role in it all.

**The more we are aware of how this evolutionary process functions,** the more we can work with energy in a caring, loving and conscious way. Every Being is experiencing this, consciously, subconsciously or unconsciously—to become aware is to open our consciousness and realize more of our true potential as a Being. We are all Light Beings and we will begin to become aware that we glow from the inside. Love and Light will be our heightened form of communication (together with telepathy and opening up of many other higher senses), as we evolve onward.

## Changes in Our Being

**We have become very diverse Beings,** and it's time now for us to reunite and function together in unity...while still maintaining our diversity. Each of us is coded and seeded from the stars—every human carries the original blueprint of all possible codes, and throughout time we have been evolving in various ways as a species, guided by many Star Nations through this experience. Become a fully aware Being now—this is the time of opportunity where humans have the possibility and potential to become fully aware Beings and begin working with the energies of Creation collectively, consciously and vibrationally.

## What's Occurring Now—Merging Spirit & Physical Forms

**I'm shown that aspects of each of us in higher dimensions, our Higher Selves, are descending into the physical form,** while our physical form is ascending to meet the higher dimensional aspects of us, to join and blend together in a unified partnership. So the Ascension process as I'm shown is this raising of our frequencies individually and collectively by active choice, to reconnect with higher aspects of our current selves, our past selves, and even our future selves. This is a time of great change, as we energetically evolve and "walk" into a new state of Being, of reality, of conscious form, of human form...into a new world unlike any other. At the same time, I'm shown that cosmic Star Nations will begin to make themselves known to us again in our awakened reality.

**At one ancient time the Star People walked among men, working together and guiding us.** They are coming here again to help us shift to the next ascending level of evolution, together in the physical realm. I believe they are entering, emerging and birthing through us as humans now. We carry the genetics of the Star People, and we ARE THEM. Some people are conscious of this, and this will come as a shock to others. There is an energetic "veil" over our awareness that's lifting now for many reasons, and each human will begin to get reconnected to dormant codes, frequencies and methods of communication that they originally had in full conscious awareness in very ancient times.

## Ascension Is an Ongoing & Conscious Process of Becoming

**The Ascension process is a path of evolution that we are beginning to walk in conscious form,** reuniting all our physical aspects and functions back together with our divine abilities of soul and spirit. It is a raising of frequency within each and every one of us that is naturally occurring, and as people become "awakened" and more aware of their abilities and the fact that this SHIFT is happening, they will become more in-tune with everything in existence.

**Ascension is an eternally ongoing process, one which all planets and Beings throughout all universes experience.** Each planet goes through its own growth and evolution, and most all other planets have gone through this process many times in their own awakening, through various dimensional states. What makes our Ascension process unique in our NOW time is that this is the first time a planet (earth) has up-scaled, raised its vibration, together while Beings (humans) are inhabiting the surface of the planet.

**Through Ascension and the raising of our collective consciousness, we will support each other and evolve together**—because we will see, REMEMBER, and KNOW that everything is connected. And there is a connective force of energy I refer to as the "Creative Source of Life" that connects everything, which we will deeply understand and partner with.

## Everything Is Connected

**There is love and light within everything, that connects everything**—these are emanating electromagnetic vibrations, simultaneously pulsing and communicating throughout the cosmos. The darkness or shadow energy also exists in many forms, to define and shape the Light—they work together.

**Everything is connected and is animated by a universal Creative Source of energy**, while each being, place and thing is simultaneously uniquely distinct in its own autonomy and expression. This is the beautiful paradox of life—the Creator Spirit, through the energy of creation, looks to experience life its own individual way, while being simultaneously connected to everything and Source itself. It's a beautiful, eternal dance of Creation. All dimensions are here, everything is multidimensional, and all possibilities that can be called into Being exist within everything. Life and Creation is connected—it is quantum entanglement on a micro and macro level. It is one big system, creating itself and its reality in every moment, while experiencing its own conscious awareness.

## Celebrating Your Unique Essence of Being

**Celebrate your unique essence of "Being", being alive, which is your contribution to life.** Each Being has a unique "Energetic Frequency Signature" that has been continuously evolving and developing through its own life via reincarnations and various manifestations and lifetimes. All your own soul and spirit's experiences are what make you YOU—genetically, experientially, through various forms of life...through each of our unique journeys. Yet simultaneously we all carry all the Master Codes of the original Creator, the creation codes of life, within us always. We re-awaken aspects of these codes that are relevant to us at different stages of life—and the various activated code combinations, along with our individual experiences, are what make us distinct and unique.

## We Do This Spirit Work & Spirit Walk Together

**As each of us evolves and interacts with each other, we fire up those other dormant codes in another Being** who has been on a different life journey, while they were expanding their own pursuits and pathways. When we work together collectively we activate and accentuate that inner KNOWING in another Being, to awaken and evolve at a cellular code level, and help put the pieces of all aspects of their lives together in a conscious and coherent way...as they do within us. *This is the unity of "Oneness".*

# The Ascension Process Steps

*We are continually Ascending our frequency, light, vibration and consciousness into higher levels of spirit and reality.*

**Ascension is a process of continually awakening into higher states of being, and this process is continual throughout all our lifetimes.** We are growing, learning, and becoming more clear, more unified, more connected to everything in the universe, and more connected to the source energy of creation in everything we are and do. *We are ascending into higher states of being and consciousness and reconnecting with the ALL.*

**This process is personal for each being, and requires going deep within to open up your internal connection to everything.** It is a process of elevating your frequency, life force energy, awareness and abilities throughout life. From the beginning spark of our life, we came from Source and had a vibrant frequency. We were Light. We went out in the many worlds and traveled on many journeys to arrive at this moment in time in our current reality. We all accumulated lifetimes of experiences, trials, tests, learnings, hardships, realizations and joys. We accumulated all that as part of our life karma, our personal akashic records, which have made us the multidimensional people we are now.

**This Ascension Time is a time of awakening and remembering all that has occurred in our life,** filtering out what is no longer needing to be carried in our being, releasing heavy energy and raising our vibration. This is a time of clarifying ourselves, through acts of energetic alchemy, to return to the original pure state of our life as Light and Love, while retaining our consciousness and life experiences that have expanded our awareness and our life itself. We first experience an initial awakening of ourselves and experience the many symptoms and realizations through the awakening process.

**The Ascension Process includes the initial awakening and retuning, then continues onward.** The Ascension process is both an individual journey, and a collective experience all of humanity is having together. *The ascension process is a process of becoming clear vessels of light with full consciousness.*

## Similar to Awakening—But on a Deeper Level

*You'll begin to question free will, and want to deeply understand how the world really works and the higher purposes of life.*

**To go through this process of Ascending into the "New You", you must release everything that you have come to know as your personal identity, and endure tests and hardships to get to the other side.** Your reality will be become shattered and you will go through lots of challenges, changes and difficulties in your ascension of self into higher states of being. This will affect everything in your life. It will feel like a mental and emotional rollercoaster. *But I assure you it will get easier.*

**Part of the process is letting go to any attachments, while transitioning from one state of being to another.** You will feel it in your body, your mind, and your reality. It will be messy and you'll feel chaotic...but know things are working themselves out. It will be very difficult because you are shifting at a quantum level. But it will be worth it when you get through it—because you will enter a much lighter world of energy and of being.

**You'll go through a complete internal overhaul and release of everything you've come to know as Life,** your identity, the world, reality, cultural beliefs and traditions. This is similar to early experiences of Awakening...but will become more complex in the levels you will experience of everything you thought you knew—as one way is changing to another understanding. You will question and doubt everything through this process. It will amaze you how intricate and detailed the energy and patterns of life truly are, as well as learning how much of how reality really functions. That has been hidden from you. You remove more of the veil of forgetfulness and deception over your consciousness as you begin to experience more.

## Main Stages of the Ascension Process

### Initial Ascension Process

- **The Awakening Process is the early part of the Ascension Process,** and many of the things you will experience during your "Awakening" will continue to be refined during the Ascension Process.
- **Once you start this process you can't go back**—once you have been opened energetically you can't unknow what you now know.
- **You will question what you are made of,** and begin to explore your abilities more.
- **You are going through a full transformation,** an alchemical process of inner and outer purification to be a completely clear vessel for higher energy and light to enter you while you work with it consciously.

### Experiencing Spiritual Transformation (Versus Spiritual Awakening)

- **Spiritual Awakening is the spiritual path as a whole**—it is the force of change at the very beginning of your spiritual journey.
- **Spiritual transformation is what happens within the whole spiritual journey,** and is the final transformation of self toward the end of your journey before full enlightenment.

### We Are Individually & Collectively Raising Our Frequency

- **As we raise our frequency and vibration, many things are occurring**—we are tuning into higher dimensions, abilities, frequencies, the cosmic realms and other expansive life experiences.
- **Ultimately we are becoming full of Light**—awakening our energy and internal codes fully, deepening our connection to everything.
- **We are becoming Ascended Masters in the physical realm**—who will become eternal and be able to travel to any realm, galaxy, timeline, and create anything from etheric no-form essence into physical form.
- **We are learning to master light, frequency and vibration**—so we may use it in new creations.
- **We are becoming new humans into a new world that is evolving**—and we will more deeply participate in the creation of the process of living in the future.
- **We will activate all our higher senses and use them in new ways**—we will understand how energy works and work with it in new ways.
- **Our body will become lighter** and we will completely balance our spiritual and physical aspects, while we can easily traverse in and out of both worlds by choice.

### Light Data Exchange—Communicating With Heightened Energy



- **The neurons in your brain will continue to fire up and make new connections**, sending electrical signals to previously dormant (unused) parts of your brain. As you continue evolving, the electric impulses increase, affecting the cells and glands in the brain.
- **You'll begin to physically feel the physical brain activity itself**—as tingling, vibrating patterns of sensation, then pulsing sensations.
- **The body will pick up these changes in the brain and you will begin feeling rhythmic patterns** in the body, plus pulses and vibrations in the body. The more you tune into the sensation, the more it amplifies.
- **You'll become more aware of external pulses and information coming into your whole system**, as your senses increase.
- **You will feel pulses coming from the universe**, and sensations of various waves of energy and light. You are becoming more connected to all life in the galaxy.
- **You'll begin to receive light data from outside**, and the Light will change into vibrational waves you can sense.
- **Your senses will heighten and you'll get better at connecting** with, and merging into, these vibrational sensations inside and outside of the body, becoming "one" with them.
- **You'll begin to see geometric patterns in things**, and begin to notice overall patterns and underlying structures in everything.
- **You'll begin to send out and receive types of higher frequency data** in the form of energy and light.
- **When you connect with others you'll feel the transfer of energy between things**. This will be an exchangeable skill—once someone who's in tune with this way of consciousness interacts with you...there's an energetic transfer of how to do this. Then you in turn share the ability with others when you connect with them physically and energetically.
- **You will begin receiving larger "packets" of information from the external world**—bigger downloads, a sequence of data and information, because your mind and body will begin to be able to intuit and take on more incoming energy as you fortify yourself.
- **You will begin to process information much more quickly**—to the point where you'll just know things, and begin heightening your telepathy skills.
- **You light body becomes a conduit for all energy coming into your system**—and becomes more perceptive, receptive and active as your ability to take in higher light information increases.
- **You will begin to be able to exchange data by physical contact and transfer of physical energy** to and from your body, which works together with your senses and higher abilities.
- **You'll be able to store more information inside your brain**, your body and your chakras in new ways.
- **As you evolve, you will begin exchanging light data through conscious thoughts to another**...in the shape of geometry and energy that the recipient can easily begin decoding and understanding. It's a vibrational light data-transferring process through our senses into form.

### Your Higher Self & Spirit Merge With the Body

- **Your higher self will descend into a realm where your physical body can meet and merge** with it energetically, then physically, as you are raising your physical frequency.
- **You are "ascending" your physical form while your higher self is "descending"** to greet you and connect with you.
- **This connection will open you up to a stronger connection** to the great Creator Source, or great spirit of all things, which your Higher Self communicates with directly.
- **This merging alone will activate more of your higher senses**, abilities and perceptions in every cell of your body, and activate your light body so you will become more aware of it as you tune in with it.
- **You will realize that what you have been seeking is already within you**, and you'll begin to connect with this energy more.

## Ongoing Transitional Processes

- **Synchronicities will continue to increase rapidly**, and you will begin to sense them before they happen.
- **You will continue to feel pulses of energy**, waves of light and frequency, shifting, expanding and contracting of everything—physically in objects, in energy, and in your surrounding world. This is an ongoing process as you are going through transitional changes.
- **You will literally “feel” the earth**, the other planets and stars within your body, as you get more deeply connected to them.
- **You will feel like you are walking in and out of dream states**, conscious states, reality and various dimensions.
- **You will realize everything you sense with your 5 senses is a limited illusion**, as you open up to higher senses and begin to experience them directly and consciously.
- **Your experience of consciousness and reality will come in and out of existence**, as you also feel yourself morphing in and out of physical and spiritual states of being.
- **Objects and forms in matter will appear to go in and out of physicality**, and you will begin to see the etheric energy behind the shape that something takes in form.
- **You will become much more discerning of various energies and thought forms** you come in contact with, and protect your energy field more intentionally.
- **Remember that you are changing and transforming your consciousness**—while you are totally adjusting and adapting to new ways of everything. Give yourself time to explore this new world. You are becoming more and more aware in all ways.

## Directing Things To Happen in Your World of Creation

- **You are beginning to master your mind and your body**, and the world of matter, through your upgrading of energy and personal energy evolution.
- **You will begin to feel and sense various forces of energy**, nature and vibration more clearly, and begin interpreting them in new ways, as information that is coming to you which you are beginning to understand at much higher levels.
- **You will begin playing with creating new things**, just for the fun of the action and experimentation. These include physical creations, and also creating things with your mind and your heart.

## New Perceptions & Connections in Your New World

- **You will begin to see the connections** between everything.
- **You will look at everything holistically**—not as “either/or”, but as “both” and “more”. You will think and connect with everything in a more inclusive way.
- **You will feel deeply connected to things through a feeling within your heart and instincts**, and will open to a greater wisdom, truth and compassion for everything.

## Spiritual Enlightenment, Transformation & Ascension Is Cyclical

- **Keep in mind that the processes of transformation we go through are cyclical** and layered while we are continually moving through and experiencing many levels of enlightenment during the process of transforming into something new.
- **We can be on a path of realizing and perfecting something**—then, as something gets introduced to us during that aspect of our development, it may cause a deeper understanding...which forces us to continually shift gears within the levels of awakening and various tracks or paths we are journeying upon.
- **We will experience a cyclical and multidimensional** ongoing journey of development—cycling through higher states of Being as we are further expanding.

## Some Signs That You're Experiencing a Spiritual Transformation

- **You'll feel more connected to yourself** and feel closer to the Center of your Being.
- **You begin to profoundly understand the nature of reality** and natural energy itself.
- **What was once hidden to you becomes clear to you**, and you can see energetically inside, behind and beyond thoughts, feelings, intentions, matter and other constructs.
- **You will begin receiving more "cosmic downloads"** of information from a higher source.
- **You realize that the rewards of your efforts are not always what you want** but exactly what you need in that moment, and you become more accepting of that understanding, knowing your Higher Self is guiding you.
- **Things really begin to make sense to you, and you see connections between things** obviously and clearly. All your hard work through your personal transformation begins to become easier.
- **Old ways of processing information and energy are removed from your experience and awareness**, and new energies are coming in to assist you.
- **You can easily let go of things**, as you more deeply trust that new things are coming to you by the law of attraction.
- **Old scenarios, friends and surroundings change**, and new ones come into your field.
- **You'll feel much love, compassion, an inner sense of security**, and a "rightness" with your world.
- **You will feel connected to "christ consciousness"** (Oneness) energy, and will feel it within you.
- **You'll experience deeper Creativity** in all ways.

### ACTIVATION TOOLS: DURING YOUR ONGOING ASCENSION PROCESS

- *Continually remind yourself this is a process of change and will get easier as you go along.*
- *Get and stay centered in yourself, and remove any worry of what is occurring.*
- *Move out of the head into the heart—listen to your body through your heart center.*
- *Move from thoughts to feelings—and use your breath to connect to source to recapture your connection with your feelings at a heart level.*
- *Treat your body as a temple—honor it and refrain from putting toxins into it, and clear it daily. Eat natural food that comes directly from the earth, eat lighter.*
- *See yourself as a Being of energy—more than a physical body, and connect to your divinity.*
- *Ground to the earth and step into your power—go on the land and spend time touching the earth, trees, water...this increases your bio-field of energy and resets your self-healing systems (your nervous, immune and endocrine systems), and it cleanses your aura.*
- *Appreciate your life—be thankful for all you have, which increases its value to you.*
- *Be grateful for the gifts you came to share and what you are passionate about. Once you know and use your gifts, opportunities present themselves and things fall magically into place. Your vibration attracts what you are.*
- *Bring Spirit into the physical—release fear and connect with love.*
- *Disconnect from negative aspects of society, bypass artificial constructs of this world and get into the new world of creating. Release social and belief systems that don't resonate with love or your Truth.*
- *Release attachment to and control of possessions and wealth—and you will get exactly what you need as well as lightening your energetic load of things.*
- *Look for your answers within.*
- *Shift from survival mode to connecting with the All.*
- *Choose to live in energetic abundance.*

# Ascension Symptoms

## We Are Transmuting & Transforming Ourselves in Many Ways

**You may be feeling strange new sensations or experiences**, but have no reference for explaining or understanding them at this point. You may feel like you are experiencing severe health issues, but most of the time these are caused by the energies of change happening in our world now. Follow your inner guidance about when to manage these things yourself, when to get professional help, and when to ask for personal support getting through symptoms.

**Due to these changes in energy, functioning and matter, we are all experiencing intense symptoms of change at all levels, in all ways.** During the vast fluctuations of energy we are experiencing through these times, you may be feeling strange and new symptoms occurring in our body and in your world. These are happening because so many things are shifting—the earth energy, solar and cosmic impulses, your personal life journey and what's occurring for you, and the evolution of all humanity now. You may be feeling changes beginning to occur because of outside impulses which affect your body system and your experience of reality. You may also be internally changing...individually preparing to evolve to the next state of frequency on your spirit journey.

## Why This Is Occurring

**Everything is accelerating in energy, speed, processing, and you will feel the impact of these changes in the world.** In addition, you are internally experiencing a kind of “upgrading” of everything you are, to become more in sync with new higher frequencies, the new world and new times we are entering into. Your Higher Self is helping you prepare and get in energetic shape to handle and absorb higher frequency energy, stronger light and pulses, and more intense downloads and information coming to earth and to each individual now.

## How You May Experience These Symptoms of Change

*This is happening at an individual level and collectively for all humanity.*

**During the process of Ascension, you may feel some, most, or all of these symptoms listed below** at different times, and often simultaneously, because everything is connected. They may come in waves, then your systems rests, then the next wave appears. It may be very hard to manage and function when these things are occurring. You may experience the extremes of any of these...like they are happening a lot, or may at times almost non-existent. *It's all part of the process of evolving & ascending.*

**Take your time moving forward in your life, and pace yourself when processing any of these symptoms.** You are only given what you can handle, never more—when it feels almost too much, take a break. *Be kind to yourself.*

**Remember, it does get easier once you have cleared through the heavier, dense aspects of your life.** This is your unique journey...and your soul and Higher Self wouldn't have set it up for you if you weren't ready or couldn't do it. *Trust the process.*

# Ascension Symptoms—Heavy, Dense & Intense Experiences

*Changes in the world impact the mind, body, soul and spirit in a big way.*

Regarding each different symptom listed below:

- *This may be what is happening to you or what you are going through (and can be challenging)*
- *Each has a unique effect on you due to your level of vibration, karma, and what is specifically needed for you (you experience it differently than others in the level of intensity, realization and meaning—therefore never compare yourself with other people's experiences)*
- *Each as a root cause (usually from many sources)*
- *Each has a positive purpose and a very good reason for happening—to aid you in your growth and expansion, and a positive outcome (how it benefits you in the long run)*

## Energy Shifting

- Feeling a big shift in energies, and energy changes all around you.
- You will be able to see and feel the energy fluctuations.
- You feel all energies, feeling heavy energy most intensely.
- A potential recharging of your energy, as energy works through you in different ways than before.
- Your energy is re-balancing itself.
- You are releasing lower, darker energies and "seeing" through them to completion and final release.
- Your heightened body energy affects electronic and technology malfunctions or behaves erratically.

## Time Changing

- Your experience of time is fluctuating, warping, going faster or slower—depending on what you are doing and your rate of vibration.
- Feeling you cannot accomplish anything because there's not enough time.
- Experiencing of personal and collective timelines crossing and shifting.

## A Changing Experience of Reality & Consciousness

- Total shift of everything—including a strong need, desire and push to change everything in your life. Questioning all of reality as you know it.
- You feel like you are in the world but not of it, as it can no longer define you.
- Feelings of being "here" and not being "here".
- Portals of energy and possibilities opening up in your reality and your consciousness.
- It's as if you're floating between two worlds, an old model that doesn't serve at all anymore, and a new way of living and being that's in the process of being created in every thought and action.
- Feel we're each creating new blueprints of our life, collectively creating a new consciousness, as the earth is also shifting up dimensions super quickly.
- Transference from an old way of operating to a new way...walking into a new experience with no reference points on how to navigate in it.
- Losing behavior patterns of a lower vibration you developed for survival in 3D (which may make you feel vulnerable and powerless), as these patterns and behaviors you are losing are not needed in the higher realms.
- Rapidly experiencing several dimensions opening—your awareness is heightened and your psychic barriers are gone.
- You begin noticing various number and symbol patterns that are awakening codes and messages for you.

## Self & Identity Reflections

- Questioning your full sense of self and your identity completely.
- You no longer recognize yourself anymore, as you have known yourself to be before.
- Deep inside you are seeking and looking to feel all of YOU and reclaim yourself.
- Doubts about self, not trusting self.
- Reflecting and removing negative thoughts about yourself.
- A break-through of old patterns and beliefs, while experiencing a huge paradigm shift in your thinking, feeling and being.
- Lots of clarifying and deep soul-searching.
- Imperative need to hear and follow your individual true heart purpose.
- Fully releasing what no longer serves you and supports your new path.
- Strong need to connect with others who are experiencing these same things.
- Feeling a need to go deeply inside yourself to find a center of balance to be fully grounded.
- Your personal taste changes and you want to try new experiences and explore different identities.

## Personal Life & Lifestyle Changes

- You create situations that seem like your worst nightmare—because your soul is guiding you to expand into aspects of yourself that were lacking. Your Higher Self set this up as the perfect experience for you, so trust that it will get easier.
- Your plans suddenly change and you go in a completely different direction—it usually feels great in this new direction, as your soul knows more than your thinking mind does. It is breaking your 'rut' of past choices and changing your vibration in a new direction.
- You cannot do certain things anymore that you previously enjoyed (your usual routine and activities don't feel right), because people and surroundings no longer match your vibration.
- You don't feel like doing anything—you're in a rest period, 'rebooting'. Trust the body knows what it needs.
- You have a strong desire to be alone to process your changes, and because you easily pick up people's energy and need to feel your world as your own completely.
- You have an intolerance for lower vibrational 3D things—limiting conversations, attitudes, societal structures, normal social interactions, healing modalities—none of these resonate with you any more.
- You experience a sudden change of surroundings, friends, activities, habits, jobs and residences—as these no longer match your vibration. This can happen by choice or by circumstance.
- A sudden change in your overall identity (you are clearing your old patterns, you see yourself differently, you are embodying much more light and a simpler, higher vibrational version of you).
- You experience a loss of identity and self, trying to access the "old" version of you that's no longer there. Often you may not even recognize yourself in the mirror.
- You want to explore more of what makes you unique, your individuality and your special gifts and talents, especially through creative expressions.

## Emotional Changes

- Experiencing emotional ups and downs—weeping as an outlet for release, then immediately feel happy and elated for no apparent reason. Feeling you are temporarily going insane (due to quick, unexplainable shifts in your experiences of reality).
- Feel flashes of anxiety and panic (your ego is losing itself and feeling afraid). Feeling your system is on overload. Things and feelings are happening to you that you may not understand.
- Feelings of depression—the outer world is no longer in alignment with the New, higher vibrational you, and it doesn't feel good to be in the regular 3D world anymore.
- Clearing of old emotions—fear and worry about self, life, future—this can be an extremely vulnerable time emotionally.

## The Mind & Mental Changes

- Huge short-term memory loss and forgetfulness, and only vague remembering of memories in your past.
- You are going back and forth in different dimensions, reviewing your timelines and lifetimes.
- Your past feels old and gone, moving through past, present and future more easily, which may feel like a disconnect.
- Nothing makes cognitive sense anymore. Loss of the ability to concentrate.
- Feeling bipolar or manic—as your mind flips between many emotional and mental states quickly.
- You can't remember common words for things, and you temporarily forget what the purpose of the object is or what it does.
- Feeling of disorientation, not knowing where you are, loss of a sense of place.
- You're not in 3D anymore, everything in your world is changing and feels unfamiliar, you are in the process of moving into the higher realms.
- Having vivid, wild and sometimes violent dreams—you are releasing many, many lifetimes of lower vibrational energy.
- You may experience a state or sense of dreaming while awake.

## The Spirit & Spiritual Changes

- Experiencing the Spirit Realm and other dimensional experiences strongly.
- "Seeing" and "Hearing" new things (according to how sensitive you are and how you are wired).
- You may feel abandoned by Great Spirit, left alone to deal with your life by yourself.
- You may feel a great separation from Source, from your own spirit, and Higher Self.
- You sense spiritual energy, and may feel vibrations of other Beings in your presence.
- Wanting to go "Home" (we are returning to Source and our cosmic home).
- Feels like everything is over and you don't belong here anymore. You miss your star home and star family.
- Earth feels very dense now as our old original plans for coming here are being completed.
- Feeling "Kundalini" experiences and massive waves of energy moving through the body.
- You will experience many "out-of-body" experiences.
- You have flashes of past lifetimes, or other realities—sometimes they blur and blend into each-other, and/or bleed into your present reality as if you are simultaneously in those other realities.

## General Body Changes

- Feeling like you're in a pressure cooker, or perceiving overall intense energy and stress.
- You are adjusting to a higher vibration, and old patterns, behaviors and beliefs are also rising to be released.
- Intense energy surges in the body, because you're shifting in internal thermo-dynamic ways.
- You can often experience an intense rush of heat and energy bursts.
- With so much light entering the fields of the body, some of the "symptoms" you experience are actually preventing your physical vehicle from bursting with the intensity of light.
- Body expanding and contracting, gaining weight quickly or losing it quickly.
- As waves come in you're being personally pummeled with energy. This is your body's way of protecting yourself so you don't fry from incoming energy.
- Night sweats and hot flashes—your body is 'heating' up as it burns off residue.

## Aches, Pains & More Changes in the Body

- Massive ringing in the ears—you are hearing higher frequencies that were previously inaudible, and you are connecting to higher vibrations.
- Unusual aches and pains throughout different parts of your body. You're purifying and releasing blocked energy while beginning to vibrating in a higher dimension.
- Often feeling cold and cannot get warm, as your body adjusts to higher frequencies.
- Frequent heart palpitations and irregular heartbeat—you are syncing with the pulse of earth and all your organs are recalibrating new energy.
- Experiencing joint pain and overall body aches.
- Feeling numbness or paralysis in the body, and need to rest often to regain your strength.
- Days of extreme fatigue and exhaustion like you can barely function—your body is losing density and going through intense restructuring.
- Weight gain especially in the abdominal area, and you can't lose the weight—it's physical padding created by your body as protection so you don't get overloaded due to intense energies entering your system.
- Lymph nodes not draining, feeling water and fluid retention everywhere.
- Cranial pressure and headaches all over, feeling like your skull bones are shifting.
- Vision changes and sight fluctuation, temporary blurring of your vision at times, and other times seeing hyper-clearly.
- Flu-like symptoms, fever, overall ill feelings; diarrhea and stomach or digestion issues.
- Skin rashes and outbreaks. Rapid or slow hair and bone growth.
- Muscle pains, cramps in legs, calves and shoulders. Strange tingling in all body parts.
- Having specific awareness of an internal organ or body part you didn't notice before.

## Nervous System Changes

- Irritability and feeling agitated. Feeling "off" and out of sorts.
- Panic and anxiety attacks that happen and disappear suddenly.
- Shaking, feeling nervous in the body and nervous system.
- You feel spinning energy within your body, nerves and all your cells.

## Sleep Pattern Changes

- Changes in sleeping patterns—a lot is going on in your dream state, you are doing higher spiritual work.
- Waking in the early morning between 2-4am—the spiritual energy is very pure and portals of energy open more during these times.
- Periods of deep sleeping—you are resting from all the changes and build-up of energy, and preparing for the next surge.
- Irregular sleep patterns, not sleeping at all, or lucid dreaming and awake during sleep time, and you may wake up every few hours.
- You feel exhausted when you wake in the morning—because you are doing much work and traveling in dreamtime.

## Changes in Appetite

- Food cravings change, and your overall appetite changes—either very hungry or don't want to eat at all.
- A need to eat often, along with what feels like attacks of low blood sugar. Experiencing nausea and dizziness arising out of nowhere.
- Have a sudden craving for protein, or new foods you normally don't like—your body knows what it needs.
- A need to change your diet to intake lighter foods—your body mass is lightening and have less need for heavy foods that are harder to process.



## Disorientation & Imbalances

- Feeling "out of body" (like someone's talking, but it's not you—you shift out of the reference point of being within your body).
- You're overwhelmed easily and become easily overstimulated, and everything just bothers you.
- Change of your spatial awareness and gauge of space, loss of body control and dizziness.
- A drastic change in your instincts, hard to read new energy and sensations coming in, while also heightened sensitivities and sensibilities.
- Feeling imbalanced, disoriented, wobbly and Vertigo—when standing up or moving too quickly.

## Heightened Senses

- Your psychic abilities will increase, and you start to open to many new higher senses.
- You begin feeling telepathic.
- Your sense of smell and hearing is heightened and you pick up subtle senses of perceive things from long distances.
- Heightened sensitivities to your surroundings (people, voices, sounds, cars and various other stimulations are barely tolerable).

## Ascension Symptoms—Positive Outcomes of the Process

**Here are some positive benefits of transitioning through Ascension experiences:**

- New charges of energy, clear and focused.
- Things make sense.
- You are in touch with your deeper emotions and senses.
- You have heightened awareness.
- You experience spontaneous healings.
- You can trust yourself and your instincts.
- You become detached from results.
- Everything has purpose.
- You are rebalanced and everything functions smoothly.
- You feel totally invigorated.
- You listen to your soul and take new risks.
- You are internally focused and inspired.
- You have an urge to be creative.
- You will be more connected to your Higher Self.
- You will feel blissful and euphoric.
- You will feel like you are reversing in age and look younger.
- You increase all prosperity in your life and feel more abundant.
- You desire to learn and understand more, especially inner workings and motivations of things.
- You can live in the NOW moment.
- You feel invigorated, clear-headed, and it feels like you are starting to live a completely new life.
- You feel in total alignment with your True Self.
- All activities will feel fun again.
- You will no longer need to "do" or "Make" things happen.
- You will feel revived, creative and nurturing.
- The Universe will bring to you what you want and need by the law of attraction.

## ACTIVATION TOOLS: FOR ASCENSION SYMPTOMS (THE SHORT LIST)

- *Remember to be gentle with your heart, and your self, overall.*
- *Only allow others within your boundaries of your inner sanctum who treat you with respect.*
- *Take care of your body, with massage, bodywork and energy work.*
- *Dance and move your body often.*
- *Eat healthy food most directly from the land, and drink a lot of fresh, clean (natural) water.*
- *Get out in nature—touch the earth, trees, and experience the natural forces of nature in your body.*
- *Get support to feel balanced and healthy.*
- *Release any fear of asking for support and get spiritual guidance whenever it's needed.*
- *Don't take things personally, and feel lighter about your life—laughing and having fun are extremely important during this time.*
- *Know that any challenge you are facing has a much bigger purpose.*
- *Know that you will get through this, and arrive at a completely new YOU.*

## **Navigating 3D While Experiencing Higher Dimensions**

*We are becoming fully conscious multidimensional Beings, opening to higher dimensions.*

### **Experiencing an Awareness of Opening To Higher Dimensions**

**For many lifetimes we have experienced our human physical reality as being limited to a third-dimensional experience.** This was a necessary step of our evolution, so we could focus primarily on 3D experiences and not be distracted by our presence in and connection to higher dimensional experiences. We have always been connected to higher dimensions, and each of us has an aspect of ourselves in each and all dimensions. When we came to earth we made an agreement to put a temporary “veil” of consciousness over our perceptions, so we could maintain a presence in the body and the world of matter and materiality.

**Inside we know we are connected to many realms and that our Higher Self exists in the higher realms closer to the source of Creation.** This is what we are awakening within each of us. There are more and more people right now who are opening to experiences of higher dimensions in their daily life. We are shifting our ability to experience many other dimensions unknown to us until now.

**Perceiving and directly experiencing these energetic shifts into new and expanded dimensions are part of our awakening** and what is happening during this ascension shifting process for each of us. We are energetically moving into new higher dimensions in our daily reality—and our frequency must match this new dimensional spectrum of energy. The energy is very heavy on earth as the 3D is a heavy dimension. We must lighten the energy within ourself and everything we come in contact with...and rebalance everything to fit the new structure of reality experienced within higher dimensions.

*Through the process of becoming truly multidimensional,  
we're beginning to leave the world of polarity and move back into unity.*

## We Already Exist in Many Forms & Dimensions Simultaneously

**Right now, there are aspects of us that are building planets**, turning on the lights of the stars, creating new forms of life and many other fantastic abilities. We have done those things and more in our past and future lives. And there are aspects of each of us living on other dimensions that are doing this now. Each of the Star Nations is also doing this in their own way, using their own gifts to create things at a multiverse level.

### Perceiving Higher Dimensions

*Dimensions are portal gateways to access other vibrational information.*

**Everything is energy—the energy of light, sound and vibration.** Every dimension utilizes these things, at a different rate. Everything is connected, in a “quantum entanglement”—therefore everything can be accessed, including dimensions. ALL our facilities are connected and work together. The more you perfect and raise the vibration of one sense or ability affects all the others. Opening to higher dimensions happens when you open and access your other abilities, because everything works together. As you raise your consciousness, heighten your senses, open your heart, activate your light body and your dormant DNA...you will open to higher perceptions.

**The spirit realms are dimensional planes**, with different densities and vibratory rates of the substances they contain. Like tuning into a different channel on a radio dial, you can begin to tune into different frequencies which are related to different dimensions. Every density and dimension vibrates at a different frequency...like water exists in different states of ice, water and steam—they are the same essence but exhibit different properties and manifestations based on the rate they vibrate at. One can only see what one chooses to see or has the conscious eyes to see...many worlds exist in the here and now but people can only see what they choose to see or believe is possible.

*Each of the dimensions are all simultaneously all around us all the time.*

**All dimensions are vibrating at different frequencies, simultaneously.** We exist in every dimension, and they are simultaneously a part of us. You can learn to shift into different dimensions consciously. We can “see” and experience the universe and the invisible—this is shamanic alchemy. You can only truly understand a dimension that is lower than the one you are on—because you are still having the direct experience of the one you are on, and you can’t fully reflect on it while in it.

*Trust yourself. You are awakening your full multidimensional Self.*

## ASCENSION TOOLS: TO OPEN YOUR PERCEPTION TO HIGHER DIMENSIONS

- *Release 3D ways of perceiving the world (listening, hearing, sensing) and open your higher senses.*
- *Get connected with nature, and listen with your Lightbody to nature communicating to everything, and to you. Then you can connect with Gaia's crystal consciousness and crystal kingdom, and tune into higher frequencies through nature.*
- *The way to begin consciously experiencing higher dimensions is to shift your point of reference, shift your consciousness into those dimensions by expanding your light body through your chakra systems. There is a process to do this. You can begin by becoming more aware of your environment, the creation of your reality and your interaction with things.*
- *Approach the world from a child's mind, with excitement and joy.*
- *Begin to work with your dreams and activate them in a lucid state. That experience will open you up to experiencing different dimensions, which you automatically do when you sleep (most people just don't know this or don't practice ways to make this more conscious).*
- *Release negativity and judgement, and release attachments to material things and old emotions.*

## **Humans Collectively Ascending Into Higher Dimensions**

### **StarBeing People Are Observing Us Shifting Into Higher Dimensions**

**We are shifting our consciousness, our awareness and all aspects of our physical self into higher dimensions now.** This shift to higher dimensions while fully conscious in the physical (and walking on the surface of a planet) has never occurred on any planetary system. Many Star Nations are watching earth and humanity now to see what we'll do during this Ascension Shift. Star Beings, who have never been in full physical embodiment here on Earth or elsewhere, are fascinated with this because they've never seen any collective group raise their frequency while still in the physical body.

**And, the Star People who have never lived in human form are wanting to understand through and from us what the physical experience is like.** Due to free will they can only observe—unless our meanderings affect their well-being or threaten any aspect of them or the larger cosmos. There is no precedent or model for what we are doing...it's all one big experiment for all of us. There is no set path or plan, we are literally creating this new way of being through our consciousness.

### **We Have the Ability To Perceive 3-13 Dimensions Consciously**

*The dimensions are beginning to blend, opening up the veil of separation between them.*

**As we are evolving and changing quickly through these shifting times,** part of this ascension process includes our ability to begin to experience higher dimensions WHILE IN the 3rd dimensionality. Earth is shifting her vibration into these higher dimensions, which is also causing our perceptions to change and open to new higher senses.

**I have been shown that in 2012 we shifted our collective consciousness out of the earlier timeline,** and we began to be able to have an experience of the 4th and 5th dimension while in our world. We have already made this shift into those higher consciousness—our physical experiences, mind and body are just catching up to them. I have been shown that around 2018 humans began to have the ability to perceive aspects of higher dimensional states, up to the 13th dimension consciously while in the physical body on earth.

## We Are Merging our Higher Self With our Physical Self

**We are creating a bridge between our Higher Self and Physical Self.** This is creating a more direct connection between our physical self and our Higher Self, and a merging of the two. Our higher self is able to lower its dimensional vibration and our physical self rises in vibration, and they meet in the middle.

## Experiencing 3D & Higher Dimensions Simultaneously

**Being in 3D while having the experience of higher dimensions feels like an overlay of realities,** almost like a holographic experience of two or more worlds existing simultaneously. The dimensions begin to blend and you may have the feeling of shifting back and forth between various dimensions.

**This may at first happen randomly, all of a sudden.** When you have more of these experiences and heighten your awareness and ability to shift dimensional experiences in a conscious way, you can move and travel by choice between various states of consciousness and dimensional experiences.

**We are all juggling the crazy balance of 3D life**—finances, expenses, family, life, health, happiness, relationships, emotions—so it's important to find your balance and equilibrium within each aspect of your physical life.

**Meanwhile, many people are beginning to receive huge galactic and elemental downloads.** Learn to balance the energy that comes with higher frequencies—including your Higher Self and other guides that come to you—and regulate the receiving of that higher frequency so you don't receive too much that your body can't handle.

**When energies come down into this frequency, especially through the physical presence of StarBeings,** just being in proximity to them can be a very intense and sometimes painful experience—because they are vibrating at such a high level they affect your energy field and cause it to get activated and agitated.

## Experiences When Opening To Higher Dimensions

*Synchronicities will occur.*

**Each dimension is like a different world—some look similar but you experience different things in each one.** This experience is like walking in the spiritual world and material world simultaneously. We are learning to balance the horizontal frequency of the earth plane with the vertical frequency of the spiritual plane. This is why it is key to learn how to get into your center point, your inner center, to find that balance and opening into different portal doorways of the dimensions.

Here are some things that you may experience when opening to higher dimensions:

- **You will begin to have the perception of bi-locating dimensions...**it's experiencing 2 or more dimensions at the same time consciously. More synchronicities start occurring.
- **You will begin to perceive the mesh of matter as energetic form,** and sense how matter is constructed, and that all matter is light vibrating at a different frequency.
- **You will begin to activate more DNA,** your cells will feel like they are spinning
- **Everything looks brighter,** colors are more vibrant, lighter, feels less dense and flows more easily. You'll move like water.

- **You begin to hear new tones and vibrations**, all your senses will awaken.
- **You begin to see form energetically as holographic**, symbolic and geometric.
- **Everything begins to flow easily in your life**, and appears just when you need it—because you are easily manifesting things from the higher dimensions down into your earthly physical world.
- **You become hyper-aware of things**, and all your senses open up to new and higher sensations than you have ever experienced before.
- **You can begin to shift your consciousness at will**...learn how to do this correctly so you don't harm yourself or get literally lost in other realms.

## The Differences Between Dimensions

*Dimensions are frequency and vibrational essences.*

**Ultimately, all dimensions exists SIMULTANEOUSLY.** There are all HERE...In our presence. We can access them all. There is a kind of energetic frequency separation, like an energetic partition or energetic veil, between them—that's why when you are in one dimension you can't see or perceive another. These separations between dimensions are quickly dissolving now.

**Each dimension comes with its own set of rules, laws and principles**, both physically and energetically—where different higher senses and abilities are more accessible and different within each dimension.

**Time and space, relativity, distance and energy functions differently in each one.** Each have their own time codes and sequences of energy, like a coded language. The higher dimensions utilize different energies and frequencies. As you rise in dimensional experiences you can perceive more things through deeper experiences—and things feel lighter as you are shifting away from physicality and into more spiritual vibrations.

**There are hundreds of dimensions on the path to Prime Creator Source.** Each are related to higher senses, chakras, and aspects of you. For example:

- **4th Dimension**—acts like a purifying filter, it's the realm of heart and love and oneness
- **5th dimension**—lighter frequency, truly multidimensional
- **The 13th dimension**—universal consciousness, infinite intelligence and connection to all

## Traveling the Dimensions

**When you become conscious of different dimensions existing and your abilities to move into them by choice**, you begin to open energetic gateways and doors consciously. You begin to learn how to access nodal points of energy and travel to many places. You learn how to shape-shift your lightbody willfully into other state of consciousness and physicality and spirituality.

**This is how StarBeings can easily come in and out of various dimensions.** They fly their starships through shifting frequency, and can appear and disappear quickly because they are literally popping in and out of our density.

**Earth and the 3rd dimension is extremely dense**, and it becomes hard for higher vibrational beings to lower their frequency to be in our 3rd dimensions. The Star People can only visit for short periods of time because so many things, including frequency, vibrates at a much slower rate and it affects their functional abilities.

**The Star People, especially Sasquatch, have shown me how to shift between dimensions easily.** They do it by re-tuning their frequency in their light body to another frequency. They know the time codes. The first key in learning how to do this is get to know yourself and your unique frequency. Your unique frequency becomes relative to all other frequencies, and you create a kind of relationship or connection communication to other frequencies. Just like vibrating with people, we can do this with dimensions.

#### **ACTIVATION TOOLS: TO SMOOTHLY BALANCE & NAVIGATE MULTI-DIMENSIONAL EXPERIENCES**

- *We need to retune our frequency to these higher dimensions. This change and opening of dimensions is happening because of the ascension energies. It's very important that we re-sync to higher vibrations or it will cause stress to our body and mind.*
- *Disconnect from time, clocks, calendars...and begin to sync up with other sequences.*
- *Watch the movement of nature, the sun, the seasons and the stars—this will help you tune into other dimensional realities.*
- *Find your center, your zero-point, and get fully grounded. You can do this through meditation, in dream-time and also learn to do it while fully conscious. Get fully in your center.*
- *You are a vehicle of Light, a spinning merkaba of energy. This is also how you can travel through various dimensions.*
- *Make an active choice to open to new realities and begin to open your higher senses. You will begin to perceive different dimensions. The Key is to recognize when this is occurring and differentiate between dimensional experiences, which are often very similar. You are doing this all the time—the key is to sharpen your awareness when and how it is occurring.*
- *Connect more directly to your Higher Self—your navigator in higher realms.*
- *Get balanced in your daily 3d activities—go out in nature, socialize, do mundane tasks and keep participating in regular 3d life experiences. It's important to stay connected to the physical realm.*
- *Understand that everything is energy, and begin to perceive your world and life this way.*
- *Begin to accept the understanding that every possibility and potential exists in the universe, and you can access anything directly when you know how.*
- *Take time to daydream, and let your mind wander—this will open you up to higher dimensional experiences.*
- *Open your consciousness, and you will begin to perceive other worlds easily. They are right here in front of you. You are part of ALL of them.*
- *From time to time, pull yourselves out of the continual 3D wheel of mundane tasks you feel forces to do, and get into a heart-focused way of being with spirit-energy. By doing this, things go smoother and get done with less effort and stress.*
- *It's important to know how to operate in a different way and less manipulated by 3D time commitments. Then those things you need to accomplish will just fall into place. This exact skill of living each moment in a consciously different way is the life training we need at this time.*

# Enlightenment in Full Consciousness

*Enlightenment is to be Lightened from within. We are raising our vibrations and becoming LIGHT.*

## Enlightenment Is to Awaken The Soul to its Full Glory

To See the simple underlying principles of life in all things.

All Knowledge exists and is accessible to you.

Enlightenment is Oneness with Creation.

Be the Light. With no limitations.

You must want to know and experience it for yourself.

When you know the Light you will know all things.

It is Divine Illumination.

Illuminate Yourself from within.

*Become full of Light.*

*Share your light with others.*

## The Age of Enlightenment Now—Becoming Light

*Ascension is a form of inner upshifting, inner re-alignment, inner enlightenment, inner essence.*

**We have entered into The Age of Enlightenment within...Becoming Light.** We will begin to access higher abilities, energies, Light itself, and utilize these frequencies within us to become Pure Light. We are now living in the age of awakening, ascension and return to the Light, to full enlightenment. While in our physical forms, we are awakening our spirit, souls, consciousness, our higher perceptions, our connection to source energy...and beginning to actualize this Light within us.

## Personal Enlightenment

*We hold our own key. The state of true Enlightenment is unlimited freedom. It is the spiritual journey back to our true self.*

**Enlightenment is Insight, "inner-sight", seeing within yourself and within Creation.** Enlightenment is a transformation of the spirit and soul. We awaken into more of who we truly are, our inner truths, what we are capable of, what we are made of, and what we wish to do and become. It is the acquiring of wisdom, intelligence, experience, and deep understanding...through our life experiences. It is the "becoming" of you...as no-thing and everything. You become one with the universe and everything. It is a state of full self-realization. We must find our own unique code that unlocks our own door of enlightenment, solves past issues and creates anew.

## Connect With Your Light Body & Higher Chakras

*Awaken the inner sun within you.*

**Start to harmonize with your energetic Light Body, and open your chakras...**they are your connections to various frequencies of Light. Awaken your intuitive insight with everything. Connect with the crystals within every organ of your body, and "turn them on" through your realization and acknowledgement of them, then by activating yourself from within.



## Ground Within To Connect With Your Light

**Get grounded within your body, mind, soul and spirit.** When you do this and find your balance, everything in life will begin to open up to you. You will see, think and feel new perceptions, magical things you never thought were even possible. Wonderment already exist in the world, and can exist now in your world. Return to your heart center, tap into that center frequency pole that is your inner Being. Ignite the fire within and connect with the source of energetic fire radiating through everything. Awaken your pineal gland, your divine third eye, and begin to “see” everything is a new way.

## Do the Spiritual Work & Take Your Own Personal Journey

*In becoming enlightened, you become alive again.*

**Be willing to do the spiritual work & take your own personal journey.** Enlightenment comes with much soul-searching, through hardships and awakening of all your perceptions and senses. It is not an easy journey, but well worth the effort. When you become enlightened, you become fully authentic—awakening yourself to all that is, to the universal consciousness, and tap into infinite energy. Your Spirit, Great Spirit, your Guides and your Higher Self support your journey to enlightenment.

## Enlightenment Is a Joy To Be

**Enlightenment is a fully awakened state of vast wisdom,** through which all the complexity of reality can be comprehended, experienced, understood and enjoyed. Awaken to your fundamental Truth of Life.

## Allow Your Inner Light to Awaken & Shine

**Unlock the ancient history right within your body that you carry within your DNA.** Your DNA is comprised of light filaments that are moving, growing, shaping and transforming every moment. Each cell in your body is a photon of Light. Each is connected to another. When you awaken, you activate each then every cell and element in your body—you bring yourself fully online and reconnect all that was separated within. You become a whole being, capable of tapping into the greatness of life and life-giving energy. You become that energy, that Light.

## Enlightenment Is a Stage of Awakening & Being

*You experience the eternal NOW as the source of everything.*

**Enlightenment is an ongoing process of your own personal evolution,** back into your full connection with the Creator Source, pure Light. There are various stages of awakening, enlightenment and Being. Shift your perceptions, actions and beliefs and you will easily align with your true self. You will begin to Glow. We unify everything within. What we have been perviously unconscious to...now becomes present in our consciousness, and we become aware.

**When you become enlightened you actually move energy through your body, crossing it as it rises like a kundalini activation.** You are merging your own internal opposites, activating fluids, light and consciousness within your body. You are uniting all polarities within you back into One. You are activating the sacred energy within you, and “anointing” yourself. Enlightenment is a source of sustenance that exists within everything, for it is Light. We are learning new methods of sustenance, which we will continually develop, learn and incorporate in our lives.

**We pull sources of enlightenment into our current energetic body system through the sun, water, food and other sources...**but we need to learn how to transduce it and store it in a different way for long-term sustenance. We need to learn how to process food, energy, the vibration of love, consciousness, thought forms and emotions in a different way now. We need to recalibrate our operating system within our body system.

### **The Ultimate Stage of Total Awakening (Enlightenment)**

**Total Awakening and total Enlightenment comes with an experience of the total death of your ego.** The self is dissolved, and all that remains is a feeling of Unity with the ALL You experience a state of oneness, your life is integrated and no longer feels separated in duality. You feel illuminated with light from within. You connect with the source energy in everything through you. You transcend the mind and emotions; it becomes a mystical experience. You finally see your ego for the limitations it creates...you can then understand and transcend it.

**You feel completely connected to everything and every being around you.** You are no longer attached to anything and can feel the presence of everything just as it is with appreciation. You want to get fully connected to the world and participate in new collective activities. You allow everything to be just as it is, without no judgement or limitations. All is possible to you. You feel pure awareness, presence, love, high vibrations and truth of life. You experience both nothing and everything all at once. *You begin to work with energy in new ways and become a Master Creator.*

#### **ACTIVATION TOOLS: TO ENHANCE YOUR ENLIGHTENMENT**

- *Get directly connected to nature...nature is a wonderful teacher. All elementals and natural forms already simply exist in a state of enlightenment. They are great teachers for humanity.*
- *Begin to feel the glow of Light radiating from you, within you, through all your cells. Connect with that Light and enhance it. Imagine it as an inner flame that can be ignited higher, stronger, brighter. You are the Light in physical form.*
- *Become aware of everything around you, and begin to understand how things function—thoughts, activation, consciousness itself. Pursue your own spiritual path to deepen your understanding of these things through your own experience.*
- *Connect with the sun as much as possible—as the sun carries information that will further activate you in many ways. Tune in with the sun energetically and you will begin to understand states of euphoria by being activated with the sun’s divine Light, and you will feel your inner personal Light radiating through you.*
- *Become aware of the present moment, stay in your center, stay in the NOW.*

# Evolution Is an Ongoing Process

*Evolution is everything transforming into something new.  
We are here to evolve. It's an eternally ongoing process.*

## Evolution Is an Ongoing Process of Spiritual Development

**Spiritual growth takes time, and happens in incremental steps.** This gradual growth generally involves three stages of development: the purging and releasing stage, the illumination stage, and the uniting stage. While these stages are not perfectly linear, they mirror the stages of our human development: childhood, adolescence, and adulthood. Connecting with others, establishing healthy and happy relationships, and becoming a part of something greater than yourself is a key component of spiritual growth and development. We are evolving into a higher state of consciousness, and higher dimensional states of Being, becoming fully conscious of living in a quantum reality of our making.

## One Purpose of our Evolution & the Ascension Process Now

*The Creator Source is an energy that is continually evolving.*

**One purpose of our evolution and the Ascension process right now is to raise our consciousness** into more of a collective consciousness, where each person is unique but also working together. This evolution helps us raise our vibration into a higher realm of existence and consciousness. We came to earth with a mission to help raise the vibration of earth and civilization, and set a new course for the evolution of humanity.

**This evolution is an evolution of consciousness and energy which directly affects us, and we are also part of the process.** This is eternal, we keep doing this forever. This is the ongoing Ascension process. Release the suffering of physical existence and become fully free. This is eternal, we keep doing this releasing process eternally. This is the ongoing Ascension process. Release the suffering of physical existence and become fully free, continually evolving, as we are aspects of the creator in form.

## We Are on Earth Now To Evolve

**We are in the NOW moment on earth as human beings to fully integrate our highest spiritual StarBeing self together with our physical body in various dimensions,** and create new forms as we desire. Together, happily, joyfully, we dance—with each other, all other energies, all beings, all Star People, walking hand in hand with Creator Spirit and creation itself.

**We are here in physical form to practice managing matter, energy and our emotions—to deeply understand how they all work and begin creating things consciously with them, working together with oneness.** Human life is a precious opportunity for one to evolve, change their karma and change their destiny for the next life. We are here to master energy, frequency, vibration, manifestation, the physical realm and creating things. We're here to evolve into something new.

# Personal Evolution—Evolving all Aspects of our Individual Self

*Everyone is at some point on their own unique path of evolution.*

**We are experiencing an Inner Evolution**—of our DNA, cells, body systems, mind, soul, emotions and overall consciousness and awareness of our connection to the universe. We are raising our vibrations as we evolve into new Beings. Everyone has the ability and the personal right to evolve, in their own time. There is still hope for everyone, at any stage of enlightenment, to awaken, to realize and shift their perspective and actions and beliefs into something more positive. We are in the evolving age of “in-lighten-ment”...fully igniting our Light from within. Then we begin to glow. This helps us remember that we come from the Light, the place where the Light has come into being by itself, in our physical presence through us.

**We are evolving the body into a lighter frequency.** We are evolving our awareness and consciousness. We are evolving our mind into higher states of being and a direct connection to cosmic consciousness. We are evolving our soul and spirit through the journey into becoming more Light. Personally, we are also evolving every aspect of our everyday life—finding and creating new circles of connections with people, evolving new friends, partnerships, potentials, evolving our skills and experiences. We are evolving our operating systems, our internal and collective functions, developing and evolving our learning and experience to generate wisdom that can be applied to other things in our future.

## What Can Limit our Growth & Evolution

*When we judge, doubt or limit ourselves or others... we create limitation of our evolution.*

**Most people are afraid of losing their identity or what they think they know...**so they stay stuck in a time, place or situation. Allow yourself to open in all ways and flow your energy freely, and you will find your full Self.

## Consciousness Is Evolving

**Consciousness is an energy that is Evolving.** All consciousness is consciously creating and evolving itself in, into and through many forms. We are part of that whole, and we are also individually and collectively the consciousness itself. Our current experience of Reality is a Dream we are dreaming. Our Dreamtime (functioning on other dimensions) is awakening us from the Dream and becoming Real in the physical dimension.

## Our Higher Self Is Merging With our Physical Self

**Our Higher Self is entering into & merging with our physical self.** Your Spirit comes into being because of the body. We are continually evolving our spiritual aspect in the physical realm. This is your Higher Self choosing to descend into this realm of earth, humanity, physicality, to have a human experience. The first state of evolution was to bring Spirit down into matter so we had to make a space for Spirit in matter. This was the fall or decent of being into the material world. With this phase of evolution now, we are bringing matter back to Spirit. It's an alchemical process of refining and releasing what does not serve us—rising and realigning with higher states of being and essence. This is the ascension process.

## **We Are Here To Become Masters of Creation & Evolve Society**

**We are here to become Masters of Creation to help evolve society.** We are here to master our own Self, then master working with energy and matter. Then we can create things into a new state of physicality. Every individual's understandings and actions need to evolve now into a state of Mastery. We already have this ability inside. We need to Remember and bring it into full consciousness.

## **Our Evolving Society Needs New Guides & "Wayshowers"**

**People are gaining the unique personal mastery of their skills and creative abilities.** They are becoming Masters of Light, Energy, Creation and other evolving states of being and doing. New Masters, Teachers and Guides are the new "Wayshowers" that share a new understanding of the world—with new words, new ceremonies and new creations to evolve with and into these 13th dimensional realms of consciousness.

**Older ways of doing things are no longer effective in these new times** and must be evolved to align with the shifting of the cosmos. The stars and constellations have shifted, ley lines and earth grids have shifted, and people's consciousness and understanding have shifted to a new higher frequency—all of which we must be in sync with, as we move forward.

**New Guides are coming. They are one way people who are still awakening will be supported to function in the new,** higher vibrational realms. It's a complete paradigm shift—their consciousness and their body system needs to align to this new energy and new way of living that is coming into existence. This shift in evolution is easily supported with new co-creator collaborations of art, music, sound, dance, healing and other modalities.

**People in their mastery—of their talents, energy and creative manifestation—can work with each-other in new ways...**to create something new that was never done before, and be useful in our new society being developed now.

**All systems, understandings and ways of Being must evolve completely to be effective** in these new times. Though our lifetimes of development and personal evolution, collectively we are creating a society of collaboration and unity has never existed before in this way.

**New ways of communicating will come in to help with the shift of understanding**—that is why telepathy, psychic abilities and Light Language is becoming popular and so necessary now—it's helping shift people vibrationally out of the realm of a literal, 3D understanding into a much higher multidimensional consciousness with no time or energy barriers.

## **Energetic Activations Helping Us Evolve Through Ascension**

**There are new vibrations coming from the cosmos that are accelerating our awakening and evolution**—these are energetic activations that are helping us evolve through this Ascension process. The sun is releasing incredible solar flares that affect the earth frequency and affects our body by stimulating our internal codes and photons of Light.

## We Are Part of our Planet's Evolution & Assisting That Process

**Earth is a conscious Being who is evolving.** The Earth is restructuring and rebuilding herself from the inside out, literally—within the Earth, and at a photonic atomic level. The same thing is happening to humans right now. We just don't understand it because we can't psychically see it. But there are those who can, and know that this process is occurring naturally as part of an evolutionarily phase.

**Our physical bodies assist earth to raise her frequency**—we are “running” cosmic energy through us to help her recalibrate, and we send that energy back through us to the cosmos.

## We Are Collectively Evolving Together

*Everything and everyone as a teacher, helper and guide to each-other.*

**We are all raising our frequency to be able to experience higher dimensions** and all that comes with them, in a conscious way, so we can traverse through various dimensions at will.

**We each help each other in many ways**—through connections, healthy communication, emotional support and physical service to each other We are activating each other.

**We are continually exchanges codes with each-other**—each person carries all the codes of creation, but has a unique code that will activate another person's code when they share an energy exchange together

### ACTIVATION TOOLS: TO ASSIST YOUR EVOLUTIONARY PROCESS

- *Take time each day to nourish your spirit.*
- *Regularly train your mind, body, spirit, and soul to align to its highest vibration, and maintain that as much as possible.*
- *Improve and grow in many ways multidimensionally. It's important to continually improve your inner state of being, your connection to society and earth, and your connection to the stars and our ancient cosmic ancestors simultaneously.*
- *Remember that all tools and answers you need to help with our evolution process are here on earth—you must find and reconnect to them.*
- *Allow the elements and elementals to bring the breath of life back into you, and awaken yourself fully at a cellular level.*
- *Keep an open mind and be curious and engaged in everything that occurs in your life.*

# Consciousness & States of Being

*Higher Consciousness is a state of Being, being ONE with the ALL.*

*Get reconnected to the full spectrum of possibility in the universe.*

*The Truth is within, and throughout everything.*

## Consciousness Is a State of Being—Alive With Possibility

*Wherever you put your focus is what you bring into your consciousness.*

**Matter is the manifestation of vibrating energy, and that energy itself is seen as the manifestation of Consciousness.** Consciousness is pure energy and cannot be defined, but can begin to be understood through our direct experience of our own Being and our own consciousness.

**Consciousness is energy Being itself, everything and nowhere at once.** To better understand consciousness, we can shift our focus from the things we are aware of to the instrument of our awareness, which is Consciousness itself. The Universe and Consciousness itself is one Being, being One—not a being as a personification of an individual expression, but one source of energy that finds itself expressed within everything. It is the Beingness of Being itself, existing and vibrating in a state of the Oneness of Being.

**Energy, matter, existence and life force are all simultaneously both receptors and carriers of Consciousness.** Consciousness is a stream of energy the just IS, and awakens itself into our realm by manifesting as a perceivable force of nature and into form that we can interact with and experience, including ourselves and our experience of ourselves and our own consciousness.

**Consciousness is many things.** It is intelligent infinity, a source of energy, all possibilities existing at once, formless spirit, awareness. Like energy, consciousness cannot be destroyed, only transmuted and is continually shifting into formless and form. There are various access channels to forms of consciousness.

**Humans have their own unique consciousness and access to their own higher consciousness.** Human consciousness is connected to the collective consciousness, which communicates with the supra-conscious and universal cosmic consciousness within everything. It is connected with everything and simultaneously IS everything experiencing itself in all possibilities.

**The development of consciousness is a development from lower consciousness, through personal consciousness into higher transpersonal consciousness.** This is what is occurring during our Ascension Process. It is human nature to seek expansion and become boundless.

**Reality and Consciousness is a boundless, infinite possibility of energy.** Consciousness is alive and must be lived. Live your life vibrantly and you will expand your consciousness. The awakening is creating an openness and doorway within...from the base and mundane human life in our society now, into an experience and knowing of higher realms of consciousness. Open your Inner Sight, your Inner Vision and "see" consciousness AS IT IS, experience it with your entire being, and realize what it really is.

## Consciousness Is "the Absolute" Energy That Creates Itself

**All energy in the universe comes from one Source, one Consciousness, and it is the same in everything.** We bring a frequency into this dimension where we are existing and where we focus our energy in the physical—which is much more vast in the spectrum of consciousness than we can imagine.

**The Creator Source is an absolute force of unlimited energy that exists everywhere in everything.** And it is continually creating itself constantly in new ways, and it is allowing aspects of itself—which are each one of us—to have our own experience, and begin to shape the world in unique ways...just to have the experience of creating something new that didn't exist in its exact combination or form before.

**When you understand how creation, reality and consciousness functions,** you will understand that Absolute Consciousness exists within everything, because it IS everything, everything is made IN, OF and FROM it.

## Reality Is the Formation of Consciousness

*Reality is the shimmering light that we see in things. Reality is what we make it.*

**Reality is a creation from our minds, thoughts, feelings and actions that we create and manifest into the world,** which gets reflected back to us, then we create an understanding about it. Reality is the illusion created that appears real. Life is not an illusion, but our perception of its limitations is the illusion.

**Change your perception, and you change your reality.** Illusion is the mistaking of something for something else...not seeing the real in it, of it, behind it. Learn how to see again. Reality is malleable and can be changed by changing our internal selves in various ways.

**One way reality is formed:** we take in external knowledge...and based on that knowledge, we have and make an internal understanding; then we apply wisdom to it, which is an action based on our current understanding; then we see that reality manifest. We are creating reality all the time, based on what we take in, how we understand it, and our actions.

**Therefore, when you know that you are creating everything in your surroundings**—and ultimately everything of your reality, experience and existence which you experience through your senses, and your physicality—you begin to realize that vibrational energy is malleable and changeable.

**This is where you begin to be able to reshape timelines, variations in manifested form,** your environment, your idea about yourself, your constructs around you, and your relationships to all other things. Everybody has the ability to do this once they open up to it. We shape our own reality in every moment. The form of things doesn't really exist, we are literally constructing it with our mind, and the created illusion appears real to us.



# Some Types of Consciousness

## Altered Consciousness

- **Altered consciousness is the experience of things "out of the ordinary" of every-day experience**—where we get into another state of thinking, feeling and being, that can be created both by choice.
- **This is self-induced**—when meditating, making art, getting deeply engaged in a project, reflecting or having a profound physical experience. This is also induced by taking various stimulants or substances that alter our experience of reality, getting into trance or hypnotic states, sensory deprivation, fasting, prayer and visioning journeys.
- **This can also happen spontaneously through hyper-dynamic experiences that feel they are spontaneously occurring**—something that creates a shock to our system, a sudden "awakening" of something within you—like a profound awareness, an out-of-body experience, a kundalini awakening, a spiritual healing, a trauma, a near-death experience, and experiencing automatic "visions" and openings of higher dimensional experiences.

### A Sample List of Experiences That May Occur During Alter States:

- Distortion of your sense and perception of time and space
- Altered sense of body (feeling disconnected from your body or hyper-tuned into different parts of it); increased focus or narrowed perception (hyper-aware of some part of your reality or experience)
- Visionary experiences (symbols and imagery, often of an archetypal nature which come to mind)
- Reduced internal dialogue (your "inner narrator" turns off)
- Amnesia (memory loss) or hypermnnesia (vivid recollection, remembering and complete post-memory recall)
- Suggestibility (an increase in being open to suggestions)
- Catalepsy (muscle stiffness and fixed posture)
- Age regression or progression (accessing past self or creation of future self)
- Analgesia or anesthesia (numbness or reduced feeling in the body)
- Intense relaxation or activation (feeling extremely calm or afraid)
- Dissociation (feeling disconnected from one's thoughts, feelings, and sense of self)
- Hyper-sensitivity (hyper awareness of everything, including all stimulations)
- Ecstatic and Mystical experiences in (and after) an altered state
- Ability to access deeper insight (epiphanies and revelations)
- Access to flow states (being "in the zone," intense attunement to the present moment)
- Big picture perspective (abilities to make new connections seeing things from a "higher" view)
- Being at peace with the world (knowing everything happens exactly as it needs to)
- Being at peace with yourself (feeling and Knowing your True self, your worth, your purpose for being alive, connected to your higher consciousness)
- Feeling Illuminated (lit from within, connected to energy and all light photonics)
- Experiencing the access to full, higher and cosmic consciousness (as a state of energy that flows everywhere)

## Collective Consciousness

- **People's beliefs, values, and knowledge add together to form the Collective Consciousness.** This is a state of energy, information and intelligence we can learn to tap into at will whenever needed. This is where universal information and understanding is stored, and is an access to the akashic records.

## Higher Consciousness

- **This is your connection to higher aspects of your consciousness.** You connect to this from within, when you reconnect a direct path with your Higher Self. Your Higher Self is connected to cosmic consciousness, and becomes a bridge for your physical being to experience your "self" in all other dimensions, and to connect directly to the consciousness of source energy.

## Mystic Consciousness

- **This is the perception of the universe and all of its seemingly disparate entities existing in a unified whole,** bound together by love. In this state we become both One with Source—The Absolute—and we become aware of our Oneness. We become "aware that we are aware". We begin to notice the thinker behind our thinking, and explore what is behind the one doing the thinking.

## Cosmic (Universal) Consciousness

- **Cosmic Consciousness is feeling that you are connected to everything in the world and in the cosmos,** that everything is interconnected. It's an intuitive feeling and "knowing", and you engage your higher senses to perceive alternate views of reality.
- **It is the connection of all things through energy itself, and your awareness of this.** It is a multidimensional state of being. It is quantum, all-knowing, zero-point focus, realizing everything everywhere is happening all at once. It's the removal of any feeling or notion of separation.
- **It is both seeing/perceiving and experiencing hyper-reality, higher states of Being**—you are in the energies of the cosmos, you are experiencing them, you are part of them, and you ARE them, having conscious awareness.
- **You begin to understand and "see" a bigger force of nature,** of life and creative energy operating at many levels in relationship to you and all things: these energies, vibrations and consciousness itself is flowing in, out, of, with, from, by, for, to and through everything.

## Human Consciousness—a State of Awareness

### Human Consciousness Is Awareness of Higher-Vibrational Phenomena

- **Human consciousness is awareness of your physical and mental experience** and how you process this awareness. It's a stream of energy, constantly changing but always flowing.
- **A person's state of consciousness functions at different levels of awareness.** By becoming more conscious you are opening to more deeply understanding your life, the world around you and how life and energy functions. We can cycle through various levels of awareness, and our mind processes inquiries and input differently for each type of reflection and exploration.
- **Being conscious is a state of being more aware of what's happening to you as you notice yourself processing something** and gain insights during or after the experience. Lower awareness is usually states of being that seem to be randomly happening and our mind and body just kicks in to regulate whatever is happening to us.
- **Higher awareness is usually when you are aware of an experience and your thinking of it,** being more in control of your thoughts and feelings, and are interacting with an experience in a deeper way.
- **You can shape your experience of the phenomena of consciousness.** When you hold a framework of thought and feeling you are having and explore it further, you begin to shape the outcome consciously that you will experience. It is by your design. You create and experience it all...by your thoughts, feelings and actions.

## The Rise in Human Consciousness

- **We are in the process of "unveiling" and revealing our true consciousness**—as being all we do and all we are. We are rising in consciousness and getting in tune with higher dimensions. Through this process of raising our vibration we can "see" more energies and essences of Beings in those higher realms. *We are becoming vibrant beings through the rising of our consciousness.*
- **It's a process of getting connected to higher consciousness.** Awaken your self in all ways, activate your internal vibration and energy, align with Source energy, resonate the Light from your alignment, retune your frequency, transmit your new energy, create your world of consciousness into form, and reflect on your creations.

## Developmental Levels of Human Consciousness

We rise through various levels of consciousness as we develop our state of awareness and raise our vibrations:

- **Surviving**—survival mentality of health, physical fitness, financial stability.
- **Conforming**—working on relationships, feeling safe, belonging and harmony.
- **Differentiating**: working with self-esteem issues, security, recognition, positive self-image, confidence.
- **Individuating**—transformative through autonomy, freedom, accountability, adaptability, courage, personal growth.
- **Self-Actualizing**—creating internal cohesion, developing trust, creativity, integrity, authenticity, meaning, internal alignment.
- **Integrating**—making a difference through collaboration, partnering, connecting, alliances, empathy and becoming more intuitive.
- **Serving**—being of service, forgiveness, humility, contribution, compassion.

## The Exploration of Consciousness

**Every moment of life is an exploration, a new event, a learning.** We choose things to identify with to give us a sense of self and who we are, but these are just choices that are not US...our soul, our life, our being alive. We must awaken another dimension of deeper Knowing. Explore dimensions that we don't see yet, that are not within us yet. *We must listen from within and experience things ourselves.*

**Consciousness is not what you look at, it's what you "see", feel, experience and interpret.** You are creating your own experience of consciousness every moment. There are no limitations. You only limit what is possible based on the limits that you put upon your self and your understanding of how consciousness and reality functions.

**Everything is "Open-Source" energy that can be tapped into and utilized**—because it is part of you, and you are part of it. It is you and you are it.

## The Gateway Process—the Passageway to Consciousness

**There is a "Gateway" between where we exist in our present limited conscious reality,** and access outside of these limitations to connect with the infinite field of consciousness and energy. We need to open to our higher abilities and explore how to open the portal doors of the Gateway to step out of limitation into expanded Consciousness.

**Gateways are passageways of experiences to higher consciousness & universal consciousness.** We individually have set up these Gateways by our Higher Self in tandem and in partnership with Source to regulate our learning experience. Once we understand something, we can go to the next level and increase the depth and richness of our understanding.

**We unlock the Gateway through self-exploration.** It's a kind of self-initiation action step we must experience by our own seeking efforts. Self-Exploration is the only way we can have a full understanding of how this reality functions, especially in the physical dimension, by creating physicality, and then experiencing it. But it is all just energy, shaping itself, as new forms in new ways.

**The notion of Remembering who you are is opening up the Gateway to the eternal,** knowing that you are everything, you are connected with everything, and you can do everything you want to. You have the power and ability to do so.

**You can build worlds of your choosing,** and you can travel in multidimensional ways once you understand how this functions and have your own unique direct experience with it. *You literally open up your Gateway to become reconnected to the all.*

### Experiences When Becoming More Conscious

**Our experience of becoming more conscious cycles through various state of awareness of things occurring:** first To us, then By us, then Through us, then As us. This also relates to various aspects of consciousness...thinking, feeling, sensing and intuiting.

**When you become more conscious you become open to (and get opened to) perceiving more universal understandings,** higher forms of existence, more profound connections to life and source.

**We evolve through levels of awareness**—from simple consciousness (general base awareness of things existing), to self-consciousness (including thought, reason and imagination), into cosmic consciousness (a higher form of consciousness than every-day human awareness).

**We experience various degrees of consciousness we understand as internal functions** of the mind...which are related directly to perceptions and energetic states of vibration.

**These are not just operating within our brain, they are states of Being that exist in the world,** in a "state" of consciousness as a frequency itself, that we can tap into through our awareness:

- **Subconscious:** inner child images, inherent unknown things we do and experience
- **Non-Conscious:** things that seem to operate by themselves, like body functions
- **Unconscious:** memories and thoughts are there but we can't access them
- **Preconscious:** memories we can access
- **Conscious:** sending, perceiving, receiving, choosing and knowing things, and a state of hyper or ultra-conscious awareness—aware and participating in consciousness directly as a force of fluid energy that is connected to everything and knows everything

**Our subconscious is connected to our Higher Self, and to higher consciousness**, that holds all the records of our lives and experiences. It is the hidden direct connection to source.

**We shift from focusing on the limited material and physical realm** (including limitations of our perception of space and time and the physical realm), to becoming more connected to and embodying higher dimensional ways, spirit and other-worldly experiences and existence (source, eternal life, limitlessness, higher abilities, transcendence).

## Self—Explore Who You Are—Seek & Know Thyself

*Know thyself and you will know Consciousness. Know Consciousness and you will know thyself.*

**Self-exploration is the interplay of divine will and natural law.** When you explore more of who you are, what you're made of and how you function, you begin to open to higher Gateways of consciousness. How we then structure our reality and experiences is the blueprint template and the building blocks for how we construct the reality we experience in the spiritual and the physical realm.

**When you open up your own awareness both of your personal consciousness and the universal consciousness**, and are able to tap in to higher dimensions and higher levels of understanding.

**To know thyself is an Inner Knowing**—and realizing you are infinite. Knowing thyself is knowing that you are made of Source energy, you come from Source, energy, and you are the Source.

**You are energy itself—creating, and sourcing itself**—while it is having a unique experience to better understand what it is and how it works. When you delve deeper into questioning the nature of your own reality, you will begin to experience things working in functioning in a new quantum way.

## Brain Hemispheres Open A Gateway to Higher Realms

*Begin to communicate with a higher language of energy.*

**Your collaborating brain hemispheres open up the energetic gateway to higher realms.** Within your brain, the left and right hemispheres have different functions. When they begin to work together and vibrate together, it opens up the Higher Mind. It opens up a higher experience of Consciousness.

**When you are in a deep state of focusing and awareness** (like in meditation), you begin to get in touch with this higher mind, and the brain starts acting as one unit.

**The holistic brain understands Spirit and formlessness, together with physicality and in form.** It computes the creative and analytical parts of the brain as one union. They are operating together because they are working with the same waves of vibration, and they become in sync.

**Reality is constructed from the same wave that comes from formlessness.** This is quantum energy that takes shape in a particular form so we can have the experience of the form itself.

# The Limitations of Thought

*Create new experiences for yourself, and create new ways of living and being.*

**We can think, but our existence is far bigger than our thoughts.** We are more than our thoughts or feelings. When we unplug from the physical we connect to the Divine—then all is possible. We still exist but are no longer ruled by our thoughts, our emotions and the physical realm. We enter the higher realms—even though we are still within the physical realm.

**Language hold us back. There is no language to explain the essence of life.** Release all definitions of things and you will begin to experience the universal divine in everything. We have been brought up to think we have to name, categorize and organize things in a box, to give something meaning in order to make sense of something.

**Change the experience of your life just by how you are Being.** You can create something within you through thought that is amazing, but you still won't know that thing within you until you have direct experience with the experience itself.

## Reacquaint Yourself With Your Higher Self & Consciousness

*Reacquaint yourself with your higher self and consciousness that flows in everything.*

**We are all matter, all energy, all consciousness.** This is embodied, awakened consciousness. Realize your own identity with this same awakened consciousness.

**When you awaken your higher states of consciousness, you become aware of everything,** then realize you are directly part of everything. You get reconnected to the All.

**The process steps of awakening, awareness, remembering, ascension, becoming, knowing and being heightens your consciousness** and your connectedness to everything, which become empowering because you realize you can create and manifest anything into the physical and tap into all the energies of the cosmos.

**It's all about your state of Being that defines your reality. Be conscious.** Get reconnected to the full spectrum of possibility in the universe.

**Learn to tap into and utilize wisdom and consciousness at higher levels** than the mind, the body and your limited five senses.

**Open up yourself to higher ways of Being.** You choose to make every moment of your life a portal or a barrier. Open up to the dynamic flow of consciousness energy through everything, and release all limitations. *Every moment is a miracle through its happening.*

## Remember & Be Cosmically Dynamic

- **Remembering WHO you are begins with understanding your uniqueness and “what” you are constructed of within the physical.** Your identity, and your separate life experience of your explorations of Being through your soul and spirit in your creation, which is unique to you. That exploration begins to open you up to the bigger question of “who” you truly are. You are not limited within your identity—this is one aspect of you, but the bigger aspect of you is connected to the Absolute of Source Consciousness, and this is true for everyone.
- **Remembering WHAT you are** is remembering where you really came from and what you’re made of—which is Source Infinity itself.
- **Remembering WHY you are here** is an awakening to the understanding that you are an aspect of Source that wanted to come to this physical dimension, and have this experience. It is your purpose for being.
- **Remembering WHEN you are** is a combination of things: remembering when you are being your physical self, when you are located in a physical reality or a place or time, when you are in a state of higher energy, frequency, and consciousness. When you are focused on a localized idea, it’s where you put your fixed attention on a finite “place” in space and time experience, and then sync into that place so that becomes your reality at that moment. When you look at the bigger picture, WHEN is Source being everything all at once. WHEN is happening simultaneously, like past present, and future.
- **Remembering HOW you are** is how you came to be, questioning the nature of your own existence and infinite Source energy. You begin to open up to asking bigger questions about how we came to be as humans, how the creative Source functions, and how it chose to seemingly differentiate itself to have different experiences so it could better understand itself.

**You will come to know how you operate**, how reality of the world in this dimension operates, how all the dimensions function, how light and pulses and waves and particles function.

**You will come to Know how this divine Source energy flows through everything** and creates, spins, gyrates, moves forward, and is still—as it needs to be, as it’s experiencing its own consciousness.

**Therefore, Remembering who you are is much bigger than just putting the pieces of your own unique life back together**—including your many lifetimes, and all your experiences and memories.

**Remembering who you are is remembering that you ARE THE ALL**, and have God-like abilities because you are Source Creator, itself creating.

**You are creating your experience, your reality and your life around you all the time.** *We are Source itself. And Source is us.*

# You're Creating Your Reality & Consciousness Every Moment

*You are consciousness creating itself and having the full experience all at once.*

**You are creating everything around you in your field of resonance and reference.** Lose the small identity of self and ego, and gain the fuller connection to the universe. Begin to see your purpose to connect, then help, others remember their mission and true self and gifts. Go within and find yourself, and you will reconnect with all consciousness. What comes from within you should be what you want—you have a decision and responsibility to find then do that thing that is your calling, which becomes your awakening. Detach from everything and listen to your inner guidance. Trust in yourself that you will know what to do, how to create, and how to navigate reality and consciousness in new ways, as it's occurring. Consciousness is not what you look at, it's what you "see", feel, experience and interpret. You are creating your own experience of consciousness every moment, because you are consciousness creating itself and having an experience.

## Everything Is an Aspect of You

*Everything is an aspect of you, and you are an aspect of everything.*

**All the Guides that you connect with are aspects of you in different form doing different things.** All other people, Nature and Creation itself are an aspect of you in varied form and shape. You are already connected to everything because you share the same light frequency, energy, and atomic structure—similar material, similar make up like crystals, minerals and water. You are MADE of the same thing, but you actually ARE the same thing having a simultaneous experience of differentiating itself into other forms, so Creation could "see", experience and Know all that it is.

## The State of Being—an Awakened State of Consciousness

*The State of "Becoming" versus The State of "Being".*

**Becoming is the process. Being is the actualization of the process.**

*We are StarSeeds-BECOMING, shifting into to StarSeeds-BEING.*

## The State of Being in the New Way

**The new world that we are opening up to is itself a new way of BEING.** It's a new consciousness that we are opening into collectively, so that we can begin to have a collective experience of experiencing and creating things at Will. This is what will happen in the very near future, as we become conscious Creators of our individual and collective world.

**How we are "Being" is not what are we doing or what we should do**—it is how we are BEING in the state we vibrate in AT THAT MOMENT. We are all Light frequencies, taking form in different ways. We can choose consciously, individually and collectively, to shape our cells and the world around us in any way we choose. This has nothing to do with ego or manipulation, this is the joy of creating for the sake of creating.

**You already have all you need. Just live and Be.** Then you connect most deeply with the creative force of nature and everything because you're just doing it. You're not analyzing it or doing anything other than living it. *Become entrained in nothing, and in-tuned with everything.*



## ACTIVATION TOOLS: TO FURTHER AWAKEN YOUR CONSCIOUSNESS

- *Don't be influenced by anything happening around you—do what you do by choice and see your own results. Don't tangle up your identity with anything, just be yourself.*
- *See yourself as life itself—then your perception will explode.*
- *Do everything by choice...to unplug from external stimulations and get into your inner flow state all the time—then things are manifested as needed, easily.*
- *Release attachment to producing, delivering, consuming and working. Just be.*
- *Release all judgements of others, self, reality, conditions, situations—continually raise your vibration.*
- *Don't get distracted or overstimulated by outside forces—tap into your infinite vibration.*
- *Use your mind and thoughts to discern what the Truth is in any situation, then use your instinct to sense what's really going on, and use your heart to feel and create your deeper understanding of the experience.*
- *Remember that all life is just an exploration of reality and consciousness as an experience.*
- *Nature has given you the freedom and free will to be, do and understand anything in any way you choose.*
- *Don't get stuck in a replay of the past, of old memories, emotions and experiences. Release and reframe them...experience being in the NOW moment—experience the world in a different way.*
- *Don't concern yourself with the past or the future—release all fear and open up to a new way of experiencing yourself and the world.*
- *Remember that you are not your circumstances, this is just what is playing out in your field of reality. You are a vibrant being of energy. Shift your vibration and shift your situation.*
- *Release your attachment to, and ruling of, your energies by releasing your connection to constructed reality by outside forces—time, calendars, dates, work concepts...all the things we have been entrained to follow in our modern society.*
- *Let go of survival mechanisms and useless, outdated systems, protocols and processes that have been created by others, and get in touch with higher frequencies and flows of life.*
- *Find joy in the activities of learning, creating, refining and connecting.*
- *Have a seeking spirit and reactivate the energy within, get into your flow state and learn to maintain it, which will further open your consciousness.*

- *Get back in nature and get back in tune with your natural flow of energy and your unique experiences. Feel yourself expanding.*
- *Remove the veil of limitations you have allowed yourself to place on yourself, and open the door to your full consciousness. Become awakened and alive with life.*
- *In our daily life in current society, we're bombarded by thousands of bits of information and senses, we get overstimulated and are forced to only focus our attention on key parts that support our daily life. Reduce external stimulation and simplify your life. Get in tune with the nature flow of energy and conscious through you.*
- *Become less attached to the physical realm and get in tune with your soul's possibilities and your spirit's existence. Open up to your higher senses of perception and you will see the functioning of consciousness in new ways.*

## **"The Collective" & Working Together**

*A return to Unity, Collaboration and Oneness*

**We must return to the original language, the universal Language of Love, Light, and Unity, that everyone knows,** and shift back into a collective, beneficial group mind, while simultaneously maintaining our own unique frequency. As we are evolving individually, we are also part of the human collective rising together in frequency in our evolution of our times into the New. *This is Oneness.*

### **The Collective Consciousness of Humanity**

**"The Collective" is the collective group of all Humanity,** in tandem and in partnership with all living things. The Collective is also a Universal Consciousness that all living Beings, including all Humanity, are directly connected to. What one Being thinks, feels and does affects the Collective. It is a force of energy that connects everyone. It is the Universal Database of energy and information, the akashic mind that everyone contributes to and everyone is affected by. It is constantly changing as each Being changes. This energy is us, and we are this energy. This energy is each of us individually, and we are all of it. It is a function of morphic resonance, all energy morphing and resonating with itself. *We Are all part of the Collective...it is a source and a storage of energetic consciousness.*

### **We're All Connected in the Resonant Field of Consciousness**

**Humans are conductors and transducers of energy.** We are receptors and producers of frequency. What each puts out, each individual receives. We are an aspect of the Collective Consciousness. Consciousness is what connects all of us and everything to the Universal Source. Consciousness embodies everything. *We are vibrational Beings, sending our and receiving energetic signals to and from the world of Being.*

### **The Journey of Life Is Both Individual & Collective at Once**

**As we continue to walk our own path, we need to support each other in this journey,** as we also need the encouragement of others to persevere. We need to recognize and "see" others in their unique state and honor their being, and we need to be seen and recognized for who we are being. *This is the mutual law of respect, and the law of mutual respect.*

## We Are Unique & the Same at Once

**We are different individuals, with a universal desire to be accepted for who we declare we are.** And we are all from a common, universal Source and share the same need to love and be loved, the desire to make deep heart connections. *We are all strings and filaments in a colorful tapestry created from a common thread.*

## We Are Separate & Connected at Once

**We are individuals that function autonomously.** And at the same time we are inherently connected in our essence and our physical and spiritual make-up. *There is unity in diversity, and diversity in unity.*

## We Beat With the Pulse of Life—Distinctly & Collectively

**Our hearts all beat with our own unique rhythm.** And still, all hearts beat a similar rhythmic pulse powered from the same source. When we're together collectively, our hearts begin to find their center of balance and generate a common resonance, a common pulse.

## The Divine Light Shines Within Each & all at Once

**When you see the divine in yourself, you will recognize it in others.** And when you see the Light in others you will understand this as a reflection of your own internal Light that shines brightly. The Light is a great unifying force of energy that runs through everything, powers everything, enlivens and invigorates everything, and animates everything. *The Light is a living source of energy in all.*

## We Are Distinct Units & a Coherent Whole at Once

**Humanity and all living things are distinct units of creation.** And simultaneously, living beings are all part of one body of the energy of Life. *We are individualized Beings, while being one and the same.*

## We Are in Tune With Self & Others at Once

**When we harmonize with the world, we become balanced and our energy flows smoothly.** When we find our internal balance, we can open up to harmonizing with everything. *Everything works together.*

## Humanity's Collaboration in our Ascension Journey

**During this Ascension time, we are in the energetic process of re-collecting all fragmented parts of ourself,** of our human differences, all the highs and lows of our life experiences, and coming back into balance. We are restructuring and building a new way of being, living, connecting, rejuvenating, functioning and operating...at all levels of our human experience.

**Your personal journey is important to figure out individually, on your own—**while you are also connected to the bigger realm of humanity and life itself. We are all helpers for each other along the way of becoming, expanding and evolving our consciousness, our world and our state of being into something new. We are all experiencing some form of the shifting of energy, universally. *We are all in this Ascension Shift together.*

## Shifting From Personal To Universal States of Functioning

*We are never truly alone. We all walk together.*

**We are moving from a state of Self-Focus** (our service-to-self only), to a state of unification of the One (our service to assist others), then into a state of Oneness (unification of all).

## We Are Partnering Together on This Ascension Journey

*Everything works together because everything is in communion with everything.*

- Partnering together with other people, our communities, friends, partners, family.
- Partnering with Mother Earth, the plants and animals, and all beings that walk the earth.
- Partnering with our Ancestors, our personal Guides, and our Higher Self.
- Partnering with energies in the universe, matter, consciousness and Light.
- Partnering with the Star Nations and other high dimensional frequency beings.
- Partnering with the Source, with Creator Spirit, with the spirit world and Creation itself.
- Partnering with all aspects of ourself, all things in of our physical body, our mind, soul, spirit, will and life force.

## Engaging in Collaborative Efforts Generates Energy

*Collaboration is consciousness reuniting with itself.*

**When we work for the benefit of others** while we are raising our own personal vibrations, there's an energy that gets charged. The universe wants us to be in harmony, in balance. When we come together and focus our energy together the result is exponential. It is an expression of the force of love, coherence and unification of Love and Light. It is pure potential generating its own energy. The collaborative, collective energy has consciousness, and it IS consciousness flowing in new directions, creating force.

## We Are Truly in This Creation Process Together

**It will take ALL of us to create this new World we are manifesting now.** We have come together at this moment and in these times to activate each-other, to learn to become the best aspects of our innate human Being-ness—fully activated, fully alive, fully conscious, and fully connected. Then we begin to partner more deeply with the earth, other beautiful beings and the pure energy of creation itself—to co-create new things, new ways of being and living in this new world we are manifesting.

**This is why it's imperative that each of us work together.** When we do so we are activating the other dormant codes that exist in the other person, and they in us. This happens through human exchange of energy, communication, companionship, sharing and discussing concepts, sharing our unique perspectives with each other, and sharing our stories and life experiences. By connecting with others, naturally we awaken something in others and in us. The key is to honor the other's perspective as a different way of looking at things. Then, when we share we fire up something new, some new thought form or energy that later becomes tangible in some way. This is a new Creation between people. This is the same occurrence when we connect with animals, the land and other types of things.

## Creating With Others

**In our society, we've been mistaught to believe there is an "other" from us,** which creates separation. This forces us to take a side and forces us to name and define our self in limitation, like an identity, career, or intellectual position.

**Everything in nature and in life is intended to co-exist peacefully.** This can only happen in your own life experience when you honor everything exactly as it is, honor everything else as-is and honor yourself just as you are. Then you "partner" with an "other"—you partner with an idea, vision or creative impulse...and get inspired to evolve it into something new. This must be done with love and good intention for the positive outcome for all.

**When you function and live this way with high vibration, manifestation is easy** and you begin to experience a much higher vibration world. *By living this way, the higher realms easily appear.*

## We Are Becoming Master Creators, Collectively

*We are relearning the ways of Being Master Creators again. Collectively.*

**Here on earth now, and in the New Earth we are shifting into,** we are experiencing a type of energy training and a hands-on learning process of becoming Master Creators, and Master Manifestors in our own unique ways. We are collectively shifting our frequency and vibration into higher dimensional realms, while in the physical form.

**This is one big experiment of life that has never occurred before in the history of any planet or star system.** And we are each part of the journey. You become the conscious creator of your life as you begin to quickly master your Self—your inner self, true self, higher self...as you deepen your connection truly and authentically to everything in the world.

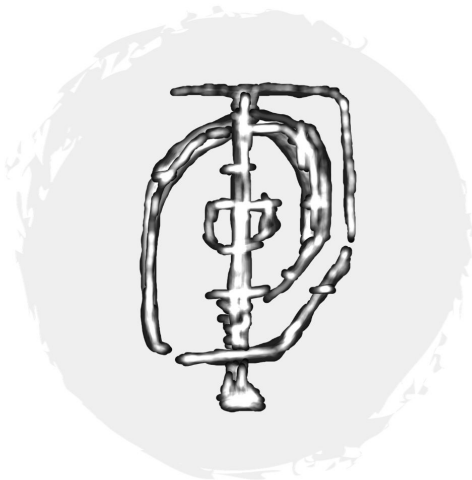
**The world is alive, and is waiting for you to become a co-creator of your future,** of human destiny, and of the future world we are creating into.

*We are becoming our Creations.*

## (4) THE REMEMBERING:

### *Remembering & Knowing*

*The Remembering, Reintegration & Knowing All We Are*



(MA-KI A-NU)

- The Remembering Overview
- The Divine Integration of Putting You Back Together
- Re-Create To Re-Integrate Yourself
- We Are Collectively "Re-Membering"
- The Memory of our Connection to Everything
- We Are Ancient Beings in New Temporary Form
- You're the Code Carrier & Writer of Your Own Destiny
- Remember, Awaken & Utilize Your Gifts
- "Knowing" Is a State of Being That Informs Everything



# The Remembering Overview

*We Are "Remembering" & Returning To An Original "Knowing"*

## Remembering Who We Truly Are

*Remembering requires your Awakening.*

*The Awakening of the Divine within. The Awakening of all your memories.*

**Remembering is a state of Being**, activating the dormant memories of you and your life and what is really possible. Ascension is an ongoing process of raising our vibrational state back into an original remembering of all knowledge that "is", so we can reunify all codes and energies that have been fragmented in our diversification. We can work together to evolve into new possibilities of Living and Being—while honoring our unique personal expressions, diversities, skillsets and abilities...our creative expressions of the uniqueness that is resonant in each one of us.

## Knowing What Just IS

*Knowing is the integration of all you Remember. The Remembering of all you Know.*

*Knowing is a feeling that you just... "Know".*

**When you deeply understand something, it becomes a "Knowing"**. Knowing comes from your personal life experience of living your life, acquiring life lessons, wisdom and understanding. Knowing is also awakening to what you already Know inside of you...that you have carried with you all along. Things just click and make clear sense to you. It's instinctive, is a confirmation, it's a consecration, it's an inner Truth to you. Awaken your true self, and shift from knowledge of things into a Knowing. Knowledge comes from outside of the Self, either from the world, or from "up above".

**A Knowing is WHO YOU ARE**. It is not new information, but rather an awakening to your true Self. Someone who has not awakened to their true Self has a difficult time understanding this. They believe it is just knowledge, a different set of beliefs. Someone who Knows has integrated all aspects of something fully within their energetic field. Knowing is a deep, inner feeling coupled with wisdom and experience. When you feel it, you will understand then Know it. It creates an inner calmness because you have come to Know that everything is happening exactly as it does. When you "Know", it resonates as Truth to you, and helps you connect back to and Original Knowing of everything. It's an inner Knowing, that later becomes a balanced way of living.

## Divine Integration—Putting YOU Back Together

### "Re-Membering" Yourself Is a Divine Integration

**Re-membering yourself is a divine integration of putting YOU back together**. You are a multidimensional being, and every aspect of you must awaken fully, together. Awaken, awaken, awaken. Awaken to your inner Knowing. Your inner Being. Your inner Codes of Creation. Your inner Wisdom. All aspects of you must work fluidly together: mind, body, soul, spirit, and etheric—they must all be awakened and communicate with each other. Unlock the Potential and the Truth inside you—re-join all aspects of you. *Begin to put all the best aspects of you together—and become whole once again.*

## **These are the forgotten and fragmented parts of yourself:**

- Your desires, experiences, learnings, memories, thoughts and feelings, your many lifetimes and forms you have expressed into, your tests and joys, your past/future/current selves.
- Your earthly selves, your elemental selves, your cosmic selves.
- Your DNA strands, all Light Codes and photons of Light—awaken and string them together in the correct sequence.
- The masculine and feminine energies within you—reunite them in harmony once again.
- Your whole self has been fragmented—merge your spirit/mind/body/soul/etheric together. unify your spiritual and physical nature.
- Your Light Body—reconnect it with all other your energy bodies (etheric, mental and emotional).
- Your connection to earth, humanity, nature, starBeings, energy and creative source power.

**Remembering is the bringing together of temporarily fragmented parts of yourself**, reintegrating all elements of something back into a whole...reuniting the “members” of things—getting all your body parts and systems to work together harmoniously, rejoining aspects of your consciousness, mind and spirit that have been isolated from each other. Bring these pieces of things together so they work holistically in unison, while at the same time maintaining their unique states of being.

## **Reconnect Yourself in all Ways**

**Bring all the pieces of you back together, listen to your soul and your Higher Self calling...**and re-member all that you are. It's the fine art of being human, and Being You. Then you can create what's needed and desired from that place within. Awaken yourself, awaken your gifts, and manifest onward. Get reconnected to everything. To move forward in a beautiful way we must deeply connect to spirit in the physical, and to energy within everything—the earth, other people, the world, the cosmos and our with other galactic beings. *Remember your deep connection with all Beings.*

## **Re-Create To Re-Integrate Yourself**

### **You Are Recreating Yourself in Every Moment**

**You create yourself through the reintegration of all that you are.** This is the reintegration process of becoming all that you are, all you were, and the full potential of all you can be and choose to be—through your own creations. Revitalize the importance of putting yourself back together. It's important to take the time to hear your own internal voice, to rest and reflect, to understand a deeper meaning of life. Put the pieces of you back together—reassembling all of your assemblage points throughout your body, mind, soul and spirit. Make meaning in your life—your life itself is creative act of experiences, actions and reflections. *Create your life consciously at every moment.*

**Realizing and integrating all that you are is part of your mission of being human.** You are one seed in the tree of life. You must plant yourself well in a grounded area, then water your gifts and allow yourself to expand and grow into the full tree that bears flowers and fruit. You are the being that is expressing itself at all time. Bring back to life your eternal Spirit that has been in a state of sleep and slumber. Resurrect your life force completely through the union of the body, mind, soul, spirit and etheric nature. Reawaken your true self from within, and reinstate your wholeness. *Remember all you have been...which creates your present...which defines your future.*



# Conscious Wisdom Is the Unification of all Aspects of You

*The unification of all of YOU is an energetic equation:*

*Learning + living your life + experiencing + finding, listening to, and singing your own song +  
reflecting on your actions and interpreting their value +  
creating from your unique gifts + sharing your gifts with the world  
= conscious wisdom.*

## We Are Collectively “Re-Membering”

### Bringing It All Back Together To Create Anew

**We are all “re-membering”**—brings all aspects of ourself back together in unity. Right now, we are all experiencing a kind of synchronicity, in one way or the other. The energies that are happening on the earth, in the cosmos, around us, and within us...are calling us to raise our frequency, and open our connection to the force of creative energy that exists in everything.

**The remembering of this, and what this book is truly about, is a reminder of what we already Know...**It's an inner Knowing. It's a conscious Knowing that we already have full access to all the energies of creation itself, and all we have to do is remember what we already know and feel deep inside. Each one of us is coded with the seeds of light and consciousness.

### What We're Attracted To Is What We've Experienced

**When we are attracted to something, it's less about learning something we would like to know and add to our knowledge base,** it's more as though our higher self guided us to be attracted to something that we need to remember what we've done with this particular thing...whether it be an activity, a career, a vibration, or even a thought form. Then we continue to perfect it as an artform.

**We are right in the middle of a huge Ascension process...**and many people don't even know this is existing. Those of us who have awakened to the point where we are conscious of this, are starting to learn and utilize these new tools that have always been available to us. It is truly an awakening from within. You, too, have these abilities already integrated in your full spirit, soul, and body. You need to just shift your frequency and start experiencing them as they are happening.

**The “Remembering” it's less about remembering a thought form or ability or past life, experience**—and more about bringing together into full consciousness all the experiences that you have had in all your lifetimes. All your inner “people” are aspects of your being that you have been...and all the life experiences and memories that need to be integrated now—into your full, conscious self in the physical, on earth, right in this moment.

**The “Remembering” is really more about reconfiguring elements of you and getting them to know each other in a new collaborative way, and work together.** This happens with the mind, soul, Spirit, body in the third level, and it also happens in a past, present, and future timeline. You are simultaneously existing on numerous dimensional levels.

**There are many aspects of you happening at once.** Once you can understand this concept, a little deeper, just by doing so, you begin to open your frequency to the possibility that this is actually happening and it is very real. Then, once you acknowledge this awareness, there is a smooth opening of a kind of portal of energy within your core being...to start to see these things functioning holistically in your life and around you.

**Then you can choose to go deeper and explore these experiences,** and start to utilize various energies, guides, Tools and functionalities in a new way of living, where you are consciously shaping your existence and your life experience. You can start to reframe your concept of your self, the Self, live and reality—to observe, analyze, and reorganize your belief system, your perspective on life itself, what you feel about yourself, what you're capable of—and most importantly, what energy is, does, how it works, and how you work with it.

**You are simply a Being of Light.** When you understand this, and can literally tune in with that light that you already are, you can create what normal human beings would consider to be miracles. It's very easy.

## The Continual Journey From Remembering to Higher Knowing

*The Ascension Process is a journey from Remembering to Knowing.*

**We are continually evolving in many ways**—re-mem-bering (putting back together) different aspects of ourself that then becoming an inner knowing inside of us. There are different stages of development and integration of information. These are generally sequential, but the order can change based on what activity you are doing. And often we may move through this process and need to overlay or backtrack earlier steps to fully integrate something.

**The journey to higher “Knowing” is a generally sequential process through various stages:**

- Receiving information and impulses
- Awakening
- Remembering
- Activation
- Releasing
- Learning & direct experience
- Utilizing what you learned
- Creating & manifestation
- Reflection, understanding & integration
- Inner Wisdom
- Inner Knowing
- The Becoming
- The Being
- The Full Embodying
- Higher Knowing
- High-frequency vibrational living

# The Memory of our Connection to Everything

## The Ascension Process Stimulates our Memory of Connection

*It's a Remembering that becomes a Knowing.*

**The Ascension process is stimulating the memory of our connection to everything.** Realize you are already connected to everything you need. We are already fully connected to the universe and to all the answers we seek to fulfill us. When you can feel connected to who you already are, and what you are, in all that you are...a whole new realization and a whole new world opens up. Your life just makes sense at that point. The spiritual and etheric veil is truly lifting now. Mother Gaia's rebirthing into a higher dimensional/vibrational state. She's rebirthing and remembering herself and her purpose...and we are riding along with her.

**The galactic tunes from various universes and solar flares are reawakening ancient memories** within the stardust, photons and elements of the essence of our human self. Remember your connection to all dimensions, all formlessness, all states of matter, nothingness and Being. We are piecing back together all things that had been temporarily separated in our consciousness, and awakening to seeing that all is One.

## It Is a Ceremony of Remembrance

*Remember We Are All Beings of Light.*

**Living with a higher awakened state of Being reactivates our full conscious memory and inner Knowing is a Ceremony of Remembrance**—reconnecting with all that we are so we can leave it in the past and move forward with our mission here now in this world and in our future. All polarities are being united—dark and light, feminine and masculine, high and low, in and out. Heal yourself, reintegrate lost and missing and dormant pieces of yourself, then with others and society. Clean up mother nature.

**We need to find our rebalance and center back into our true connection with creation, nature, mother Gaia, and our starry ways.** This is a Way of the Heart, a Way of Light and Energy, a pathway of self-empowerment and a Way of stimulating a full Remembering and a Knowing of full integration of all you Are, have been and will be. We came to the earth to remember who we truly ARE, have been and will be—and choose an active state of Being fully conscious, creating and feeling all emotions into new manifestations of our making, individually and collectively. We Glow.

## We're Ancient Beings— in New Temporary Form

*We are bridging Ancient Ways & Modern/Future creations, worlds, and US.*

## Remember—We Are Ancient Beings in New Form

**We all carry the universe and our own personal storylines within.** We come from the stars, we are made of stardust, we are made up of all the elements of nature, therefore we are deeply connected to the All—at a micro level in our photons and cells, out and through our etheric and cosmic connections to the source of creative energy itself. *We are all that.*

**We are awakening ancient memories stored in our emotions, thoughts and dreams.** We are remembering all that we have been and all that can be, individually and collectively. It's a reintegration, a circling-up of all experiences, timelines, lives, worlds. We have been many Beings in many places in many ways, experiencing ourselves as form and formlessness—experiencing and living a spectrum range of magnificent, happy, mundane, mystical, simple, tragic and phenomenal life experiences. Now we are literally given the Keys to the Kingdom. It is our time to Create on our own. We are beginning to Remember. Everything is connected, everything works together. We are all rebuilding ancient pathways to show a new Way, literally, within our mind, body, spirit and soul, as well as our shaping of reality.

## **"Re-Member", "Re-Collect" & "Re-Activate" Your Ancient Codes**

*Re-Member, Re-Collect & Re-Activate your ancient codes... to create your future destiny.*

**Ancient-Future worlds are reuniting now in the world, and in you.** We are truly bridging ancient wisdom, tools and ceremony with modern times—in a kind of full integration of vibrations into our daily lifestyle. We are re-merging all the pieces of our lives back into one frequency of our Being, and ultimately the collective frequency with Source. It's an arduous and rigorous process to elevate your consciousness, and it's so worth it. We have chosen to descend into the shadow worlds of unknowing, forgetting and altered states, so we could have the wonderful experience of raising our consciousness from scratch, by ourselves, empowered, in our own unique way. I believe this is the true gift of Source energy, trusting that we know how to do this...and can do this.

**Remember all you have been and sync with your current self.** Each of us is re-integrating all of the beings that we have been—in our genetic lineage, our past lives, and our Star Ways. Planetary systems we've existed within are higher realms and higher selves in various dimensions that are functioning simultaneously in this now moment. We are here now to fully Remember Who We Are and integrate our highest spiritual self within the physical body. To be fully spiritual and physical simultaneously. We are blending higher aspects of our self in this physical realm as we are shifting dimensional experiences.

## **You're the Code Carrier & Code Writer of Your Own Destiny**

*Become The Code Carrier & Code Writer Of Your Own Frequency*

**"Re-Membering" means to put the members, or groups of things, back together.** It's not about going to the past to remember what happened, It's about using the feelings and memory, and putting the parts of you from the past together within you. Inside of you, you have different parts that are separate, as members, or memories...memos to yourself. These are ancient codes that your body, soul and spirit have lived and experienced. You have to reintegrate them all within you. Awaken them, activate them and reassemble them into one unit that is You. Rearrange them in the proper order so they function correctly for you. *You carry and write the codes of your own frequency & destiny.*

## Fine-Tune Your Energetic Frequency Codes

*Re-collect all your energy codes, thoughts, feelings, experiences and learning.*

**It takes effort to fine-tune your frequency.** Hone in your mind, your thinking, your emotions and your will. Harness your own power, and focus it upon a particular event or action. This effort does not need to be hard as we have been hesitant to understand it—through cultural programming.

**We've been taught that work is hard,** where we feel that everything has to be difficult and beyond our reach—that somehow we will never truly attain what we truly want and need. This is a false distraction, and a misunderstanding. You already have deep inside of you everything that you need to create anything you want, at any moment for any situation or reason. We are all awakening and re-learning techniques and ways or states of being we have always known...bringing them into full consciousness now to create the NEW.

**Choose to gather the forgotten and fragmented parts of yourself back together from this current life,** past lifetimes and cosmic experiences—and realign them internally to be complete and whole one again. We must embody our full selves at this time. Individually, each of us have had various experiences thought many lifetimes that we now must fully re-integrate. Enjoy the process of becoming more of who you truly are...as you need, as you wish, so it shall be. Everything is possible in this now moment when you know how to tune in with these higher dimensional states of consciousness, and utilize them as tools to create whatever you feel. *Remember all your hidden, dormant skills and abilities, how they work and what to do with them.*

## Remember, Awaken & Utilize Your Gifts

### We Come to Earth Fully Intact With our Gifts, Skills & Desires

**Each of us comes to planet Earth fully intact with unique skills, desires and gifts beyond our understandings.** Activate your skills of Creation to create new blueprints of existence at all levels. Every person has been coded with these seeds of creation (some more aware of this than others), to be effective and fully expressed as the Creator Source in fully glory. *Remember your gifts & use them.*

**We are truly being given the "keys to the kingdom" of all wisdom—to become full manifestors of creation from the heart.** Awaken your special gifts fully now, just by being YOU. Find out what you are good at, find out what attracts you and pursue it...this will further awaken your remembering of what you have accomplished in the past that you can build upon now into the future. *We are eternal Creator Beings of Light. Manifest as you wish.*

## "Knowing" Is a State of Being That Informs Everything

*The Knowing is a state of being you arrive at... that informs everything you are and do.*

**Getting to fully "Know" something about yourself or the world is a state of Being you arrive at** thorough your life experience and deepening your understanding about something in many ways.

**When you “Know” something about one aspect of something, it is a tool that assists you in Knowing more about other things.** It creates a consciousness-awakening chain reaction. Knowing is something you build upon over time through your evolution. When you Know something it opens doors to learning and knowing more. It is a deepening of wisdom, a deepening of your understanding that all things are connected, and a deepening of your evolutionary process of your Becoming, and then Being, a conscious part of the cosmos.

## **Know Thyself—Realize & Know Who You Truly Are**

**The most important thing in managing energy changes is to know who you are.** We do not require any outside technology to do this since we came here with everything we need. We can have tools to aid us—but the tools work in tandem with what is already inside us. We must self-activate, self-realize and self-interpret, then take self-action to become who we truly are. Get to know your inner truth—whatever rings true for you at that moment. That is your Knowing. Trusting yourself allows you to Know what your Truth is. Trust your Inner Knowing. Create your own meaning in life. Everyone has a unique individual Truth. Our belief systems can shift and change over time. Looking forward, we create something new by our present way of being and our current thought forms and actions.

**We don’t really truly understand something until it’s completed, and then we can look back and give it purpose and meaning.** The key is that we can shift our understanding of what happened in the past experience by shifting it in the present—we can actually re-create, rebuild and restring the meaning around the experience and the feeling around the experience thereby actually modifying the experience itself in our past.

**Get to a state of Knowing that you are connected to everything.** Know your value in life. Know that value exists inside each of us. Then we can assist bringing everyone together, as each individual realizes this understanding. When we realize collectively who we as humans are and how we are connected, we will return to a state of oneness and wholeness. Then we can transcend this world back into a high vibrational state of life, living and being.

## **Continually Evolve Your Knowing Into Your Being**

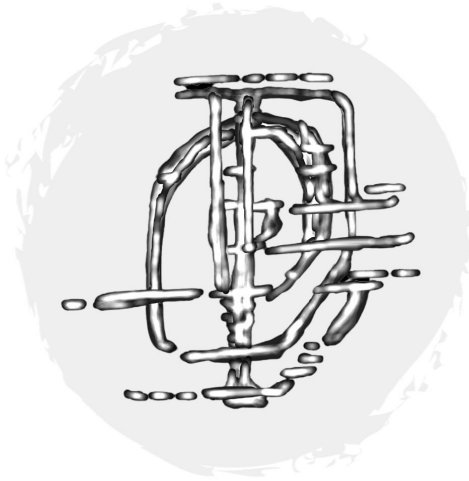
*Get to Know yourself. Learn, experience and Know the workings of the world, of energy, of love, of life.*

**Get to know all about how things work and function,** what the motivations are during any creation and manifestation of things, and come to know the motivations behind people’s actions. Learn, experience and Know how nature flows and moves, how Creation creates, how the planets spin, how the cosmos functions. Get to Know how things work, why they do what they do, and how they uniquely express themselves. Then you are on a clear path to continually Knowing, and Becoming One, with everything. Get connected to the all. Remember, reintegrate, develop, live, know and evolve. *May your journey be joyful, wildly creative, and full of abundance in all ways.*

## (5) THE BEING:

### *Moving Into The Future Way Of Being In The New*

*Our New World, New Consciousness, New Earth, New Human, New You*



(MA-NA KU-SA)

- The Being Overview
- The New Earth
- The New Human We Are Becoming
- The Star Children & Star Kids
- You as a Master Helper: Various Roles of Service
- StarSeeds-Becoming-StarBeings
- New World & New Society—a New Golden Age of Light

ॐ नमो भगवते वासुदेवाय  
ॐ नमो भगवते वासुदेवाय

# The Being Overview

*We are co-creating a new future that we are all evolving into now.*

**As we continue to shift everything through our individual and collective Ascension Process, we are manifesting a new reality**—a new earth experience, a new collective world experience, and new aspects of ourself are evolving quickly. We are stepping into new ways of being and living. That near-future world is already prepared for us and we are collectively creating the etheric blueprint architecture of what we will experience. It is already here, we just need to become fully aware of its existence and our involvement in creating it, then live into it.

## Preparing for a Beautiful Future

*Everything is shifting...into an experience of a new world of our making.*

**See an alternative future of your own making that is joyous and free.** Many people can't see visions of the future because they are stuck in the past, in a kind of mental and emotional time loop, often with their emotions from past memories. They are living in holding patterns in their past, which keeps that energy stuck in the present, through regret, disappointment and judgement—building current life upon past experiences, social events, cultural experiences and learned customs over time in their many lifetimes. It's important to look at the past as an experiment and glean what was learned, then resolve it and move forward. The future appears very bright. Knowing this will assist you in riding the wave of energies into higher frequencies we are all experiencing now, both unconsciously and in conscious awareness.

**We are active participants in shaping our near future reality and new realms we are bringing into being in our collective human experience.** Become more aware and knowledgeable about this new world we are entering into, then begin to work with these new energies in a conscious way to create a beautiful life. The world is alive, and is waiting for you to become a co-creator of your destiny, which is the future world we are creating into. We are stepping into a beautiful future...engaging and hurling into it, spinning into it, unraveling and opening up into it. In this new world, people will experience life in a new way other than how we currently experience reality, society, culture, and normality of daily life. The New World is of our making, collectively. *Let's make the New World a wonderful place to thrive.*

## The New Earth We're Transitioning Into

### New Earth Is Already Here—Just "Step Into It"

*Just step into it and Become it.*

**The "New Earth" as many understand it is currently already here in our realm**—we only need to adjust our perceptions, thoughts and feelings into it and create a new instance of our lives and identity every moment. There will be many new things to experience as we shift into the New Earth. Open your consciousness and heart, and it becomes clearly visible and easy to experience. It's a state of Being that you just "step into", and Become and Be. *It's already there waiting for you to Be.*



## The Earth Shift Into Higher Consciousness Continues

**Earth is a Being that's shifting into a new frequency.** The earth is shifting into higher states of consciousness, together with all her inhabitants, as a collective action. New Earth is earth vibrating at a higher frequency level than before. Aspects of the New Earth are already here in other dimensions—we will have the experience of walking into a new place, but it's really a different frequency.

**Our experience of the physical world is shifting**—we will begin to experience physical matter in a less dense way. We will begin to see spiritual energy within everything, and work with these frequencies in different ways, like we used to do in ancient times. The Earth is a conscious being who is raising her vibration and becoming more connected to other planets in the universe. Gaia is recalibrating her frequency, so that everything on, and within, the planet is beginning to shift back into a higher state of consciousness. As humans, we will experience life, earth, and nature very differently, and be able to communicate with nature on a higher level. We will begin to consciously partner with the earth to create beautiful things in a new way.

## Earth's Appearance & our Experience of Earth Will Change

**Earth's appearance is changing drastically.** All nature will illuminate itself from inside out. We will be experiencing all of earth and nature in new ways. We will be able to hear, see and communicate with nature, animals and the earth in new ways. Due to the shifting of the earth through these Ascension times, the landscape will begin to appear very different. Many ancient treasures and artifacts will continue to be brought to the surface and people will utilize these in new ways.

## New Energy Coming From the Earth

**There will be a continual pulse of energy coming from the earth** that all living beings will tap into regularly to refuel. We will take great care of the earth and support her by giving her sustenance through our thoughts and feelings, prayers, toning and natural offerings to keep her vibration high.

## New Energy Coming Into the Earth

**There will be a new sunlight coming into our atmosphere, with much stronger light**—and we will rejuvenate our natural energy flow from this sun. This sun will power the crystals in the earth and in our bodies that are already there, and there will be designated crystals that operate as generators with caretakers who keep the vibration of the crystal humming. There will be clearly designated natural power spots on **the land** that everyone will know about where we go and get rejuvenated and rebalanced.

## The Earth Will Be Abundant With New Growth

**Many new types of vegetation will begin to grow** that will be calibrated to our light bodies in a higher vibration. Humans will be able to talk to the plants and work symbiotically with them.

## Humans Will Partner Together With the Earth

**We will work with Blue etheric energy that's the building block of matter**—and will work with this etheric energy within our bodies, within the cosmos and within Earth to manifest and change many new things.

**We will be able to directly feel the heart of Earth as a Being**, and feel the beauty of nature directly within us.

**We are here to assist Gaia in ascending into even higher states of being.** We were all here in the beginning of Creation in many forms. We were also those beings who architected the earth and human templates.

## We Will Communicate With Earth Through our Light Body

**We Will Communicate Directly To Earth With Energy from our Light Body.** We will be deeply connected with the earth, and each person will feel everything, sense her needs and work together with her.

**We will begin to collaborate with nature more**—we will partner with the elemental energies to create new things, partnering with various natural species to call create. We will work with the forces of creation that flows through everything in new ways through consciousness.

## We Will Change & Partner With the Animals in New Ways

**We will partner with all animals and connect with them from the heart.** We will speak and understand their language, and they will understand us...through heightened senses and telepathy.

**Sacred white animals as representatives of each animal tribe** will appear and work together with humans. We will partner with the Whales, the original code carriers, to retune the energies of earth and the codes of creation.

## Overall Transformation of Earth

**Earth will totally return as a free-will planet for all.** Earth will return to a divine, garden-of-eden state of beauty and abundance.

## The New Human We're Becoming

*Awaken yourself. We will experience full enlightenment... and be literally lit from within.*

## "The Awakened Human" Is the New Human

**The New Human is what we are becoming**—as we transition our body and etheric templates into a new form of existence. Here is just a sampling of what I've been shown about our future selves:

## We Are Becoming New Beings

- **Within our body we are awakening to our inner abilities.** Our DNA is shifting and being reconnected fully, our internal frequency and the spin of our cells is activating.
- **Our light bodies are coming online** and being reconnected to everything in the universe, and our higher senses are becoming available to us.
- **We are awakening from within to higher abilities** that we will use in this new world that we are walking into with full consciousness.
- **We are developing into new Beings.** It's all personal—each person is creating their own experience of themselves and of Life. We will fully integrate of all our selves—this life, past lives, past planetary star nations, and instantly tap into our memories and experiences as we need to.
- **We are successfully blending the masculine and feminine aspects of ourselves**—within the body, within the energies of our new society.
- **We will be able to easily work with our personal Guides & tap into any Guides,** information and skills as needed for assistance in what we are doing.
- **We will be able to focus on further developing our unique skills** and fulfill our true soul's purpose in everything we choose to do. We will continue to develop new ways to evolve our species. We'll be able to connect with an individuals' original etheric blueprint and retune it as needed.
- **Our souls are awakening to their deeper purpose, unique expressions, and new states of Being.** We are becoming realigned with our unique abilities and personal expressions of our gifts and skills we have mastered over many lifetimes that we will now be able to consciously put into full practice and live in this way.
- **Healing will change—we will begin to see the original blueprint of life, the body and emotions...**in their true form, and be able to quickly retune our frequencies back into balance.
- **Everything will become balanced,** and we will be able to quickly shift a denser emotion into a high vibrational frequency, and change our circumstances immediately by our choosing.
- **This will happen through a new consciousness that is biological.** New natural biotechnologies will assist and support us in service to the creative cosmic energies that we carry and that we are.

## We Will Become Conscious Multidimensional Beings

*We will become conscious & connected to all.*

- **As New Humans we will be fully Conscious, and will be shown everything.** From the cosmic consciousness deep inside, we will be shown how to connect with the cosmic sea of infinite possibility. We are fully activating ourselves. We are unraveling and revealing our true nature in all ways.
- **We will become totally free-will beings and become free in all aspects...**in our thinking, bodies, and movement.
- **We are rising into a state of higher Being.** We are immutable life. We transcend limitations and boundaries as we accept and practice our reality. Our spiritual energy and state of being is expanding and becoming fully conscious.
- **We will begin to tap into higher frequencies that will open the door to full connection** with the Spirit realm, and a new harmonization of spirit, and matter, which will be conscious within everything. We'll experience "Ancient-Futures", blending of our ancient and future selves.
- **Many new codes embedded within us are now unlocking**—and all tribes are reuniting because of it, and we will work together with them multidimensionally: the Star Nations, the Ascended Masters, the Elementals, the Animals, and other Humans.
- **Everything will be experienced in a multidimensional way through all our senses,** and we will perceive and experience every moment in many ways, many dimensions and from many perspectives.
- **We are becoming "Hue-man" (human)**...as we rise in conscious through our light body, our auric fields glow more and radiate new spectrum colors of the rainbow, and our subtle chakras will expand into many more chakra intervals and subtle color variations.
- **We will be fully conscious of living** and being multidimensional Beings.

## We Will Be Fully Unified in Spirit & Matter

- **We are ascending into our true forms**—we are Star Beings anchored in earth forms, blending our star-self and our physical-self, joining spirit and matter. We will be fully connected to our Higher Self while within our physical bodies, and be able to move back and forth between these states and dimensions.
- **We are truly joining Spirit and matter**—in parallel balance of symmetry and equality, within ourself, that manifests in our auric field to our environment, and ultimately out to the world and consciousness itself.
- **There will be a full return of the feminine Goddess/Mother energy inside of us all**—a return to heart force and nurturing ways.
- **We will be able to connect directly with Creator Source.** *We will be fully unified again with Source.*

## Opening to our Full Consciousness

- **All our senses will continue to open and expand**, and we will begin exploring the world and our environment in heightened ways using our newly accessible senses. Our minds are becoming more deeply connected to the heart. We are reconnecting to a higher state of consciousness, where everything becomes an awareness of the movement of energy.
- **We are getting in touch with our energetic center from within**, which is connected to everything through our reunification of mind, body, soul, spirit and etheric energy. Our ancient memories will awaken deeply. We will begin to remember all the lifetimes we've lived through all the experiences we've had, and be able to tap into those as a resource to build upon.
- **We will become consciously connected to our personal Akashic records of life**, and through that be able to tap into universal consciousness and the universal akashic. We will be able to find solutions, answers, engagement, and connection to anything we need at the moment, like an immediate tapping into a download of information that will help whatever situation we're focusing on.

## Becoming Full Light Beings & "Illuminated Ones"

- **We will become the "Illuminated Ones", radiating with Light.** We are evolving into becoming pure vessels and channels of light, fully charged and embodying light in physical form, in all our photons, atoms and cells. We will become the People of Light—and our bodies will vibrate at a much higher rate, as we will actually glow from the inside out.

## We Will Be Fully Connected to Everything

- **You will know that everything you see, think, feel and experience IS the universe manifesting through you**, because you are fully integrated within the energetic fabric of reality as you are fully consciousness of this. Creator Spirit and your Guides will speak directly to you through things, people, animals and energy around you in your daily life.
- **We will experience a huge vibrational shift.** Energy is moving through particles, dynamics, cells and our overall consciousness, in a very unique way, because the blocks that have held us back are lifting. The veil is opening, and we are beginning to see and be able to access higher abilities we never thought were possible in this human consciousness, from a human perspective.

## We Are New Masters, Mastering Reality

- **We're self-initiating new paths of Creation**, new lifestyles and a new connection to earth. Each of us will become Masters of what we do and who we are. Through our efforts and experiences, we will become Masters of Ourselves and Masters of Creating—mastering of our body, energy, emotions, healing and creativity. When we grow and bloom onto the New Earth, we will become Ascended Masters in the flesh, and we can co-create our reality together with Source, and be effortlessly able to fulfill our soul's purpose.
- **Our experience of reality is shifting.** We are becoming more conscious of the understanding that we individually and collectively are creating everything.
- **We are becoming Master Creators** and walking into the realization fully that as we are creating everything, so we can shift, refine, change and experience things in a new way. We are literally Creators of the world, our consciousness, our being in matter—collectively creating a unified vibration between everything.

## We Will Become Conscious That We Are Eternal Beings

*We are The Eternals, realizing our abilities from within the physical realm.  
We will Know our souls and spirits are eternal.*

- **We will fully awaken from the illusion of limitation**, and our bodies and energies will live as long as we wish in physical form. When we wish to pass into other realms of existence we will simply choose to shift out of the body. Being eternal Masters, we will be able to come in and visit earth in any form, at any time we choose.
- **We never die, meaning our souls live on eternally**, and the death and life we experience in this world is just entering and existing various portal doors of energy.
- **It's all a dream state here we awaken into**, and when our physical life is complete it's like going to sleep into another different state of consciousness.
- **We are more aware of energy, life and higher functions on the "other side" of the physical life.** We came here to earth to experience and experiment with being Human in all its forms—as much or as little as we wish. This informs our Higher Self of new ways of Being throughout the whole process.

## Our Unique Personalities Will Evolve & Flourish

- **We will become and share our personal Energy Frequency Signature**—by how we glow. Others will know our vibrancy, mood, energetic flow, intentions and our specialties just by reading our energy frequency, which everyone will be able to do.
- **We will continue to perfect and explore our uniqueness, our special skills and interests**, always supported by others, and share our self-explorations and creations with the collective to enhance everyone.

## New Perceptions & Changes We May Experience

*Our new internal guidance system will get sync'd up to higher energy.  
We will perceive things a totally new way.*

## Changes and Upgrades Within the Body

- **We will develop totally New Body Systems**—new blueprints of how our body is structured to adapt to the lighter and higher frequencies.
- **Our Bodies are sync'ed with earth, and our "Chi" life force energy** will be retuned with the help of earth vibrations (and the whales). We will know how to vibrate our Chi, then connect with the Chi within earth, to re-tune the energetic resonance and spin of our internal codes to new frequencies.
- **We will integrate the carbon within our bodies into crystal formations**, and become crystalline beings of Light. We will communicate with the crystals within us.
- **Our Light Bodies will be more turned on** and we will be able to perceive things quickly through our auric fields and through "reading" energy in different ways.
- **We will become more crystalline in our physical make-up**, and our body will become less dense and feel like we are floating.
- **We will loose any attachment to limitations of the body, mind and spirit** and will be able to access and do more with higher senses and abilities.
- **All our Higher Senses will come online**, and more will be developed over time. These are related to our chakras and our Light Bodies...and we will open to the experiences of them and utilizing them in new ways.
- **We will become hyper-sensitive to everything** and be able to "read" and interpret all vibrations from everything.
- **We will consume less food, and eat by choice** when we want to have the experience of eating.
- **We will be fueled by Light energy directly from the earth and cosmos**, and our bodies will learn how to sustain ourselves from internal energy sources and connecting with Light.

## Communicating With Light, Energy & Higher Senses

- **Healing and balance** will be returned in all we are, all we do, and all we interact with.
- **We will find ways to rebalance our energy immediately**, resolve conflicts to the point where they no longer need to happen, respecting personal and collective sovereignty and expression.
- **Higher dimensions and energy will be visible**—we will see sacred geometry symbols which are visible memory and thought forms, and our higher senses get further activated by these symbols instantaneously.
- **Emotions will take on new form**. We will begin to understand and work with feelings and emotions in a completely different way.
- **Our senses are shifting as we are beginning to awaken dormant abilities and senses** that are related to higher chakras and frequencies. We will begin to explore these new senses, teach each other how to use them, and create together. Changes & upgrades In Our Innate Abilities & Skills
- **We're evolving our collective forms of communicating** and interacting in new ways.
- **We will be able to communicate directly with Light as an energy source** and interact with Light as a being with consciousness. We will be able to tap into our own etheric fields of Energy and Light. We will communicate WITH Light—together with Light as a Being, and use Light as a communication tool.
- **People will know how to read and speak with the photonic frequency of Light**. We will all collectively speak one universal Language of Light. Light Language will be a normal form of communication for everyone, and each person will express their own unique language, that others will instantly recognize.
- **We will use our higher senses of telepathy and energy transference from our light bodies to communicate**. We will be able to communicate, heal, create and express ourselves with Light—through our hands, bodies, thoughts, telepathy and higher senses. We will understand Light, energy and vibration in a much more quantum level, and work with it in everything thing we do.
- **We will begin to explore and experiment with harnessing the power of Light in new ways**, combining it with sound and other natural and technological tools to advance our society and help each other. Through exploration, people will realize their true abilities.
- **People will begin to experiment with energy and Consciousness**, and tap into all abilities accessible to everyone through experimenting, creating their own things with light sound and vibration. Each person's expression will inform another person, and that person will create something individually or collaboratively new with the upgraded intelligence and information and energy they have received. We will all be inspiring each other.

## We Will Become Masters of Manifestation & Higher Communication

- **We will be able to manifest something into being just through feeling**. Feeling becomes a bridge of connection to others and everything in the world—and we will learn how to work with the dynamics of feelings and emotions to create things.
- **We will explore to find out more of what we are capable of**, and try many new things to see what we gravitate to easily and want to learn more of.
- **We will be able transfer information and learning quickly between people**, the land, plants and animals.
- **All personal timelines will change at will**—you will know how to shift your spiritual contract into what you proactively choose. This will change, modify and rewrite your personal history and akashic record and continually take away emotional pain and modify memories of what you experienced in your life and past life past.
- **We will learn that we consciously create our own reality**—therefore, we can also uncreate it and create a new one at will, experiencing new instances of moments.
- **Our creative manifestation abilities are becoming more powerful**. We will begin to experience conscious creation.
- **We will begin manifesting thoughts and feelings more consciously into the material world**, manifesting spiritual vibration and higher level awareness into the physical, where we physically create whatever we choose into the physical world—which will have an inherent, high spiritual vibration within its form...because it was created that way.

## Conscious Creative Manifestation Will Be a Natural Ability

- **We will exponentially develop our creative abilities and unique artistic expressions.** We will be able to manifest anything we desire by our thoughts, body and working with energy, spirit and matter. We will apply the divine inner guidance of our intuition into matter and form, into the universal conscious everyone can tap into, and as an energetic transfer to another being.
- **There will be no difference between artistic creations and other creations** like food, buildings, ways of communicating and healing..all will be valued equally and viewed as creative expressions. Creating will be easy and a joy to create individually and together with others.
- **We will experiment more with creating things and manifesting small and large things** with our mind and bodies easily. People will have extensive free time to explore manifesting skills, learning, building, exchanging with each other and become much more creative. We will exchange our creations with each other as gifts, personal expressions and as support tools to enhance the health and lifestyles of each other.
- **Our interaction of the world through our abilities will be transform.** Food will taste different, we will even process food in our bodies differently, we will begin to heal with our hands and minds, move energy, and create things in form with intention through our hands and through tapping into higher vibrations. We can travel anywhere by choice & thought. We will learn and be able to vector-travel anywhere on the earth, within the earth and within the cosmos—by our thought, or by bringing our energy bodies and physical bodies with us.
- **We will work with blue etheric energy**—which is the blueprint of new earth, new world and new systems. Humans will work together with Earth to tap into the blue etheric plasma energy that's in the universe, and we will know and where it exists in nature, galactic energy, and our body systems.

## The Star Children—Indigos, Crystal Children & Star Kids

*They are arriving, and they are already here on our current Earth—helping us transition into the New.*

### Who Are the "Star Children"

*Look in their eyes, they will talk deeply to your soul. They just vibrate Love.*

**Star Children are currently helping to change this frequency of earth.** They are referred to as "Indigo Kids", "Crystal Children" or "Star Children". They are the bridgers of the old world to the new, and are already functioning at a high level during and after our transition to the new world.

**They are coming in with high vibrational energies within,** stimulating a quickening of this awakening. They are here, incarnated in the people in their 20's, teens, youth and babies.

**Each younger generation that is becoming embodied in physical form** is more and more aware of their connection to Source, their mission here on earth, and more aware of their higher senses and psychic gifts that they use naturally.

**Each star child is part Star Person in their energetic and physical make-up,** downloading their higher self in increments to become full star people in the physical. They are continually doing this as a precursor to what most of older humanity will do at a slower pace.

**They are shifting the balance of star energies on earth now.** They are modeling what we can all do, and they are rebalancing all energies in everything.

## Their Mission on Earth Now

- **They have a different, and very specific, agenda**—they "know and they know they know".
- **They are helping the earth change vibration** just by being here in their physical bodies.
- **They came to help humanity** break out of old social ways and create a new world.
- **They are the change-makers.** They are here to radically change everything about how we function as a society, how we learn and experience life.
- **They are coded to connect directly to Gaia** and raise up the vibration.
- **They are here to revitalize very ancient ways** of life and connect with energy and Source.
- **They are the new wave of higher vibrational beings** and Masters arriving on our planet continually.
- **They have a coating sheathe of protection** around their light bodies, each cell and photon of DNA. They have come to create a new world.

## Qualities of The Star Children

- **They already have more activated strands of DNA in their body**—this is why many young people are challenged by old earth systems.
- **They don't like redundancy in anything**—they are always seeking new ways of thinking and functioning, and seek new stimulation because their minds operate on a higher level.
- **They get bored quickly** if they are not engaged in things they are passionate about that has a bigger purpose.
- **They are directly wired to higher realms,** dimensions and their Higher Selves.
- **They have a very clear sense of who they are** and know exactly what to do and how to do it—or they will figure out how things work quickly.
- **They usually have their own way of doing things,** processing information and are very artistically creative.
- **They usually don't speak so much, and instead speak more with their hands,** eyes, body, and through their artistic and physical expressions. When they do speak, they speak volumes because they are directly tapped into higher consciousness streams.
- **They carry the power of integrity** and higher vibrational principles.
- **They perceive life intrinsically**—everything is alive and they know how to connect with the source of everything.
- **They understand deeply about energy,** time, space, vibration, patterns and frequencies, and operate at a high level of psychic ability.

## They Are Very Connected to Star People

- **They are coded to communicate directly** to higher beings and Star People.
- **They're communicating openly with many Star People,** to help then raise the frequency on earth, while maintaining their autonomy and not getting entrained in anything that can hold them back.
- **Most Star Kids and youth have had very real direct experiences with Star People,** and often communicate regularly with them.
- **Most of them also connect directly to the spirit world,** angels and ascended masters.
- **Star kids come directly from many galactic planets,** and many have never been to earth before. They were chosen for their purity and ability to maintain high vibrations when in this lower dense realm.
- **They energetically (and later physically) travel easily from earth to StarShips** to study and play with galactic elders and children from other galaxies.



## Some of Their Hyper-Abilities

- **Many Star kids are already showing and sharing their abilities in our current world.** These Star Kids carry extraordinary abilities and will be the leaders in helping humanity develop their higher senses.
- **They are completely in tune with higher abilities**—such as telepathy, precognition, telekinesis, clairvoyance, remote viewing, cross-species communication, intuitiveness, remote-influencing others, inter-dimensional viewing, aura-reading, psychic diagnosis, bioenergetic healing, and many other advanced abilities.
- **They easily download information** from higher sources.
- **In the future, they will do mind-melds**—they can easily "read" others because their senses are heightened and they have direct access to higher senses.
- **They speak their own language inside.** When they speak to another Star Child, they can immediately and easily understand each other, because they speak an energetic language from the heart.
- **They tune in with people and can easily read their mind and mimic their gestures.** They try to speak your own personal language in a way that is natural to you.
- **They can shape-shift** and know how to emanate energy from their light body.

## The Youth Will Be Society's New Masters

- **The younger generation will be given a very public platform to explore and share** what they know, and what they remember from their past lifetimes. They will be the Seers for our society and future, because they are most connected with their heart and higher dimensions.
- **They will work directory with the Elders** to be the future caretakers of wisdom learned from the elders.
- **They are carrying advanced DNA that has already been activated,** and they function easily in this new world. They have been wired to resonate fully with the new.

## New Learning in the New World

- **There will be new schools for Star Kids,** collaboratively taught by them.
- **They will lead institutes of higher learning for StarSeed adults** who want to learn advanced ways from them.
- **They will be the new teachers and Guides,** because they know how to tap directly into higher consciousness and download huge packets of information quickly. They will teach and share their individual understanding of life, energy, spirit and the earth realm as they see and experience it.

## You as a Master Helper—Various Roles of Service

### Various Roles of Spiritual Service During Ascension

*Because you are reading this, you are one of the helpers for humanity.*

**Those of us who are actively participating in the Great Awakening have chosen to come here to earth now** to assist humanity in this evolutionary process. We are the Guides, Guardians and Helpers—helping the collective of humanity and earth raise frequencies, while doing this process consciously in our own life for our own evolution.

**All people work within one or a few of these fields of expertise and expression.** Many are doing very high-vibrational work but may not realize they are helping humanity in powerful ways.

**They are doing their work as they are personally guided,** as their unique contribution to society, and may or may not be conscious of their role in our evolution.

**There are those of us who have become awakened and conscious** to the fact that we are actively assuming one or more of these roles and becoming masters of our specific disciplines.

**We understand, honor and accept that we have personally chosen our work**, and by awareness we begin to do our spiritual work as a life mission.

**We step into leadership roles at the forefront of humanity's expansion** and help others to raise their vibrations to become a collective part of this conscious work and way of being.

**You will probably identify with one of these roles strongly**, and you may be assuming a few of these roles simultaneously. We have been specialists of various disciplines, who have now returned on earth to become fully conscious and offer our Gifts to Humanity and help each other, working together. *Awaken to your role & purpose—as conscious Creators & part of Source energy.*

**Those of us humans who made a conscious agreement to come to the earth at this time** to serve are REMEMBERING what we have done in the past to raise our vibration and be of assistance, and fostering a remembering into a Knowing of what we need to do to help earth and humanity ascend.

### Traits of Helper Souls

- **They're born with the potential to make a difference**, and show a natural curiosity for higher Truths.
- **They develop a desire** in life to help others.
- **The are endowed with maturity and abilities** that seem more advanced than what current society may consider normal functioning.
- **They are superhuman souls** (that appear as regular humans) who have volunteered to incarnate back into regular physical bodies to help receptive humans out of the limitation of control systems at play now in our world.
- **They are advanced beings born into our current Control System** to help transform it from the inside.
- **They serve an important purpose in the divine plan** to counter any negative agendas at play in our world now.
- **They are brave** and approach their work passionately and with purpose.
- **They know they are transforming energy**, society and human nature in very positive ways.
- **They are the WayShowers and WayWalkers** for others to learn from and work together with.

### Some Types of Helpers & the Realms of Their Service

**These "roles" are self-chosen, based on many lifetimes of spiritual and physical work** to be able to serve our world at this time in these ways.

**It is an honor bestowed on those who have done great works in the past** and have returned to offer their services and personal energy.

**The "Protectors" of each area, realm or speciality have many responsibilities within their "sector"**—they protect the energy for that realm and ensure it is clean and flowing freely, they work with that realm to generate energy, create new things, and are specialists of the functionality or their designated realm.

**Also, people can have multidimensional helper tasks** and often work within more than one or a number of these realms, or act as a bridge between realms.

**Here are some roles we are taking on now**—you may be assuming one or many of these roles now and in the near future:

### Earth & Life Protectors

**There are those who have been taught through generations to protect Mother Earth**, protect the Waters of Life, the seeds of Life, the elements, animals, plants life itself, and protect the divine source of Creation...honoring all things and beings. They have kept Mama Gaia alive through this transition, and this gestation.

- *Earth Guardians & Custodians, Water Carriers & Protectors, Seed Carriers & Protectors, Protectors of the Ancient Mother of Creation.*

### Light & Sacred Energy Protectors

**There are others who have been coded to be protectors of the light, protectors of sacred energy**, of all that is, the life source in all. They have appeared many lifetimes in different forms, through different faces and different locations, as the Guardians of the Light Seeds of Creation. They retune and transmute negative energy to positive energy. They embody the Light. They create new systems and recalibrate energies.

- *Light Workers, Light Carriers, Light Keepers, Creative Source Energy Protectors, Energy Frequency Regulators, Transmuters, Frequency Specialists, Pathfinders, Wayshowers.*

### Energetic & Physical Gatekeepers & Grid Protectors

**There are those who have been energetic and physical Gatekeepers, Gridworkers**, regulating and protecting the movements of energy and personages through the dimensions, through the grids of the matrices, through the sacred ley lines of the earth, through the temples erected on sacred ground to perpetuate the flow of energy.

- *Gridworkers, DragonLine Regulators, LeyLine Arrangers, Gatekeepers, Portal Guardians.*

### Creative Forces of Nature & Creative Manifestation Protectors

**There are those who have chosen (and have been selected by higher forces) to be the conduit vehicles for Nature and Creation** to flow effortlessly through their form, their vessel. They push boundaries, and create new methods outside a systemic norm. They are the voices and reflection of the times, and the Creators and Visioners of the NEW.

- *Artists, Creators, Poets, Performers, Intuiters, Clairvoyants, Builders, Constructors, Aligners, Visionaries, Seers, Systems Re-Creators.*

### Healers & Holistic Health Protectors

**There are those who work with the body, mind, spirit and emotions, rebalancing energy back to homeostasis and optimum health.** They are the mystics in tune with spirit and the earth and speak both languages. They work with plant and energy medicines, Great Spirit and Guides in many ways to help themselves and others retune their frequency.

- *Healers, Mystics, Medicine People.*

## Enchanters & Vibration Protectors

**There are those Enchanters and Incantation specialists who sing and vibrate codes of Light and live in and out of existence.** They keep the source of creation spinning, the planets vibrating and healthy, work with the elements of sunlight photons and waters of life, spinning spinning in a sacred way so that all keeps in tune with each-other. They are the manifestors of sound, light, and vibration into and out of all things, they are the Light Weavers, the souls who weave energies through and beyond the fabric of life and reality itself, who weave energy and sound through the dimensions.

- *Singers, Musicians, Sound & Frequency Healers, Enchanters, Sound Weavers, Light Weavers, Incantation Specialists, Vibration Specialists.*

## Unification, Time, Spin, Motion & Balance Protectors

**There are those who keep all in stasis in balance,** who keep the spinning of energy and of the world in tandem, who work with time and sync all moments together, all dimensions and all partitions of timelines—past, present and future. They push out and pull in and through the energies of various time activators, awakening codes and energetic syncing with all dimensions. They work creatively with time, movement and the balance of energy.

- *Cosmic, TimeKeepers, Unifiers, Energy Spinners, Timeline Syncers, Balance Maintainers.*

## Sacred Key Codes of Creation Carriers & Protectors

**There are those who hold the precious sacred key codes of creation within their soul and body template.** They have carried these energies like the protection of dragon eggs, gently and throughout vast timelines awaiting the gestation of these energies...for the carriers to find each other again, for each seed code to come back into alignment with each other, with itself, and with the endless stream of creation source.

**These are the priestesses, goddesses of the temple, sacred walkers and skilled warrior protectors of the heart,** who kept the energy and lifeblood alive—through their thoughts, prayers, actions, union with the sacred, and mostly through giving and receiving of Love and Light. In their Mastery they have learned how to gather, care-take and dispense of energy codes as needed. They often tap into their internal Source nature to retrieve divine blueprint codes of awakening and activation for others.

- *Sacred Code Carriers, Light & Life Protectors, Warrior Protectors of the Heart Way, Original Blueprint Archivists, Sacred Walkers & Travelers, Protectors of the Rays, Violet "Flame of Life" Guardians.*

## Space, Dimension & Code Sequence Protectors

**There are those who work with space, dimensional relationships and gateways**—patterns, numbers, form, shapes and vibrational geometry, aligning key codes and syncing the bridge fit of these connectors. They are the connectors of life and flow of electromagnetic energy.

- *Energy Conduits, Dimensional Gatekeepers, Code Sequencers, Energy Aligners, Symbol Scribes, Mathematicians, Protectors of the Ancient Sacred Languages of Light, Codes & Symbols.*

## The Guardians, Guides, Watchers & Supporters

**There are some of us physically incarnated here to watch, guide, and help move evolution forward consciously**—without the destruction of earth or our resonant DNA. The understanding that you are a Guardian and Guide awakens within you. It's a feeling, a Knowing. These have been roles and missions carried by many ancient people in our past, who have often been us as we manifest in physical form today.

- *Energy Guardians, Soul Guardians, Supporters of Truth & Free Will, Protectors of the Light, Protectors of Humanity. Protectors of The Divine Feminine, Light & Vibration Guardians, Embodiers of The Pillars of Light, Frequency Holders.*

### ACTIVATION TOOLS: TO ALIGN WITH YOUR OWN SPIRITUAL WORK & MISSIONS

- *Ask yourself how you desire to participate in helping humanity evolve, then begin an action in that way.*
- *Understand and accept that with great responsibility comes great life tests and accountability for your mission...to be you the best way you know how, be authentic, enjoy your journey, and always look to be of support to others.*
- *Find your unique way of working, and follow what you are attracted to—that will be the spirit work you do as your unique life expression.*
- *Know that when you assist others you naturally receive abundance and all you need to do what you do.*
- *Be disciplined about what you are doing, and fulfill your promise to yourself and Creator through acting upon your sacred responsibilities.*
- *Never give up when things get hard. You will push through whatever is challenging you and will have grown much in the process. Keep on task.*
- *Know that you are always energetically and physically protected when in a high vibration.*
- *The more you give of yourself, the more you will be replenished. There is endless abundance of everything in the world and it will flow to and through you as you need when you are assisting others. You will always receive the help you need—when you are in the state of being of service to others, Creator Source, and the collective.*
- *Align to Source, and keep your energy pure. Keep your vibrations high and in great spirits.*
- *Assume an energetic stance as a Leader—not dominating over others, but leading others to the Light. You are a Master encouraging others into their individual Mastery. Help people find their gifts and feel safe and strong to share them with the world.*
- *Be open to new communication and energy exchange, while being mindful and heartfelt to protect your light body and personal frequency by who you choose to be around and associate or work with.*
- *Find others who are becoming masters in their own way, and collaborate together to create something new.*
- *Accept, become, and be the Light that you already are, and radiate that in all you do. This is not arrogance, this is confidence in the Source of Creation that is running through you, because you are it and it is you.*
- *The key is to remember why you came here and not forget this.*
- *Staying true to yourself inspires confidence in others to do the same.*

# StarSeeds-Becoming-StarBeings

*We are seeded from the stars.  
The StarSeeds Have Arrived...including YOU.*

## We Are Ascending Into our True Forms

**We are all ascending into our true forms**—StarBeings anchored in earth forms, blending of our star and physical self...of spirit and matter.

**Those who choose to walk this path will be shown everything.** From the cosmic consciousness inside you, you will be shown how to connect with the cosmic sea of limitless possibility.

**We are StarSeeds transitioning into StarBeings**—in physical form, in full consciousness.

## The Awareness of Being a StarSeed

*We are unraveling and revealing our true nature. We are activating ourselves.*

**StarSeeds are humans who are awakening to the understanding that they have come off-planet from the cosmos.** They are here on mission to help society through our vibrational shift into the new world.

**They have prepared for this mission through many incarnations all over the cosmos,** to develop their unique skills and abilities they use to shift frequency. They are awakening quickly into to higher consciousness and higher vibrational state of Being.

**Some StarSeeds have been on earth before, but for many this is their first time** and it may be challenging to integrate in the physical body and our world, because they have never done that.

**Most StarSeeds are adults living in our world** and are now awakening to how consciousness and reality functions here, and awakening to their true nature.

**Many StarSeeds came into their physical life already fully wired** and connected to higher vibrations and dimensions. They kept an aspect of their connection to higher worlds intact and "open" through their birth until now—and all their life they were aware they are here to do something big.

**The StarSeeds who have been "open" and aware since birth** are consciously connected to vibrational energy, and understand they have some mission here...they are just waiting for the right time and place to proceed in their development of their true spiritual work.

**They can connect easily to the younger "star children"** because they are both connected to their higher vibrations and higher dimensions.

**StarSeeds will gravitate to each other,** and immediately recognize each other vibrationally. Often the StarSeeds resonate with other StarSeeds who have done this work together with them before in the cosmos.

## Some Current StarSeed Traits

- **They often already utilize their advanced abilities and awareness** with their daily work and life in our current world.
- **Human StarSeeds often prefer to work in creative, spiritual and esoteric fields**—healing, helping others, creative work, studying higher wisdom...because they already know these activities, and have been engaged with doing a certain kind of work for many incarnations.
- **They are very flexible and can easily adapt to a new environment.** They process information quickly because they "see" and understand patterns and can figure out how things function easily.
- **They can get easily bored or feel lost and alone, like they don't belong "here" on earth,** and long for their true home in the cosmos. They have a hard time being with people because they are personally operating on higher levels of consciousness, and often get easily bored and retreat inward. They enjoy spending time alone, and in nature, because they can communicate directly to the elements.
- **They usually experience a lot of challenges in their life...**because they have to go through the direct process of learning to be human in all ways, so they can help others. This is part of their mission to experience life, and the more they awaken the more they realize these difficulties and hardships were for their growth and understanding, as tools they can use now and in the future.
- **They have a strong desire to understand their life** and its purpose, and how the world works.

## Some Current StarSeed Characteristics

*If you are reading this and resonate with it, YOU are a Starseed.*

Note: they often display extreme opposites of these characteristics, or fluctuate often between the two opposites, because their energetic frequency is always changing and recalibrating based on what's occurring around or inside them.

- **They are generally capable and confident,** brave and independent.
- **They are simultaneously interested and attracted to many different areas** and pursuits because they are multidimensional beings that like to experience things in many different ways.
- **They are multi-talented...**and express their capabilities in many different ways intellectually and physically.
- **They are wildly creative,** and passionate about making and experiencing things, because their minds are always creating.
- **They operate with many different mindsets and approaches**—they are simultaneously the artist, poet, musician, scientist, philosopher, physician and builder of their daily life activities.
- **They are great leaders and initiators,** because they see the big picture and long-term affect of whatever they are doing. They start projects passionately but often get bored and are challenged to stay on-focus to complete things.
- **They each have very uniquely different and cultivated personalities,** abilities and dynamics in their way of doing things—similar to humans and astrology signs—influenced by, and relative to, what Star Systems they have originated from or traveled to in their past (like Arcturus, Pleiades, Sirius, Orion etc).

## The StarSeed Awakening

*Humans are awakening their Higher Self within the physical world. It's a state of awakening all that you are.*

## Humans Are ALL StarSeeds-Becoming-StarBeings

- **Collectively, we humans are awakening to the notion that we ARE our Higher Selves,** manifested in the physical realm at this time. And each of us came from a cosmic star.
- **When we re-align with our Higher Selves and those stars we are personally connected to,** we reintegrate all aspects of our selves and bring that unified energy into our full physical form.
- **This integration will assist us all to live fully in tune with Source** and the Light of Higher Consciousness in our New World of our collective creation.

- **It's each person's choice to awaken the dormant codes within them**, activate themselves, and become aware the they already ARE StarSeeds, and continue to consciously evolve (back) into their holistic StarBeing Selves.

## The Awakening Process of Remembering Who You Are

*The process of developing into what you have always been—  
blending with what you are with what you are becoming*

- **Through your self-awakening process**, as a StarSeed you begin to Remember your are a StarBeing on a specific mission from the cosmos. Then you gradually transition to become a conscious Human StarBeing on earth now.
- **You do this through your awakened and conscious actions**—of service to Source, to your galactic heritage, and to assist the human collective to raise their frequency in our New World.

## Awakening the Understanding That You Are a StarSeed

*It's What You Carry Inside*

- **You are in a transitional state of awakening**, a morphing and transmuting of your human self into the StarBeing that you are, and have always been.
- **You are a Being that is Remembering, Knowing, Becoming and Being** your full multidimensional Self.
- **You are the New Human, operating on the New Earth**, during our Ascension Shifting into our New World—the Golden Age of Light.
- **You yourself are an energetic portal of frequency** that can bring down higher cosmic data and energy, and channel that energy through you to others and to connect with the earth.

## Awakening Your Inner Codes—You Are Coded From the Stars

- **You carry and hold the frequency of high vibrational Light Codes of Creation**, together with crystalline consciousness and galactic intelligence.
- **You carry unique "seeds" or activated codes of a high vibrational nature**, unique to you and where you come from in the cosmos—usually what you have learned and cultivated from other cosmic lifetimes.
- **It's How You Are Coded With Light**. These seed codes you carry are also "Christ Consciousness" codes of love, healing and creation.

## It's Your Time to Awaken Your Codes—Into Full Consciousness

- **These cosmic codes of creation you carry have been held within you**, and are now accessible to you because you have cracked own energetic code by becoming awakened.
- You are ready to realize and live your purpose for existing, for living, in your own special way of being.
- **Your Higher Self is awakening you now** to welcome and commence your dramatic transformation into full Knowing. You are ready and you have been well trained in your past to do this energetic work now in our world.

## The StarSeed Becoming

*It's Your Awakening Time. It's Your NOW Time.*

## It's the NOW Moment to Awaken to Your Mission

- **Declare to yourself confidently**—"yes, I AM THAT". You can awaken and assume this role when the time feels right to you to do so—when you are ready and when humanity is ready to evolve further.
- **You will know exactly what to do and when**—by trusting yourself and your higher instincts. And you will be Guided through each step of the process by your Guides and your Higher Self.



## You Have Done The Clearing & Processing & You're Ready

*It's A Culmination of All Your Efforts*

- **You have done the clearing & processing work & you're ready.** Through your personal work of raising your vibration and clearing your slate during the awakening and ascension process, you have activated and unlocked your personal vault to access these dynamic codes.
- **You will have the developed the spiritual maturity** to access and utilize these codes of energy wisely to assist humanity and the earth to rise at this time.
- **You are clear that you personally chose your families and life experiences** before coming to earth, to gain wisdom about living in the physical realm and being human, so you could later assist the evolution of our world from the "inside" of your human experience and understanding.
- **You know deeply that all the challenges, hardships and life experiences** that you have lived through in our current world are exactly what you needed to get fully clear and knowledgeable about life, in preparation for the new world.
- **You have already been doing the "Spiritual Work" and "Personal Evolutionary Work"** on earth already—in your present spiritual mission roles.
- **You are quickly awakening to your unique missions**, your unique abilities and skillsets, and applying them in the world now.

## The Transition of "StarSeeds-Becoming-StarBeings"

*It's a Transformation Process*

- **Through the process of StarSeeds-becoming-StarBeings, you awaken to all your experiences** traveling through various constellations during your past migrations. You carry this internal Knowledge and experience with you wherever you go, to share and inspire others to Remember who they are.
- **As you awaken to your starry origin, you manifest your specific Star Nation traits into the physical form**—you "step forward" and show your unique Star aspects more visibly in the physical realm, as you "reveal" more dominant traits of your various Star Nations' encoding.
- **As StarSeeds, you are humans that are consciously evolving into your true nature as Star People in the physical realm** of earth. You are transitioning into your full consciousness and into the new human we are all becoming collectively.
- **As you evolve into your full Being, you transform into your fully awakened StarBeing aspect of yourself.** This process is the full integration of our Higher Self and our cosmic "Star Self" within our Physical Body.
- **You are the "early adopters" of a new way of Being and a new consciousness**—quickly and actively shifting into a new frequency of the body, the earth and the world.
- **You are the forerunners of these transformation stages**, experiencing this shift from Starseed-into-Star-Being before other humans who are beginning their personal awakening and ascension journey now—and you show, by example, how to make this transition more smoothly.

## The StarSeed Remembering

*Remember Through Your Understanding of Who You Are*

### You Remember How To Connect With Higher Realms

- **It's An Ancient Remembering. Your Higher Self is the aspect of you** that is directly connected to source and all higher dimensions and vibrations. You already have many personal higher frequency Guides that work directly with you—and you can access any other Guides and higher vibrational Beings by choice.
- **Through connecting to your personal Guides and aspects of your Higher Self**, you as StarSeeds-becoming-StarBeings can easily access your starry-nations past and tap into the galactic akashic database whenever you need to.

- **Working with your Guides and Higher Self opens a portal window of energy** that helps you to easily bring forward more than one Star Nation manifestation into your physical being by choice.
- **Because of your clear, open connection to your Higher Self and your Star Self aspects**, as StarSeeds-becoming-StarBeings you can easily peer through the "veil" of dimensions and consciousness more easily, to the "other side" outside of physical space and time.
- **You are remembering how to connect with and "run" or flow energy and information easily** between your physical Self and your galactic Self.
- **This clear connection to your Higher Self also allows you to Remember** how to easily access your past human lifetimes, your past star lifetimes. This helps you easily resonate with other galactic Star Nations and higher dimensional Beings where they reside in the cosmos.
- **You are also Remembering your unique gifts and talents** that are stored within your own personal akashic records, stored within your internal codes of Light, that you have accumulated during your many incarnations. You can now access information and vibration in these records fully and freely, to bring them into existence as you need.

## You Are Divinely Guided in Your Spirit & Soul Work

*It's Your Direct Connection to Higher Energy*

- **You are guided by your personal Guides and higher energetic Guides** that will help you through each step of your mission, ensuring the best moment in time to activate your internal frequency, and ensure you are receiving the correct upgrading of your operating system that is aligned best for you.
- **The Guides you connect with will assist you** to open and release these codes in the proper sequence, at the proper frequency.

## The StarSeed Knowing

*The Knowing of Your Cosmic Ways—*

*Then this Knowing becomes a natural Way of Living and Being.*

### Blended Cosmic Beings—Aware of Your Multidimensionality

- **StarSeeds are blended cosmic beings that become aware of their multidimensional self.** As StarSeeds, you share the Knowing that you are blended cosmic beings. *You awaken to the Knowing that you come from the stars.*
- **You Know that you, as well as each one of us here on planet earth**, are originally created and fully seeded with many Star Nation codes.
- **You are aware now that you carry a group of dominant galactic seed codes**, you remember how to tap into this photonic energy, and you begin to "shine" your Light.
- **Some StarSeeds-becoming-StarBeings are also "Star Hybrids"**—you may carry and display a collective of star traits from various Star Nations within you, that in-forms more of who you are, in your physical form.
- **You can tap into any of these dominant "star" codes within yourself** and bring that one to the physical surface in how you present yourselves in your physical form.
- **You can also tap into the key traits and principles of that particular Star Nation** you choose to resonate with at any moment. You "vibrate" with that specific key star nation code of yourself. And all your Star aspects work together.
- **By Knowing how to manage your unique individual frequencies** and resonate your physical form into higher vibrational states, you as StarSeeds-becoming-StarBeings can energetically shift and "travel" into and through whichever dimension and timeline you wish by choice.

# The StarSeed Being

## Your Cosmic Role & Your Role on Earth Now

*Your Chosen Cosmic & Spiritual Focus In Our "New Age Of Enlightenment"*

- **You Awaken into your full and True Self**, and actualize whatever role and mission you have chosen for yourselves to do and complete here. You are the Bridgers and Connectors to the new world, as you further activate your own personal codes within your unique "Energetic Frequency Signature", and share them with the world.
- **You function at a high frequency in various roles**, which you have already been training for on our current earth: as transmuters of energy, protectors and guardians of earth and humanity, healers, and holders of various etheric energy blueprints—of the human template, the cosmic realms and other maps of constructing reality.
- **You are a Guardian, GateKeeper and Protector of the Light**, the cosmic Energy Codes of Creation, and Higher Consciousness in the etheric realms.
- **Your Higher Self is a representative of higher councils of Light in the cosmos**, the galactic group of Mentors and Energy Guides that choose to assist numerous star systems, planets and sentient inhabitants of those places through their ongoing ascension and evolution process into higher vibrations.
- **Collectively, you represent all star systems** and have collectively chosen to venture to earth to be of assistance during this shift and into our evolving "New Age of Enlightenment".
- **You are the LightWorkers**, Light Messengers, and LightCarriers of the new world.
- **You are the Way-Showers for the evolution of all others Into The New Human**. You are Wayshowers for humanity, showing through your very Being, your presence and your actions, how to open to a full multidimensional state of Being.
- **You as StarSeeds-becoming-StarBeings are the forerunners** of this new aspect of our human evolution, which every human on the new earth will be able to become.

*StarBeings are the conscious care-takers of earth and humanity.*

## The StarSeed Mission

- **You are here "on mission" to help transition earth to a higher frequency**. You came from the stars here to earth to make a difference, to catalyze a change and help give birth to a new human consciousness.
- **You are becoming conscious of your mission**, and beginning to remember that you chose to come to earth to help. You are becoming aware of your personal contracts before birth to volunteer as a helper for the earth and others during their awakening.
- **Your galactic lineage and inheritance have taught and provided you with all you need** to play out that role on earth. You are well-versed and experienced in doing this because it's a role you have taken on many lifetimes through many eons.
- **This is a conscious chosen role you have chosen in each lifetime**, in each incarnation of your self in the cosmos. You come forth every time something needs rebalancing throughout the universe. Some StarSeeds have been the protectors of the divine codes, the crystalline seeds of Creation, since ancient times and will find the others who have also taken on this role.
- **You are here to help earth and humanity restore balance**, and reconnect to the larger galactic realms. StarSeeds "seed" the potential in the world for energetic shifts in consciousness by integrating themselves into circumstances that best serve this purpose. You choose (even if initially unaware of this) to "plant" yourselves into lifestyles and situations that are of the highest good for your Soul's mission, just as you chose to come to our current earth now.
- **You also help with the evolution of any other people you come in contact with**. You are the Beings who came from off-planet and are arriving to assist with the new world. You feel a pull, a mission, and are awakening now, in our world, to their abilities and purpose.
- **You will become the Guides for new earth**, to show all of humanity how to do the spiritual work you have learned how to do, to help others raise their vibration and come back into full consciousness.

## Share Your Gifts in Your Unique Way & Shine Your Light

- **You will express yourself uniquely**, while simultaneously being of service to others and Source—by sharing your personally chosen unique method of expression of your inherent talents and gifts—be it healing, building, creating, transmuting, reforming, manifesting, rebalancing, and other modes of working with energetic frequency.
- **You are becoming and being your full multidimensional Self**, and expressing your unique gifts with the world as only you can. You are one expression of the Creator Source coming to know itself...just like everyone else. Express yourself boldly in your unique way, and let yourself be Known, by Being You. *Manifest your unique Gifts & abilities now in your own way.*

## The StarSeed Arrival

### Being Conscious Human StarBeings on the New Earth

*The Full Integration & Further Evolution of YOU*

- **Human StarBeings are the actualized, physical representation of StarPeople** within each Human Being walking the earth, in their full potential, connected to everything. They are humans blended with their true nature, now as Star People in physical form.
- **Human StarBeings are a unification of us as StarBeings** who have arrived from different various places in the cosmos AND our human Self re-merged with our Higher Self.
- **Human StarBeings are Avatars and Masters of creation and manifestation**, of working with Light and energy. All Human StarBeings will collaborate and share their knowledge with each other.

## The New World & New Society—a New Golden Age of Light

*We are collectively awakening together, as one consciousness.  
We are the Creators of the New World, Creating Together with Love.*

### Ancient-Future Worlds Unite

**We are entering into a New World**, a new way of interacting collectively, and building a new society all together. This new world is a new state of awakened consciousness and awareness. We have lined in ancient times, and are now in this world, living into our future.

### Entering New Times & New Ways—a Enlightening New World

*This truly is a new Golden Age, a new global society, and a huge spike in our evolution of consciousness.*

**We are ushering in a “New Golden Age of Light”**, and a New Golden Age Of Enlightenment—where the unseen will become seen. This will take some massive adjusting for humans to get used to, and Star People will help with this new Ascension perception.

**Heightened intuition and full consciousness are tools that are needed now to navigate this new world.** Our senses are awakening collectively on their own, and also by our active choice. We will soon evolve into consciously experiencing new dimensions and totally new aspects of reality. *Prepare yourself and become fully awake and alive so you can live in a fully conscious way.*

**Society as we know it is taking on another form.** Old systems that no longer work are being dismantled, physically and energetically—as new ways of connecting, communicating, and working together are coming online.

**Culture and difference as we know it will be celebrated and unified**, and we will begin to see a deep respect for diversity and difference in each being, society, culture, and civilization. As we are raising our vibration, we will see what we all have in common, and that will be our heart connection with everything.

**The material world is shifting:** things are becoming much lighter, objects and tools of creation will be easier to utilize and have a deeper purpose. Everything will become more conscious of itself. We will partner with these energies in a positive way that benefits each individual and the collective as a whole.

**Energy will be free-flowing:** we will learn how to consciously use energy in a different way. Open source and free energy will become normal to us.

### Creating This New Future in our NOW Moment—Every Moment

**All this change is very challenging, and we need to be completely in the NOW moment, in our hearts.** Nature and The Ancient Ones will assist in guiding us into this new way of living and being. What we see in the skies is the great revealing of what's happening on all inner levels and multidimensions.

**Create the new world, new earth and new you...it's your time in the Now.** We are collectively creating anew, into the new, creating the new reality itself in a new way, through evolving our conscious awareness and actions. Rise to the calling of the New way of living and being.

**The New World Is everywhere now in our current world.** This New World will not come by watching for it, or seeing it outside you and declaring "here it is", or "there it is"...because it is everywhere. The Divine Vibration of Light and consciousness is already here, spread out on the earth, yet people do not see it.

**It is eternal, and we are eternal.** Eternity is not a lot of time. Eternity is a presence that is atemporal, and has nothing to do with time. Eternity is when past, present and future are all simultaneously occurring. One cannot understand this with the mind, with human thought. It can only be accessed by living in this present moment in this NOW time (that includes all time and no time).

**We are now collectively birthing the NEW**—new earth, new world, new bodies, new you. There is a magnificence that is you, within you, an ancient blueprint that just knows what to do. *Trust it fully now.*

### The Opening of the New Portals Of Life

**There is an energetic portal door that has opened and is awaiting each of us** to have courage and walk through the threshold into a new beginning, a new way of being and living. We do this together, and in our unique way. Every human carries a piece of the master puzzle to be put together.

**Portals are opening:** new energetic and physical gateways and connections are opening for our passage—and we will learn how to reconnect to grids and frequencies of the Earth, Ley lines, within the body, and traveling on different Cosmic levels.

## New Tools Will Be Available to Us

**New tools are coming online now for our assistance and creations.** We are right in the midst of a very profound shift of energies that no cosmic world has ever experienced before. All dimensions and possibilities are opening up to our full consciousness at this time. How we ride this wave and how we interact with our experiences and senses in the world will determine how we can utilize these new tools that are coming online now.

## The Process of Learning Will Evolve

**We will easily tap into our personal and the collective akashic records** as needed to gather reference material for things we are working on.

## The New World Of Being & Creating

**We are entering a new dynamic state of Being and living.** The world we are entering into will require creative visionaries, leaders, thinkers and doers—to create a dynamic world that is worth living in. *You are part of this whole Ecosystem.*

**We are all learning to create on higher dimensional levels,** creating new blueprints that don't exist yet—that's why artists, builders, creators are very important for this time.

**All humanity will vibrate at a higher frequency...**they will operate collectively, have a beautiful presence about them, with balance, purity and vitality, and become divine Love in action.

**Everyone will become aware of cosmic spiritual and universal principles and laws** of free will, respect and integrity. No one will feel disempowered or feel that they are less than anything. We will begin working with and on higher frequencies, like the star people currently do that are in a high vibration.

## New Experiences We'll Have Entering Into the New World

**We will collectively experience a shift of all duality back into unity—from One to Oneness.** We will realize we are all connected to each other, and to the ALL of Creation.

**Struggle and density will cease to exist,** and we can finally live in the ebb and flow of daily life easily and joyously, just like the Earth herself.

**We are truly building a new structure of existence**—a new blueprint for “hue-man be-ing” that has never been done before. We are re-seeding ourselves, re-coding ourselves through every choice and thought, vibrating light in new ways from inside ourselves.

**We are creating new forms of inter-personal exchange**—new ways of living, connecting, entertaining—and we will explore new systems of exchange.

**We are unifying all aspects of us, becoming whole once again**—to become active co-creators of our world, and of new worlds that are very possible, but may be hard to envision with our current limited senses. We will live in harmony, and the natural balance of everything will be respected and maintained.

## Living on the Earth—While Operating in Higher Dimensions

- **We will raise our vibrations to the place where we can easily move in and out of this dimension and others**—and will be existing in a lighter and higher vibration.
- **We will be able to adjust our frequencies as we wish**, and also will have learned how to tune in with other locations and dimensions and be able to travel to them and back easily.
- **Higher frequencies will be easily accessible**, and we will tap into new energies from there, coming into our world, and coming into our consciousness. Each person will consciously know that they are creating their reality at every moment, and everyone will have learned the tools and techniques of advanced manifestation.

## Communication Abilities Will Evolve

- **Each person will be multi-lingual and quickly pick up a language** they may not know and understand it fully. In addition to their heightened senses being able to understand things quickly, they will have unlimited translation devices to translate other languages, and will have devised a way to fully learn and retain those languages quickly while they are with someone new.
- **New ways of communicating and connecting are opening**: how we connect with our self, higher dimensions, Star People, each-other, and energy itself will all expand the pathways of communication energetically—through a higher-frequency language.
- **Physically, we will begin to take on a new form**, and we will all begin experiencing and experimenting with new ways of connecting to Spirit, others, and energy itself—and then work with these energies a new ways.
- **Language and communication will continually evolve**: we will begin to work with new languages and frequencies, incorporating telepathy and energy exchange, utilizing symbols and tools in a new way, connecting with sound, music, writing, and art as a language...each of us mastering the Language of Light and the Language of Love.
- **Our experiences of perception and life itself is shifting**: we will awaken higher senses that have been dormant within us, including telepathy, Light Language, communication, transference of energy and connection.
- **We will become more in touch with the energies and forces of nature**, and each person will begin to understand how energy truly functions, and partner consciously together with it to create new things in new ways.
- **We will all communicate telepathically**, and speaking will be an optional choice.

## Holistic Whole Living of the Future

- **The wave of the future is that we will live collectively in a more holistic way**—in our own bodies and community circles, and as part of all humanity. It's already happening in our world. It has already "occurred" out of our reference of time—we are just now perceiving this to be the awakening we are experiencing collectively.
- **There will be a continual shift in energy**: negative, heavy and dense energy will begin to dissipate, and we will fill in every aspect of our being a much smoother way of living our day-to-day life with joy and purpose.
- **The function, purpose and essence of artistic creation will take on a new form**—everyone will all be conscious creators and artists of their own life collectively in, and with, the world.
- **We will begin to create beautiful things consciously on purpose**, just from our energy, body, thoughts and feelings.
- **We will begin utilizing new psychic and energetic tools to create artistry**—including new media, and forms of communication that will be infused and created by and with light, sound, and vibration.
- **These will be combined processes**—of creative artistic expressions, learning, modalities of healing, raising our vibration, ways of building, constructing and moving physical things.
- **We have always had these abilities**, but we will awaken to them again, and use them with clear purpose.

## Everyone Will Be Connected In a Heartfelt Way

- **Everyone will feel the direct consciousness of another** and want to support them.
- **There will be no division, conflict, competition, fighting** or other survival mechanisms that we relied on in the old earth, and everyone will naturally care for each other.
- **We will work with and communicate with Love and Light** and truly understand these as states of being and ways of communicating through frequency.
- **Star People, Elemental Beings, Dragons, Orbs, Angels, Masters will become visible** in the New World, and we will work together with them to create new things.

## We Will Be in Integrity & Harmony When We Create Together

*We will all become consultants and Guides for each other.*

- **Humans will be very connected to everything they do**, even the energetic and physical matter they are working with to create something new.
- **They will offer honoring ceremonies and prayers before beginning to do a creative act**, asking for the equal participation of the person, Star Person, Guide, land, Spirit, place or material they are working with.
- **Elders will be honored deeply for their wisdom**, and also seek counsel and connection with the youth.
- **The Youth will be revered** because they carry deep insights due to their advanced DNA and remembering of their astral and spiritual existence.

## New Societies & Communities for Gathering & Sharing

- **We will live as multidimensional beings**, and all our surroundings, living structures, work and play areas will be further developed to align with our new multidimensional sensibilities.
- **We will create and develop new communities together that serve everyone**—each person will be able to make a contribution that will be valued, honored and used, with shared resources for all.
- **We will reference past lifetime blueprints for dwellings**, architecture, and other models that we can easily access etherically—and use them as start points for developing something new.
- **We will operate as a collective**, with more soul-infused ways of being and interacting.
- **There will be increased levels of “Ancestral Healing” of the individual**, the collective, and community globally, as all that belongs to mind and ego begins to give way to structures based on love, heart and compassion.
- **We will develop many ways of communal living**. Everyone will have a set task or skill to do and contribute to the community, and share what they have harvested, built or created...not just sharing the final product of their efforts, but how to work with that skill, energy or object, so others can easily learn.
- **Learning will be fun and magical**—without limits. Everyone will be learning continually through their experiences with others, easily sharing of their Knowing and understandings from their different perspectives.

## All the Various Practices & Specialists Will Partner Together

- **Scientists, artists, musicians, healers, chefs, and people from every field of expertise will work and play together**—developing new and innovative things, since there will be no separation of class, financial status or education level.
- **We will begin to work collaboratively to explore new ventures in our reality and daily life**, and will collaboratively create new methods of communication, healing and creations.
- **Each person will have a key contribution to make in every activity**, as they participate by choice and will trust their inner knowing to find answers for new questions that arise.
- **Your interests and passions will shift to play and creating things**. New abilities will come online that all will experiment with and find new things they enjoy doing to pursue.
- **No one will have power over another**—people will respect autonomy of self and others, and all actions will be for the good of the group, working together.



## New Multidimensional Centers for Healing & Learning

- **There will be many new kinds of collective community centers created**—for healing and for learning. We will work with new natural and bio-tech tools that are in harmony with nature, to develop things and to create things. People will experiment with combining ancient and future technologies for retuning the body, mind, soul and spirit.
- **The energy from our body will become more powerful and accessible**, and we will be able to easily heal ourselves, readjust anything with our own hands, or help another person this way.
- **Artistic creations will evolve: we will begin to blend and merge** the experiences of healing centers, galleries, places of prayer, places of socializing.
- **There will no longer be segregated spaces for creation and communication to occur**, and there will no longer be leaders and followers. Everyone will become conscious creators of energy exchange.
- **All the forms of artistic creation will blend and work together**. Everyone will become awakened to their abilities to create, and will explore and experiment with new ways of doing things collaboratively—like music and sound, building, working with food, dancing, meditating will evolve into new ways.

## Various Transition, Integration & Recalibration Stations

- **Transition and recalibration community centers will be available for starBeings** coming from other planets to help them get acquainted with our new world, planet, the environment and cultures.
- **There will also be a station that welcomes New Humans** coming into our new environment from a lower or denser earth variation...and they will be assigned a Guide to show them around.

## We'll Partner Again With the Cosmos & The Star Nations

- **Cosmic worlds are becoming energetically, mentally and physically more available to us**. We will learn how to travel in meditation differently, be able to bi-locate in this physical world, and travel to many places, move through portals and gateways of energy, and be able to traverse through into many different worlds as desired.
- **The various Star Nations are coming down in this realm to walk with us again**, as in ancient days. The Star Nations will fully materialize in our realm, because we have shifted to higher dimensions that are now accessible to them.
- **They will share their advanced technologies with us**, and we will in turn teach and share with them what we have learned through being human and living a physical existence on earth.
- **New connections with Star People**—beings and energies that vibrate at higher levels and dimensions will become more known to us.
- **We will deepen a relationship and develop a conscious connection** with these higher beings, and Star People. They will begin making themselves known to us, and we will realize that we are all connected, and begin to work together consciously.

## We Are Becoming "the Earth-Star Nation"

- **We are becoming galactic citizens on a planet that is evolving**, and will soon be recognized throughout the galaxy as a new Star Nation—"The Earth-Star Nation". We will be recognized as galactic citizens and the whole cosmos will open up to us.
- **It will be an honor to have had the Human Experience and to have done work and play on earth**, and humans will be deeply revered for their earth and physical experiences.
- **Many Star Nations will come to know us** and learn from our experiences on 3D earth—which they can also apply in their star realm where they exist.
- **This occurs as we are becoming full StarBeings**. We are raising our vibrations, reintegrating our Star Selves within the physical. We are beginning to perceive our deeper connections with the cosmos, and in the universe, with other planetary systems and stars—and especially with higher vibrational Beings that are making themselves known to us now.

*We will all co-exist together.*

## CH 2: MEET THE STARBEING GUIDES

*The Messengers*

*Who Brought Through These Messages*

*Together With my Higher Self*

*These are the groups of Guides that visited me  
and showed themselves to me this way:*



Overview of my "Consultant Team"—All my StarBeing Guides

- (1) The Arcturians (*the "ARCs"*)—The Collective Guides
- 2) The Sasquatch (*the "SAS"*)—Guides & Tribes
- (3) The Star Nations (*the "SN"*)—Cosmic Guides & Councils
- (4) The Divine Feminine (*The "DF"*)—Guides & Tribes
- (5) The Animal Nations (*the "AN"*)—Earthly & Cosmic Guides & Tribes
- (6) The Elemental Nations (*the "ELs"*)—Cosmic & Natural Guides
- (7) The Ascended Masters (*the "TRI-SKELs"*)—"Trinity" of Guides
- (8) The Shakara" & "Layooesh Tunila" (*the "SHAKI"*)—my Direct Guides
- (9) The "Guardian Alliance" (*the "Guardians"*)—Collective of Guides

## Overview of my “Consultant Team”

**This primer book is a sampling of Messages from the Guides who brought through these Messages to me.** I have grouped these Guides according to their similar vibrations. I am shown that I am energetically related to these specific Guides—as you are with the Guides you work with. Each Guide that presented themselves to me came as unique Beings (or unique groups) and showed me their special Gifts, the principles they individually work with, and how they function. Each shared many Messages and teachings, covering many universal quantum topics which they all address.

*Note—I have already downloaded many Messages from each StarBeing Guide and tribe. I will share much more about each of them, and all the topics of their extensive Messages, in separate books about them. There will also be separate books about Guides in general—who they are, how they work, and how to connect with them all and your own Guides.*

### These Guides and Others Are Available to Everyone

**These Guides and others are available to everyone,** through everything, in every form as needed. Additionally, each of us (you and I, and everyone) also have a special set of Guides that work with us individually to help guide us and move forward on our spiritual journey—are often referred to as our Guardian Angels, Helpers, Spirit Guides or Soul Guides.

**They are also awakening within us.** Many of us have been some of these types of Beings in other lifetimes—trees, grass, wind, animals and probably a few star races in the past. We are all connected. There is infinite star-being diversity represented on this planet, and we are here to learn from each other, support each other, honor each other and co-exist in our myriad forms. Together.

**What’s so amazing is they show me that anything and everything is also a teacher and a Guide to help us,** always available and accessible—we just need to know the special codes of connection.

### About All my StarBeing Guides

*These Guides came to me in many forms, in many ways.*

**This is the extensive group of Guides that specifically appeared directly to me over time** and shared many Messages with me (and they continue to do so).

**I have worked with them over the years,** and now I refer to them collectively as my “Consultant Team”—who my Higher Self and my physical Self continue to partner with, in all my work and services.

**I have listed these Guides in order that each group appeared to me,** and those I have the deepest connections with. I have grouped them together for clarity, and listed the names of each sub-tribe of Guides that gave me Messages to share.

**They all work together.** They are all equal in the eyes of Source. Some Guides work on the earthly plane, some are ascended masters, some are cosmic and galactic. Some are Beings in form, some are Spirits, and some are pure energy.

## How I Refer to Them

- **I call all the Guides "Messengers"** because they come to me with specific Messages I'm guided to work with, then share. All these Guides are "StarBeings" and "Star People" to me—even Nature Spirits, Animals, Elements, Ascended Masters or other Beings and entities—because at one point they all came from the Stars. I was shown that each species originated from its own planetary system, and represents (and is still deeply connected to) the Star location they are from. Earth is a living organism with every possible species represented here—all connected to the Stars. I call them all "People" because I relate to them on the same level and have deep respect for them all, in whatever shape they present themselves. We are all connected, and all Guides are our relations in some form. I am familiar with them, and they are good friends to me. I call them each "Star Nations" because they are distinct tribes amongst themselves.
- **I call them "my" Guides only because these are the Guides who have connected with me**, and shown themselves to me in this way. We have come from the Stars, and are deeply connected to all Star People in our ancient (and sometimes recent) heritage. I am referring to the "Star Nations" such as Arcturians, Pleiadians, those from Orion and Cygnus, and all the others. I consider them all people, all equally balanced.

## They Each Represent Various Tribes and Realms

- **Some of these Guides come to me as groups that work together, and others visit individually** on their own accord. The StarBeing Tribes come to me as different energies—Makasitomni (Holy Ones of Mother Earth), Wicahpi Oyate, (Star Nations), and Gapipilla Oyate (Ascended Masters & Angelics)—I refer to them in these Lakota ways I learned from my Lakota Star Brother.
- **All my Guides share Messages on all topics.** Each of these Guides has a unique perspective and Message, from their own viewpoint. They all work together on many things, and bring in their specific traits and understandings to us from their unique Nation realm. They all represent creative energy. This process of experiencing, sharing, connecting and evolving IS the Act of Creation, creating with Creative Source energy.

## Each Group Teaches From Their Realm of Perspective

- **The "Galactic, Cosmic Guides"** (Arcturians, Sasquatch, Star Nations & Star Counsels) teach about universal principles, about Ascension times, and our connection to the cosmos
- **The "Divine Feminine Guides" (all the tribes)** teach about love, feminine powers, self-worth and integrity
- **The "Animal Nation Guides"** teach about working together in harmony and perfecting your abilities
- **The "Elemental Nations"** teach about the earth and physical realms
- **The "Mystical Creatures"** teach about uniqueness, hidden strength and awakening from the dreamtime
- **The "Ascended Masters Guides"** teach about reality, growth, Ascension and activating our hidden powers
- **"The Shakara & LayooeshTunila"** Beings teach authenticity, inner power and being your Higher Self
- **The "Guardian Alliance Guides"** teach about protection, wisdom, healthy boundaries and equality

## They Had To Evolve & Master Their Own Frequency

- **My "Consultant Team" of Guides that have visited me are Wisdom Keepers, Master Teachers**, helpers, custodians, guardians and protectors of energy, and Creators themselves. They have all shown me that—just like humanity—they too have had their own numerous life experiences where they overcame challenges, highs and lows, judgement, doubt, indecision, questions about life and who they were—and through their own unique growth they explored, experienced and evolved themselves into their unique state of Being in this now moment. They are still evolving, just like humans.
- **They teach me that each and every Being has infinite potential.** Each Being has its own life experience that can be shared. Each Being has their own unique experiences they evolve for themselves, and then evolve the overall collective of sentient Beings, and anyone they come in contact with, when they share their learning and Knowing.
- **All my Guides had to evolve and learn to master their own frequency.** This became their Knowing, which they use in their energetic lives now, as they continue to evolve. The Messages, teachings and wisdom they have shared with me is what I share now to you...and in all my work.

# Meet the Guides That Brought These Messages

## (1) The Arcturians ("The Arcs")

*The Arcturians have visited me since I was a child. They come to me as a collective, often in groups, and occasionally one visits me directly. I often visit a main Arcturian Ship and learn many things there. I am a Messenger for them, and one of their representatives here on earth. They are my original Star Family. I know them fondly as "The Arcs". They are one of the Star Nations, but I listed them separately because they are the group I have had most direct and contact with.*

## (2) The Sasquatch ("The Sas")

*The Sasquatch came to me as various individual Guides and tribes. Here are the various tribes and individuals that have visited me:*

### Sas Individuals

- **"Clan Leader" Sasquatch**
- **"Situ"**—my key female Guide & Guardian
- **"Kitae"**—my key male Guide & Guardian
- **"Sunokaya"**—Guide that travels across the United States
- **"Sasquahi", also called "Chunaba"**—shapeshifter into other animals
- **"Sasqui"**—connected to the Micmac; write script like hieroglyphics
- **"White Sas/Pachat" hybrid**—related to the Lion-like Paschat people from Sirius and Lyra
- **"Ankara"**—ancient Grandmother Sas related to Egypt; a Priestess of the "high road of Undaal"
- **"Maniku", preserver of the stone ways**—work with the Stone People Guardians atop mountains
- **"Unci Dakari" Grandmother**—works with the elementals
- **"Uchu Sasquatchii" Grandmother**—works with plant medicine/nature
- **"Unci Kara" Grandmother**—works with the waters
- **"Kabatun Aatama" Grandfather**—works with monks & sound vibrations
- **"Unci Maktomi" Grandmother**—related to the Spider Nations
- **"Kaetel"**—Australian "Yowie", works with patterns and information about time, space and dimension
- **"The Blonde One Shillowa"**—works with the animals
- **"Haloti"**—a bridge between many tribes; multi-tribe coordinator

### Sas Groups

- **The "Ancient Ones" Tribe**—beams of light in ceremony with regalia
- **The "The AN" Tribes**—8 tribes related to the principle of Antakarana
- **The "Sasquatchitani" Tribe**—grandmother tribe elders; related to Ainu
- **The Star Nation "Sas-ku-wachi" hybrid children**—blend
- **The "Sasquatchi" Tribe**—work with land and sea and whales
- **The "Sas Firefly Orbs"**—visible light orbs like fireflies
- **The "Local Wisconsin Tribe"**—clans rural WI state
- **The Sas "Tri-skele Shifters"**—shape shift often into "Ancient Ones"
- **The Sas "Tree Tribe"**—related to the Tree people and elementals
- **The Sas "Stone Tribe"**—work with rocks and the stone people;
- **The Sas "Sasquahi Tribe"**—work with indigenous medicine people

### (3) The Star Nations (The "SN")

*There are different Star Nations Tribes that visited me over time, individually and in groups. They are loving, psychic, telepathic high vibrational Beings. Here is a list of them, and some of their traits and descriptions as I have come to know them. The Arcturians are also part of this group.*

#### Star Nations Tribes & Groups

- **"Venusian" Nation from Venus**—Love and Heart; related to the Morning Star and Hathors
- **"Pleiadian" Nation**—heart-centered Beings who work with energy and frequency
- **"Sirian" Nation**—valor, higher knowledge and Guardianship in the cosmos
- **Cosmic "Pachats" Cat People & Dolphins/Whales from Sirius (A, B & C)**—Pachat cat people, galactic dolphins, & whales
- **"Zeen", "Zine", "Zane" and "Zahir"**—childhood friends; shape shift into many beings (children, ancient ones, orbs of light); related the Council of Zindar/Zendar and Saturn
- **"Lyran" Nation**—Origin place of all the Star Nations, and all sentient Being's original home and birthplace
- **Lyran-Anauhuazi/Anuhazi" Nation**—priests from Mu, Lemuria and other ancient lands, originally from Lyra
- **"Eieyani" Nation**—record keepers; ancient Elder Master Teachers
- **"Orion" Nation**—connected with Egypt, guardians, Osiris and neters; gatekeepers who work with star portals and gateways; regulate galactic travel; manage trade routes in the cosmos
- **"Inner Earth Beings" in Telos & Agartha**—come from the Stars; many from Mu, Lemuria and Atlantis who migrated underground
- **"Star Nation in Cities of Light & Shamballa"**—exist in higher frequency version of earth; can come and go in the physical realm; connected to Avalon, Tibet mountains, Sedona AZ, Mt. Shasta CA etc.
- **"Star Bird" Tribes**—various bird tribes from different Star Nations
- **"Cygnus Cosmic Bird Beings"**—lays the "golden eggs of creation"; related to dove of peace, christ consciousness, cosmic Divine Feminine
- **"My Partner from the Blue Star Council"**—worked with me many lifetimes as a guide; related to the Nanga Sohu Hopi Kachina
- **"Beings of the Ultra-Violet Flame", The Violet Ray & Violet Planet**—from the Violet Planet; related to the 8th star in Pleiades; protect the sacred violet flame energy of life, disperse it to other planets/beings
- **"Ancient Star Elders from Upper Northwest Pacific US"**—related to Mu/Lemuria; work with trees and whales; related to Nez Perce people
- **"Ancient Star Nations" arriving & emerging In our world now**—from far-away galaxies, not previously recognized or known in our galaxy until now.

#### Ancient Councils

*These are collective councils and groups with various Star Nation representatives. They have each come together for very specific purposes and tasks to complete, at different levels and dimensions. Some of us attend these group and "round-table" gatherings, and/or are some of the leaders of these groups, as human representatives on earth.*

- **The "Galactic Federation"**—work collectively with a range of representatives from many Star Nations; they come from time to time in a fleet of ships across the sky
- **The "Ancient ELs"**—The Ancient Ones related to the "Elohim, Elohi and Eloha"; Wisdom Keepers and planetary/energetic code guardians; mastered the art of sacred fire & water fusion; work with elements, light, sound and vibration; shape-shift as needed; they guide and counsel other Star Nations

#### New Galactic Councils Recently Formed

*There are currently new Councils being formed in the cosmos. They have a representative from various groups, and they meet regularly to work on higher-vibrational projects. Here are a few:*

- **"Blue Orb Sphere Light Ray Council of 13"**—from the Blue Star realm; includes blue ray lightening/thunderbirds; blue orb/lightening beams; also has violet and blue auras; human "Blue Rays" work with this group
- **"Collective of 13 Galactic Federations" old and new**—shepherd planets, especially Earth, into higher dimensions; create new Blueprints for the body, planets and new systems
- **"Galactic Council of Light"**—represent all rays of light, related to chakras and human light body, all colors, light, sound tones and vibration; each member carries their galaxy's color ray

## (4) The Divine Feminine (The "DF")

*These are the names and forms of the various Divine Feminine tribes as they have come to me and shared their wisdom with me. They go by many names over time, but these are the names I use to refer to them. They are Feminine Beings, who all carry and work with the feminine energy. They serve all Beings. They carry and connect to the feminine energy within every individual—irregardless of any gender or personal identification. I have listed a few things about how they appeared to me, their traits and the principles they work with.*

### The Great "Divine Mother"—Feminine Aspect of Creator

- **"The Creatress", "The Divine Feminine Aspect of Creation"**—"The Creatress", the "Great Divine Mother/Grandmother" goes by many names (inc. The Argha, The Durga, Dou Mu, Wakan Pahamani Wi).; her names are based on her role; she's an etheric, energetic frequency that embodies different Avatars and Goddesses throughout time and dimensions; Mother Goddess, Grandmother of all; the one who carries many tools, many ways and many divine feminine essences; "The One Who Creates The Path" (helping beings move forward with protection), and "The One Who Clears The Path" (the great Creatress and mover of energy); Wakan Pahamani Wi shows me she came from the center of the Big Dipper and is in energetic and physical form who walks the earth now (I've done sacred ceremony with her and others to heal the people)
- **"Asherah", "Ashara", "The Pure Spirit"**—the Mother Goddess; The Originator; related to the tree of life, serpents, trees and giving of life
- **"The Shakinah" and "The Shakti" energy**—a golden white pillar of light, carries all rays; she is energy in the etheric realm; a Master code carrier; protector of the feminine energies in the world; works with the middle pillar of Light that we carry within us; moves energy and is Light
- **"Mother Arc"**—embodies the Creation Codes of the Mother Source in various realms

### Individual Divine Feminine Beings

- **"Jmmanuella"—twin sister of Jmmanuel (Jesus)**—walks with me (and others) in Spirit now; works with blue etheric energies, carries "Magda-Sophia" divine feminine energies; receiver of Messages from the Divine Source, helped her brother Jmmanuel dispense his Messages; one of her incarnations was the White Buffalo Calf Woman; comes from Arcturus; guided and taught "The Magdas" (women who were overshadowed or blessed with the Magda-Sophia energy); she was not fully physical during earlier incarnations, but people with psychic senses could see her
- **"Dresdimalla Of The White Flame"**—carrier of the white light of purity
- **"Arya Tara" (White Tara, Mother Earth Goddess)**—Guardian of mother earth and the feminine principle; protector of the sacred ways and sacred ceremonies, works with sound syllables and seed codes of nature and earth; mover of energy; assists and guides all the other "Taras"; she is the Star of purity, the liberator of suffering; uses her wisdom and intuitive abilities to guide other Divine Feminine Masters
- **"Joan of Arc"**—was a physical Being, a mystic and visionary; now she functions like an Ascended Master and can travel in many realms; she is one carrier of the codes; inner priestess of the Knights Templar and other circles, protector of women and children
- **"Quan Nin"**—Ascended Master, dragon goddess, rider of the golden or white dragon, diviner of protection, kindness and nurturing coupled with hidden inner strength and conviction; balancer of peace and will
- **"Lady KA-tsina" (Kachina)**—an embodied being and rock-form guardian in Sedona AZ; part of a birthing story, the first woman that originated from Montezuma's Well cave and water pool of life

- **"White Buffalo Calf Woman"**—came to the Lakota as a Star Person from the Pleiades (originally from the center of the Big Dipper) to bring sacred-ways tools; taught how to reconnect with both earth ("Maka") and sky or Spirit referred to as the "Great Creator" ("Tukansila"), merging the physical with the spirit; I've had many connections with her
- **"Unkara The Priestess of High Road of Undaal"**—high priestess of an etheric place like Shamballa; works with akashic records, connected to the Egyptian scribe "Shesat"; related to the Sasquatch with the same name; teaches how to read, write and speak codes
- **"Towi, The Blue Star Woman"**—carrier of the blue ray; works with all Blue Ray Human Beings
- **"Magiratha, Protector of the Light"**—female magi who helps other divine feminine Masters and Magi Masters; works with herbs, salves and sacred embodiment oils
- **"Grandmother Tree"**—one of her names is "Makasitomnia Makpia Tiopa Wi" (Celestial Portal of Creation Woman/Grandmother) which a group of us brought through in sacred ceremony; negatively referred to as Devil's Tower in Wyoming; one of the 13 sacred original Grandmother trees on the sacred original 13 continents or earth

### Collective Feminine Energy Groups

- **"Magda-Sophia" Energies**—a being of high vibrational energy that is carried by many feminine beings; protectors of the Divine Light and the Divine Feminine; carries the divine Sophia wisdom of Great Spirit and the Divine Feminine; balancer of grace; works with the Ancient Elders
- **"Maryamne", "Divine Mary", "Marataten" (The many Marys) Energies**—a source of energy embodied in sacred "Mary" Beings throughout earth history, including Mother Mary and Mary Magdalene
- **"Egyptian Goddesses, Priestesses and Masters Tribe"**—including "Isis (Aussur)", "Hathors (Hator)", "Sekhmet (Skmt)", "Shesat (The Scribe)", "The Feminine Ra (Ra-U, the female essence of Ra)"; Star People who helped with early Egyptian frequencies
- **"Sophia Sisterhood" Collective/Counsel**—a collective or aspects of the Sophia; work with "Sophic" energy, the Feminine Life Force of nature and all of Creation
- **"3 Girl Bee" Guides**—connected with them at a mound in TN; carry spirits of 3 Beings from ancient times that were released from their earthly limitation during ceremony
- **"Seven Sisters of Pleiades"**—White Buffalo Calf Woman is the baby sister; sacred female Guides who descended into different cultures on earth to guide the people; they work with their 7 brother stars of the Ursa Major bear stars
- **"Triple Goddesses Collective"**—protectors of the "Ain-Soph-Aur" codes of Sophia (limitless light); Divine Spirit beyond form
- **"13 Stargate Goddesses"**—3 stargate guardians of the lunar cycle
- **"13 Lemurian Grandmothers"**—ancient Guardians from Mu and Lemuria; keepers of the ancient ways and sacred knowledge

### Priestess-Hoods & Guardian Collectives

- **"Feminine Masters of Djedi" & "Assasi Warriors"**—feminine Guardians and Warriors, protectors of the ancient codes of Creation and Life
- **"Banduri" with "Queen Maev"**—Druid priestesses & protectors
- **"Shamankas"**—female shamans of many tribes and cultures
- **"Amazonia Feminine Masters of Mazur (Mazurka/Mazuria)"**—Master tribeswomen and warriors, gatherers of the sacred circles of women
- **"Ancient Ones", and "The Hisatsinom (Anasazi) Grandmothers"**—keepers of the ancient ways
- **"Priestess-Hood of The Sacred Flame"**—work with the sacred flames of life, inner fires, and the violet flame
- **"Royal Priestesses of Mu & Lemuria"**—carriers of the ancient codes, Language and Symbols of Light via Hiburu; work with sound, toning and singing; original priestess of Mu and Lemuria, migrated to Atlantis to keep the sacred feminine intact there



- **"Oracles of Nature"**—Divine Feminine Beings that guided the Oracle women through time; can scry energy, tune into nature, come in and out of form and the spirit world
- **"Feminine Ishayas" & Their Master Teachers**—ancient Guides, Guardians and Protectors of the Way of The Ascendant; help beings evolve through Ascension in daily life through practices of connecting with the divine; master teachers of the Way of Spirit
- **"Feminine Essenes" & Their Master Teachers**—Essenes going back to the dawn of humanity; keepers of energetic knowledge; Master Healers who work with love and compassion as an energy tool
- **"The Inner Priestess-Hood of the Knights Templar"**—Guardians of the codes of freedom and protectors of the Divine Feminine; work with the ley lines and Gaia and protecting the energy of earth
- **"The Sisterhood of the Rose" & "The Sisterhood of the Blue Apples"**—protectors and carriers of the Mother Arc Codes of the Covenant in their holy body vessels (pure seeds of DNA consciousness and creation)
- **"The Feminine Golden Dragon Society"**—riders and caretakers of The Original Golden Dragons, the Dragon Codes and The Dragon Seeds; they and dragons are Ancient Guardians of earth and people

## (5) The Animal Nations (The "AN")

*The Animal Nations appeared to me both as Earthly Beings and as Galactic Beings (related to their earthly counterparts). I personally refer to all these Beings as "Animal Nations"—the birds, the insects, the four-legged ones, and the aquatic animals. Here are some ways they have appeared to me, and some of their traits that I have been shown:*

### Earthly Animal Tribes

- **"Whale & Dolphin" Nations**—appeared to me as one key white whale, various whales and dolphins in other dimensions, they dream me from the ocean and ancient times; spinners of energy and play; whales carry the original codes of creation
- **"White Animals"**—pure white Beings representing all animal nations, come in dreamtime as spirits of etheric Beings; they are reemerging and manifesting in physical form; harbingers for animals that have transitioned into the new earth
- **"Black Jaguar Clan"**—appear to me etherically with blue eyes; I "vision" them when I travel via remote viewing through southern continents; Guardian Protectors of the sacred ways
- **"Bee Nation"**—connect to them in nature and in dreams, and at sacred mound sites; master harmonizers, tuners of frequency, defiers of gravity
- **"Deer Nation"**—they work with the heart, innocence and purity
- **"Bird Nation"**—I connect with them on the land; had sacred visitations during a vision quest; inc. "red tailed hawk of Ra", Golden Eagle, Sacred Dove (of Cygnus); flyers who move energy in the skies, bringers of purity
- **"Spider Nation"**—weavers of destiny; work with time/timelines
- **"Serpents"**—land crawlers, carriers of Truth and revealing; many ancient priestess tribes worked with them; they move earthly energy

### Galactic Tribes & Animal Beings

- **White "Paschat" Lions Of The Cosmic "Cat Nation"**—appear with blue light language tribal markings; Sirius & Lyra; Ancient Guardian Protectors, keepers of the codes of freedom
- **"White Crane/Dove/Swan of Cygnus"**—they represent and are from the cosmic white cross womb of life, the white dove/goose of Cygnus who lays the golden eggs

## (6) Elemental Nations (The “Els”)

*I have received many Messages from the Elemental Nations while traveling extensively, and during sacred ceremony on the land, and through the body.*

### Cosmic Elemental Nations

- **“Solar (Soul/Sol) Sun Star”**—carries Diamond Photonic of seed codes of Light and information to every sentient Being as sustenance; the life energizer; awakens and stimulates photonic light codes within us; it is Light itself, and it carries pulses of Light and energy to and from earth—from Creator Source
- **“Lunar Moon”**—our moon construct is the re-balancer of energy and the feminine frequency within us; a satellite constructed from cosmic elemental debris to stabilize earth, the movement of energy and electro-magnetic waves

### Gaia Earth Nations

*Gaia Earth Nations are physical forms that are Beings and carry their own identity and consciousness. They are beings of nature when they take physical form (like rocks, water, land, clouds and trees).*

- **“Tree Nation”**—ancient beings and earth record keepers; all connected through their root system and mycelium between them that carry information (like our brain receptors)
- **“Rock Nation”**—carry all the information of earth and cosmic history
- **“Stone & Rock Nations”**—Wisdom Keepers and record keepers of the developments of life; help with grounding our body energies
- **“Crystal Nation”**—carry ancient memory, grow and evolve quickly over time; help rebalance and retune our energies
- **“Mineral Nation”**—the building blocks of form and matter; give us sustenance, inside and out—within the body of our own minerals, and in our physical connection to minerals on earth
- **“Wind, Air & Cloud Nation”**—The clouds are plumes of mother Earth that carry her name and send Messages in their shapes; the wind carries sacred Messages, the air is the breath of life
- **“Water Nation” (Mni Wiconi)**—all water particles are carriers of the Waters of life...Master holders and carriers of ancient cosmic and earth memory; connect every living Being in the cosmos to the cosmic waters and seas; sustainers of life and life-giving vibrations
- **“Fire Nation” & “Photons of Light Nation”**—the force of light and flame that maintains life force; exists within our bodies and the material realms; work with the sun to transpose solar frequency; clearers of negativity; related to the rise of the Phoenix and Dragon fire
- **“Ether (Ethereic) Nation”**—blue ether from earth and the cosmos, electro-magnetic frequency life force and source of energy, manifesting in form as blue plasma; healing blue ray used to heal people; blend of mother earth energy and cosmos; interconnecting non-matter and matter via plasma and zero-point

### Earth Nations Protectors

- **“Mother Earth Protectors”**—Protectors of the original 13 continents; related to the 13 Ancient Grandmother Trees; assist earth with changes in her frequency; protectors of the realm of inner earth
- **Protectors of the ancient mounds**—caretakers of the earth mounds; work with galactic and earthy matter and energy; star people, meteors, giants, Sasquatch, Native American tribes
- **“Ley Line Guardians”**—protect and maintain the flow of energy through and around earth and at the ley line nodal points; work with temples & pyramids
- **“Earth Guardian Elementals”**—*physical/etheric fairies, elves, pixies, gnomes (earth), sylphs (air and sky), salamanders (fire), undines (water)*; a connected council, protectors and tillers of the land and sacred spaces; related to the tiny people, forest people and winged ones

## Ascended Masters (The “Tri-Skels” Trinity)

*They gather as three, in harmony.*

I work with various “Tri-Skel” trinity groups of Ascended Masters. These are the Key ones who connected with me. They come to me together as a trinity of Beings and always appear in groups of three—and rotate through Guides presenting themselves based on the topics I’m learning or exploring. They work together for specific tasks (these 3 are predominantly masculine, also include feminine and gender-neutral beings).

### The Divine Masculine Trinity

The masculine “Tri-skels” are the carriers and holders of the Divine Masculine—which understands, respects, honors and works with the Divine Feminine Guides & Ascended Masters. These three are from “The Great Medicine Society” that walk on Turtle Island (North America) and all over the world:

- **“Jmmanuel” (Jesus)**—The Carrier of “Christ Consciousness”—a Master healer who helps people master the Ascension process and resurrect the Spirit while in the body; came from the Pleiades
- **Melchizedek” (Melki Tzedek)**—The “Melchizedek Priesthood/Order”—some indoctrinated Ascended Masters; they work with the Codes of Enoch and the Elohim; teach Ancient Original Knowledge and Ways from Creator Source, a combination of sacred geometry, mathematics, power of numbers and symbols, alchemy of energy and matter, and the transmutation of spirit into matter; are great healers
- **“Quetzalcoatl” (Quetzal Coatl)**—The “Feathered Serpent”—a collective of energy that works with nature and the elements, reuniting the earth and sky; often as a hybrid of a bird (sky) and a serpent (land) as the “Feather Serpent”; helps people through intensive mystic spiritual training of the soul and spirit to connect all worlds; keepers of ancient calendars and time codes

### The Divine Feminine Trinity

The Feminine Ascended Master Guides that also appear to me in trinity groups of three and include—Quan Nin, White Buffalo Calf Woman (in her Ascended Master form), Jmmanuella, Magda energies (like Marry Magdalene), The Sophia energies, Lady Portia, Lady Nada, The Taras, and other Feminine Masters (see the Divine Feminine Guides for more).

## (7) “The Shakara” & “Layooesh Tunila” (The “SHA”)

**“The Shakara” (Sha-Ka-Ra, Shakara-Ra, Sha-Kinah, Shekhinah)**—a Being of Light that appeared to me as a young child, and brought a Message to me about my life and spirit work. A cosmic high-dimensional Light Code Carrier that takes many form. She is the Divine Feminine Aspect of Creation that carries the divine Light of The Shekhinah (Sha-Kina, Sha-Kinah) energy. The “Sha-Ka-Ra” is an energetic vibration held by this Being. The Shakara carries many names, which change with her vibration based on what task she is focusing on. These include: “The Shakara”, “The Shakara-Ra”, “The Sha-Kina”, “The Shekhinah”, and others. “The Sha-Ka-Ra” (“she”, as a divine feminine energy) and “The Shakara Light” (“she” as a manifestation of Light) works with everyone, and specifically those who are here to help humanity evolve on a big scale.

**“Layooesh Tunila” (“Layooeshtunila”, “Layooeshakara”)**—I have been told by a Wisdom Keeper Grandmother that this is an aspect of my Higher Self currently residing and operating from the 66th dimension, and I bring down that dimensional vibration, information and energy codes into this earthly realm through my current physical body as a blend of these energies I carry within me. “Layooesh Tunila” is a cosmic personification of “The Shakara” and brings codes, sequences and information down through each dimension and realm to me... for me to translate into language within the 3D realm. “Layooesh” also represents a “Pillar of Light”—a bridge between between the old and new world we are walking into. The Pillar is the True Light that runs and connects energy from Source through our bodies, to ground mother earth, and back. All humans are Pillars of Light, and have a light pillar column around the body interacting with our Light Bodies, connecting to the light energy we move through our spinal column (kundalini) and the “prana tube” through our system. The “Layooesh” are also physical Pillars or beams of Light that are now appearing all over our world as beams of Light from heaven to earth—these are Divine Energies or Pillars that assist Mother Earth to fully activate herself and raise her vibration during these Ascending Times. They are entering earth at the Ley Line nodal points.

## (8) The Guardian Alliance (“the Guardians”)

*From time to time, I have been visited by “The Guardians” individually and collectively—Beings who have taken on the role of a Guardian for the realm in which they exist. There are various Beings who act as protectors, nurturers and keepers of connection, peace and prosperity in the various realms—The Galactic (Cosmic & Universal) realm, the Spiritual (Astral & Etheric) realm, The Earthly (Elemental) realm, and The Human (Earth Beings) realm. I’m a “code runner” between these groups in their respective dimensions, and a universal “code carrier”, “code talker”, and “code protector” of the Codes of Creation, which is the common ground between all these groups.*

### The “Guardian Alliance Collective” of all Guardian Groups

- **A collective of Groups (cosmic, spiritual, earthly and human)** consisting of positive, strong and productive Beings; they are Guardians and Protectors of various sectors, dimensions, realms...working in various functions based on the specialties, skills, expertise and location. They contribute their energy and wisdom to supporting various evolving species, gathered through their many Lifetimes. They are protectors of freedom, safety, diversity, positive evolutionary development, and quell negative self-serving energies or Beings. The Galactic, Cosmic & Universal Guardians
- **Made up of many “Star Nations” collectives and individual Beings**, who take on a more protective or guarding role for many realms—earth, the cosmos, the elements collectively. Their “job” is to protect and maintain the smooth functioning between Galactic Nations, Source, vibration and maintenance of source energy and overall operations of the cosmos. They focus on unity and harmony between all Beings and societies (on earth, the spiritual world and the cosmos). There are many counsels, groups and gatherings that take place, all throughout the cosmos with various other Guardian group, each responsible for a particular “sector” of energy vibrations and operations, a task or a location.

### The Spiritual, Astral & Etheric Guardians

- **Spiritual, Astral and Etheric Guardians work and live in those realms.** Some have been in physical form, like Ascended Masters, and some just exist within the spirit world. They are the bridge between the physical Spiritual worlds. They help keep the balance and work with many beings who have crossed over, working with the spiritual aspect of human’s and animal’s Higher Self in the spirit or astral world. They help beings transcend into new dimensions as a conduit between Source energy and the physical realm. Most all Ascended Masters are appointed or take on roles as spiritual Guardians because they have had so much life experience and can be compassionate and helpful to others.

### The Elemental Earth Guardians

- **The Elemental Earth Guardians include Beings who live on our planet, or inside our planet** (like the Elementals and Sasquatch). They work directly with the Being Gaia (Mother Earth) to keep her nurtured and treated with respect. There are Guardians at every level and place. There are those who work with very specific realms on the land—there is a Guardian Group for someone’s home, their neighborhood, their regional location. Earth is a Being of Light, and the Elemental Guardians maintain the smooth functioning of how higher vibrational energies operate overall. They keep nature flowing, work with the physical elements and other elemental groups on the land. They include Sasquatch, inner earth beings, Elementals who work with the plants, water, trees and animals.

### The Human Guardians

- **The current “Human Guardian Alliance”** are a combination of Star Nations, Ascended Masters and Earth Guardians from all over the cosmos and earth. These are the ones that guard humanity, helping humanity further develop and Ascend during this great transition time. They respect the Universal Law of Free Will, and cannot intervene with humanity—unless they are individually or collectively affected by what humans do or what is happening on planet earth. The Human Guardian Star Nations are coming to earth in mass now and some are walking in our earthly realm (seen and unseen). And the new Star Children who are coming to earth with their DNA more fully activated are also Guardians for humanity—to help us all awaken and move forward in the best way for all.

## CH 3: BECOMING SHAKARA



### My Journey of Awakening

*I speak to the stars.*

#### My Own Personal Journey

**This is a story of my journey...of Awakening, Activating, Remembering, Becoming & Being.** In my life, through experiencing these downloads and connecting with The StarBeing Guides, then integrating the learning in my life and living them, I have begun to fully awaken who I AM. This is an ongoing and eternal Ascension process through of spiritual evolution. This is occurring to me as my story, which is a metaphor that happens with everyone through their spiritual growth and expansion. These Messages I share are truths to me—through my own experience and remembering from past lives. This is my truth as it comes to me.

**I am gathering and re-collecting various symbols, signs, codes and tools,** and putting them together creatively and artistically in new ways of understanding the deep, inherent vibration within each one of these things and how they were originally used so they may be utilized again for us all. My job through this process has been to get activations and awakenings, to Remember many things, research patterns across cultures and dimensions, alchemize then distill it all into a common denominator. I was guided to explore all the concepts I was given, to understand them separately, and put them back together into codes that make up an original blueprint of Creation. Then live and embody them.

**I wear many hats, and shape-shift roles often.** I am also a spiritual Ascension Guide, “Wayshower”, Teacher, a StarBeing Messenger, a healer, and activator, a Star Nation (ET) experiencer and contactee, a multidimensional artist, Light Language communicator, a motivational speaker, an infinitely curious being, a soul explorer on the leading edge of consciousness, a lover of life, a mother...and a friend. I live totally guides by Spirit now.

What I was shown through the process of becoming “me” is what I am sharing with you here, so that it may empower you to do the same. I hope that you receive something from this material that awakens you deeply, to become the conscious Creator of your Life and your reality. The StarBeing Guides have activated me..now I’m transferring these codes to you—to further support you in raising your vibrational essence and your unique Energy Frequency Signature.

## I Communicate Many Forms of “Light Language”

- I express “Light Language” (I sometimes call it “Star Language”) in a variety of ways—I write, draw, diagram, sing, rap, dance and speak it. The Messages in Light Language can be poetic, direct, forceful and gentle—for whatever the situation calls for. Sometimes they are specific Star Nation languages, some come through as downloads in the form of huge energetic data packet transfers, and some are soothing and healing. And sometimes it’s my own personal Arcturian Light Language coming through. I’m shown the many forms of Light Language I express help clear out old energy to restring and reweave energetic photonics in correct alignment and vibration with me, while invigorating and stimulating other people’s inner Light Codes—to regenerate their own creative powers, activate themselves and remember their own unique Energetic Frequency Signature blueprint...then consciously create onward. Often after I share the Light Language with people they spontaneously activate their own Light Language expressions.

## My Understanding About Light Language

- **The “Language of Light” is an energy exchange and a form of communication** using all the senses. The Language of Light is uncorrupted—it is pure Divine Light and Love. The Light Codes connect your body to the Light, to spirit, and to Source. Light Language is a multidimensional vibrational frequency that activates our DNA, balances the right and left brain, and brings you to higher frequencies to remember your multidimensional Divine-love Self.
- **Light Language carries a high vibrational frequency that is not in context of anything but itself**—It is the energy itself of Creation and Frequency. It is a multidimensional spiritual language that involves engaging your senses of expression. Higher senses of telepathy, and extrasensory perception (ESP) are all forms of Light Language. Communicating with nature through the elements is also a type of Light Language.
- **When expressed, Light Language is an immediate transfer of energy and information at quantum levels**, that can be experienced at the moment of transmission. It is a high-vibrational state of cosmic connection that operates energetically that we are all capable of tapping into and using as we enter this new way of being in these times. It is a multidimensional frequency communication that transmits on different dimensional levels and engages multiple senses and functions—through the body, through the soul and spirit, through vibration and light and frequency, through thought forms, through higher senses, both conscious and subconscious.
- **The language is alive and takes physical form.** You can read it and interact with it at various levels, based on your wisdom, experience and intuitive abilities, and your open heart. Light Language is the base root of all languages in the cosmos. It is Universal Language that can only be understood with the heart and the Higher Mind. It is immediately recognized and understood by the soul on a higher spirit level.
- **All Light Language is Connected to Source.** Each of the languages can be traced back to the Original Language, of telepathy and the Heart. There is also one universal language we all speak—that is why everyone feels something from a light language expression.
- **Light Language is connected to an original language** that everyone in existence knows and speaks—it is pre-verbal, symbolic and energetic. Babies speak Light Language when they babble—because they are still directly in tune with Source energy. The core of all Light Language is an original language we all already know how to communicate. It’s a galactic language that comes from the cosmos.
- **With Light and Light Language, all realms of existence can communicate to each-other**—because the common element in them all is light. It’s the bridge, the message, the impulse, the energy the receptor, it is ALL embedded in one—working on all levels of all systems.

- **It is information that includes the Codes of Creation**—all that is also encoded in you and all of reality and consciousness. It works on many levels. Language is how we communicate with each other. The Language of Light is how we communicate with God and God with us.
- **The Language of Light exists in and throughout everything.** The codes are all around us waiting to be seen, felt, heard, and re-vibrated out to the world in our unique creative ways. They are all existent and everlasting, and are manifested in our unique expressions.
- **It is the Universal Language that everything is based on.** It comes in the form of sacred geometry which is the foundation of music, art, science, architecture, in man-made forms like temples and pyramids and mandalas, and in nature—DNA, atoms, crystals, and the blueprint templates for all things that take form.
- **It's a Heart Language,** and though people may not recognize the patterns like a known language, they feel it deeply, and an inner remembering arises like a warm breeze inside. The Language of Love that in higher dimensions is beyond our conscious understanding. Yet we have these seed codes of energy within us and they are evolving quickly—in time everyone will begin self-expressing their own Language, and we will understand and communicate with each other in many new ways.
- **All Light Language is connected to a universal ancient language** that traces back to the original language of Light, and ultimately of Love.
- **Some Light Languages communicated are a specific Galactic language from a specific Star Group.** Other languages are from the Angels or Ascended Master Realm. Others are just energetic frequency codes that come through to heal, assist, or guide the recipient of the Light Language in their own personal way—and often that person needs to figure out the full meaning of the message they were given, in their own way.
- **Each individual is speaking and expressing their own unique energy frequency signature** through the transmission. Light Language comes from the Stars. Humans have all come from galactic origins. Those who communicate with Light Language are re-connecting with their home planetary systems, and/or their experiences on other planets in other star systems, and/or their Higher Self and expressing that energy in form.

## The Download Process of “the Messages”

*I had to understand what all this was about and find Myself in it all.*

### The Messages—From the Messengers

- **The “Messages” are what the Guides bring to me,** share with me and teach to me. They have come in many different ways, and cover many different topics.
- **I call all the Guides I connect with The “Messengers”,** because they bring in Messages to me. I also refer to all the Guides as “StarBeing Guides”, “Star Guides”, and my “Consultant Team” interchangeably.
- **This is a sampling of great wisdom Messages** each of these sacred Guides have taught and shared with me. The experiences and Messages I share in this book are my personal Truth, which is changing at every moment. So you could say I am gathering them, writing them down, manifesting them and living them as I go along—readjusting and fine-tuning myself and the understanding of The Messages along the way.
- **For the last 9 years,** spontaneously all the “Messages” from the many Star Guides began coming to me at specific time codes: 2:22am, 3:33am, 4:44am and 5:55am, for 4-7 hours each day.
- **The StarBeing Guides say they “dream me” and “vision me”** in dreamtime and during my conscious, physical day. Each day they presented a different topic. The Guides would “mind-speak” to me through telepathy and images.
- **The experiences, downloads and writing came through me through many ways, in many places**—during ceremony and in my daily life, on the streets of a city and out walking in remote fields, when I was sharing Messages at many gatherings and conferences, and in my quiet moments; during every personal session, and walking down the desert highway. They just kept flooding in, inspired by my surroundings, who I was engaging with, as well as what I was experiencing and feeling at that instance.

## The Download Process

- **The transmissions came to me in many different ways**—some came to me as a simple thought form. Some come as holographic pictures in my mind's eye. Some I see right in front of me like semi-spirit-physical or astral formations. And some come in as a bundle of information I have to decode and break apart to find connections within patterns I am shown.
- **The Messages came in a series of patterns:** one thought form would trigger another concept or theme. I was guided to do more research—sourcing and culling vast amounts of material, to better understand the profound teachings I was receiving. I'm still receiving Messages every day, even now.
- **Each day, the Messages came in multidimensionally**, and meander tangentially through various separate but related topics. As The StarBeing Guides were downloading the information, they were also teaching me about what I was shown and how to put it into practice in my every day life. It is a continual learning process—like I'm in a continual quantum “unveiling” and “revealing” school.
- **The Messages come in as multidimensional symbols** representing larger concepts I have to unwrap and work with, as a series of codes—like a scripted programming language, and as illuminated pictures and images. They come as huge packages of Light Language bundles of information I need to distill.
- **The depth of energy and information in each symbol, code and bundle varies:** some came in just as ideas, gestures or feelings. Some were symbols or word representations, or as energetic “sentences” of sound combinations. Some came to me as illustrations of higher concepts I had to draw out. Some were shown as coded light DNA-string sequence sentences. And some came in as polygonal forms that represent and/or hold blueprints for larger concepts or construction plans for universes. Some are ancient information, some as instructions or methods, and some are events as processes I have been shown that will happen in the future.
- **The Messages themselves are “Light Languages” that open multidimensional worlds**—and came though to me as coded and symbolic Light Language. I “downloaded” them within me, then transcribed them, worked with them energetically and processed them in various ways. I consider it all Light Language—the download process, codes and symbols, concepts, how the energy transforms, and the communication of Light Language in various formats.
- **The Messages themselves are multidimensional**—they came in multidimensionally in many ways...and I processed them in multidimensional ways. This helped me me expand myself multidimensionally when receiving them and working with them. Their multidimensional aspects helped me see things from a multitude of angles, experiencing and living life in a multidimensional way.
- **The multidimensional nature (of the Guides, The Messages, The codes/Symbols, and the concepts)** all further awakened my multidimensional nature...which awakened my multidimensional experiences of the world, and then my multidimensional style of work and creations.
- **I get continually energized, activated and “upgraded” in my frequency** whenever I share the Messages, Light Language, understandings from the teachings I've received, and when I engage in my art, writing and creating with various mediums.
- **These Knowings came in many ways**—from going deep into sacred space, by living silently in a quiet world of nature off-grid and outside the realms of daily society, through profound multidimensional cosmic experiences.
- **My learnings occurred through simple, daily life-living practices** of connecting deeply with nature, interacting with many people, experiencing my own inner evolving soul Being my Higher Self aspect, and through my deep connection with all the cosmic StarBeing Guides.

## The Process of Writing “the Big Book”

*“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*



# My Experience Culling & Writing The “Big Book”

*The book is already written...because I have lived it.*

- **This Primer Book is the first of many books in the library of work I’ve gathered and created over the years**, which I call “The Big Book”. The Big Book is the culmination of a lifetime of spiritual work coupled with life experiences and these extensive Message downloads.
- **As I was writing this first book, I realize I was simultaneously writing many books together**—I had to do this to see how all this information and energetic codes were supposed to fit together.
- **The book wrote and guided me how it wanted to be structured**. The overall structure of the “Big Book” is a blueprint of all my life’s work. I’ll share more about this in future books.
- **The Guides guided me every step of the way**—through receiving the Messages, what they taught, how I was shown to research, archive and scribe these words and pictures; the evolution of how it all appeared to me, how they worked with me, and how they showed to put all these pieces together and share them with people.
- **All the Messages were downloaded from the Guides to my “Higher Self”** (the aspect of each of us on higher levels of consciousness close to Source), then to my physical self, where I scribed them in a high-vibrational state.
- **This book is the transference of energy from me to you** of that information and the energy it all carries—I am transferring the original codes with my interpretation...over to you.
- **Transcending time, I’m shown these Messages and concepts were delivered to me from a higher dimensional place**, a multidimensional energetic frequency. I integrate the ideas into my being in a multidimensional way utilizing all my higher senses. Then I am guided to manifest the information in creative forms. This book is a creative expression of me in tandem with the Star Guides and my Higher Self.
- **The Library of information I gathered and scripted is deep and extensive**. Featured in this Primer Book are just a few key notes and information I excerpted from the vast and extensive library of information I’ve gleaned, gathered, been shown and personally experienced.
- **Because the amount of information and visions I have received have been vast**, I created this book as a primer sampling of the full body of my work to be rolled out over time.

## Guides, Tools, Messages & Codes Embody “Principles”

- **All Guides, Tools, Messages and Codes are “principles”** which you can follow and utilize in your daily life. This book is really an offering and a gift to you...to see that there are many different energy tools already available to you. I like to call them “principles” that come through messages, regarding different themes and topics I discuss, and from each of these different guides.
- **Each Message, Teaching, Symbol, Code and individual Guide themselves carries dynamic “principles”** —“properties”, “traits” or “specialties” that the Guides have shown me in a unique way. Much of this is tied into more global archetypes that have been presented by many people over the years.
- **We all have all of these variable archetypes and principles within us** and fully accessible to us at every moment.
- **When we raise our vibration into a higher frequency, we can tap into any of these vibrations or principles as tools** (through and as Guides, Messages, energy, symbols and codes...through and as energy sources, thoughts and feelings). Not just individual beings, but also as energetic guidance and tools we can use.
- **We can do this easily because we have been many of these Beings and states of energy**, experiences or types of things energetically in the past. The future is a beauty to behold. *We are entering into exciting & glorious new times of our individual and collective Creation.*

# Experiences & Connections With my Guides

## My Personal Relationship With All the Guides

**This is my own personal story of how I have come to know the Star Guides** as teachers, “People” and friends—and share a bit about what they show me, who they are to me, tools they share, what they are doing here in our realm now and how they can assist us.

**All these Guides are connected to, and work with, my Higher Self**—and are various energies manifesting into and from my Higher Self to me. They said I worked with all of them in the past. They come to me in ways that are familiar for me (and how I’d interpreted them from my frame of reference. The Lakota Chief said I am related to many people as I’ve been many people myself and traveled everywhere—that’s why I need to travel to many lands and connect with many different types of people.

**My Higher Self showed me that all these different Guides are coming to me to show me how how they all work together**—as each has a piece of the puzzle, each need each other, each have a different perspective and experience to share with the others (just like humans...each of us carry different codes and we get activated when with others).

**The Guides that visit me are those energy fields that I am connected to** and then I have experienced in this lifetime and in past lifetimes. They are vast and extensive in their essence, how their energies work, and what they represent. They are like archetypes for different vibrational levels and states of Being. I’m shown I’m a conduit to and for them—for them to connect with the people, and for the people to connect with them. They tell me I am Ambassador for them to connect and bring their Messages and energies (through my experiences of them) to the people.

**I operate synesthetically, and they all work synesthetically (with “synesthesia energy”—the crossing of various senses).** This synesthetic ability activates and connects all our senses through our energetic bodies (light body, emotional body, mental and spiritual body) within physical body system, which assists us in open awareness and connection to different dimensions, expanding our awareness and consciousness. Everyone has this ability of synesthesia—our senses are already wired this way, we just need to remember how to allow this to happen.

**All these Guides have become my friends,** offering a source of comfort and guidance during my life journey. All these Guides are Galactic and some appear to me into the earthly realms and in semi-full physical form. They can be anywhere at any time, and have various unique skills and missions. They come to me to help when I’m learning about new things, so I can understand something at a deeper level. They have shared with me that I carry an aspect of each of them (as we all do), and I can access their energies easily through various dimensions because I learned many lifetimes to speak the code keys of creation to open any portal door.

**Ultimately I’m shown that these Guides are aspects of my Higher Self, as are your Guides to you.** I was told by an indigenous Grandfather that I am directly related to the Arcturians—that I am Arcturian in a physical form. The same elder told me that I carried Sasquatch DNA in my genes, from a past history family interaction with them. I have heard this happens.

**They show me some Messages and understandings are only for me**—for an issue I’m grappling with or a deeper understanding I need at that time to shift beliefs and ways of experiencing the world. Then they show deeper understandings that I am then guided to share in my daily life with others—sharing these in ways that people can understand and connect with through my spiritual work, Messages and sessions. They show me other Messages are to be shared to inspire people.

**They said all the learning and messages received through their visits and downloads** were initially for me to get upgraded and activated. They said I have been deeply activated and the codes are alive in me—and I can just sing the codes and speak Light Language and make creative art, and the vibrations they transmitted to me will come through. They say it’s in my energy field, and anyone I come in contact with can tap into the downloaded energy codes of Light and connect to these Guides through me, consciously and unconsciously.

**All these Guides are aspects or representatives of universal principles**, and universal consciousness that came to me in forms that I recognize. The names they show me for each Guide are how I can best remember them and associate them with the different things they show me. They all work as a collective consciousness, but I somehow chose to call them these names and identify them this way for the specific traits and Messages and tools they showed me.

**Many Messengers come to me now in groups of three to show multidimensional aspects of perception.** The Guides say they share strains of DNA with each other in their group and then they download some DNA code to me like an insert; then they shape-shift into 3 others and do the same download and instruction. Like they are asking me to carry their collective gene code which will help with the galactic Star Nation translations I’m being prepared to do in the near future with language, symbols and etheric energy. This is like the blending of the Group’s codes, that gets further activated by my codes through the downloads to my system. This happens with one group after another. All my life (and many past lifetimes) I have been prepared, trained and upgraded energetically by all these Guides to do the Spiritual Work and Spirit Walk I’m doing now.

**This dream of connecting with all these Guides became my reality in daily life**—as I felt I was walking between two (and many) worlds, the physical, the spiritual and the cosmic. I was very shy as a child, often antisocial—I see now it was partially because I had no reference to understand these experiences with cosmic Being interactions and altered states of consciousness, and no one really to share them with. So I began “jotting them down” mentally, and later in writing and pictures.

**I have been living my daily life with open access to these dimensions** (as one would move between rooms in a house, literally living in this altered state most of the time), and it was challenging to reference or integrate myself and my energies back into the physical realm. It was hard being human. I have been shown by my Star Guides that I have come from the future, went back into our past, and lived into the Now, so that I can travel on back into the future and complete a Circle in the hoop of my life back to its beginning (as we are all doing).

## What Occurs When I Connect With my Guides

- **It's always a magical experience connecting with each of the Guides**—Star People in the open land, Elemental People in the forest, with the waters, the sun...all of them. I can feel them all around me, and feel them materialize and dematerialize as they shape-shift. I sing to them (especially Sasquatch and the Elementals), offer tobacco and prayers. With the Elementals I have been shown how to ask their permission to enter their realms in nature. I have learned how to pray, speak to and connect with the spiritual essence of anything I come in contact with—in food, objects, locations, other beings and animals.
- **When the Guides are around me, I feel incredible heat and pressure on the top of my head**, pushing my body inward, pressure behind my eyes or my pineal gland, my hands get very warm and I get massive ringing in my ears (at all different pitch levels). The low and high pitch tones are also how some of the Guides talk to me. They say it is because they have such a high vibration and our 3d realm is so dense that they have to shift frequencies to even enter this realm energetically.
- **Each Guide connects with me differently so I can sense which Guide or which group is visiting by how I feel when they are around**. They come in physical form and dreamtime. They intuit "mind-speak" (telepathic) imagery to me. I see etheric visions of them in my dreaming and waking life, and feel them around me energetically all the time now.
- **The Star People "Dreamed" Me** as I "dreamed them" into existence in this reality. The StarBeings, and all I've experienced with them, is very real—though at times it feels like a dream. These are physical, tactile and emotional experiences I have had experientially, I remember everything very clearly, and I feel it all.
- **Each Guide appears in my field of consciousness in various ways** (dreaming, visualizing, in the physical, as thought forms, holographic sacred geometry patterns and colors). They have appeared to me in dreams, in faint forms like smoke or subtle shapes, they come in thought forms and often "send" or telepath mental pictures, maps and images plus holographic visions that appear both inside my energy body and outside around things and beings. Many times in my life I have had a direct physical encounter with them, and they all shape-shift dimensions.
- **I have learned (or remembered...or never forgot) how to raise my vibration into a higher dimensional frequency, and the Guide and I meet energetically**. I start from the heart with a thought pulse, then use my light body to expand so they can see me...then I ask for their permission to connect and ask to seek out a common language we can both understand.
- **The Guides come to me as an individual frequencies or as a group collective** (Messengers often come to me in groups of 3 to show multidimensional aspects of perception). Many hybrid beings have been coming to me as groups of three and say they share strains of DNA with each other in their group and then they download some DNA code to me...like an insert. Then they shape-shift into 3 others and do the same download and instruction. Like they are asking me to fully activate and carry their gene code which will help with the galactic Star Nation translations I'm being prepared to do in the near future with language, symbols and etheric energy.
- **I can perceive energies "outside" of my body, and receive thought forms in my mind, feel pulses and touches on my physical body**, and sometimes allow their spirit body to merge dimensions sort of like a layered overlay and join with me during the connection, or they can "intune into" one or more cellular photons and vibrate a consciousness from there. This is not an overtaking of my body, this is a multidimensional contact. This is like "meeting" at a designated place, but at a cellular level.
- **I can "call" to them (and "call them" in my field) to connect**, and they also come randomly to visit me and give me downloads and Messages. When I travel, different ones visit me in different areas because they work with the portals and vibrations of that part of the land domain as Guardians and caretakers. I offer them a gift of thanks before we begin communication. When you show gratitude, they will reveal more of themselves to you. I in-tune with the vibrations of an area, then everything literally comes alive—I feel a buzzing in my body.
- **When the Guides visit and connect with me, I can recognize them distinctly by the way they approach me**, and how they make me feel through various senses when they are near. I feel different temperatures, vibrations, soft or strong personalities, see different colors in my mind's eye, they telepath different symbols and codes to me like different access keys, I hear different tones and feel different pressures around my energy field, and I even get strange food cravings related to what that Guide would like to try.

- **They are my friends, consultants, Guides, and co-creators of my reality.** They became like friends and family to me, a safe place to explore—but not as a fantasy escape, more like a real world I entered as I chose whenever I wanted to go. I call it Visioning, journeying on higher planes of existence. The Guides are always with me—because they exist everywhere all the time in the astral, cosmic and spirit realm. They can be tapped into at any moment when I need assistance and deeper understanding for myself or other people.
- **For me, these Guides are very real.** They communicate with me in higher dimensions, and they are higher aspects of me coming in with Messages about whatever I am focusing on. They teach how to connect with them and work in tandem—to accomplish a task or to glean a higher understanding of something, both physical and spiritual. They also communicate to me in Light Language, which I'm further guided to put down on paper or record. They utilize me as an open vehicle of communication, a portal into our world, as they do other Light Language expressers. I receive the most potent messages when I am engaging in spirit ceremony on the land or together with others. I can do the same with them. It's a form of connection communication.

## My Key Life Experiences & Interactions With my Guides

In addition to extensive paranormal, mystic and higher-sense experiences I've had all my life, there have been many fully conscious experiences and interactions with many Star People, Elementals and Spiritual Guides. Here are just a few instances that occurred for me:

### Visited by a Guardian of Light as a Child

- **At age 4 I had a fully conscious memory of my first StarBeing interaction.** I was playing outside and was instructed by a voice to lay on the grass and put my hands up. I saw light flowing between my hands and then circling around my body through the ground. Then I saw a huge beam of light materialize near the top of my head from the ground up about 40 feet, and heard a voice say affirmatively...“in your 20s and 30s your life will be very difficult, in your 40s and 50s you will realize your mission to help others and do your true Spirit work. We will come again to you when the time is right for you to fully awaken. Now go play”. I remembered consciously standing up and having to watch my little friend to see how she was walking so I could walk like a human in a 4 year old body.

### Visiting the Arcturian Starship

- **I often visit an Arcturian star ship I've been connected with all my life.** I go into a room where I lay on a bed and the "Arcs" recalibrate my energy. While they are doing this I step outside my body and they teach and show me about the light body and DNA.
- **There are various “rooms” and stations I visit on that ship.** In one room there's large of a circle of both Arcturian and human children with Elders present, and everyone is teaching each-other many things about the cosmos and earth. There's a healing room where I lay on an energetic bed and the Arcturian healers recalibrate my energy—I can step outside the body and they teach me what they are doing so I can teach others. There's a room that consists only of a huge, tall and long holographic wall made of a grid of millions of gold symbols. I have learned how to “pull” them these symbol codes out separately with my hands and mind, and intuitively know how to “rotate” these polygonal shapes and pull different ones together to work with each other. There's a room that consists of various portal gates and doorways that can be separately rolled out and superimposed on each other to travel in space to specific coordinates. There's a room that consists of big crystals, rocks and other natural tools and minerals—like a lab where you can play with them and find new ways to use them, while also talking talk to them as sentient Beings.

## My Encounter Experiences With These Guides

How the star being guides appeared & interacted with me:

- **These Guides have come to visit me in many ways**—I dream them, I have seen them in the physical, they morph in and out of visibility. I hear them, they telepath with me, they often click on the walls, sometimes I can feel their touch and feel pressure on my head when they are around. I have learned how to shift my consciousness into higher dimensions while fully conscious in the physical, and connect with them when they are in my field.

- **As a baby, I remember I would see the Star Guides in my crib and around me.** I have very clear memories of this interaction. I was hospitalized for a few months before age one, and the Arcturians would visit and teach me things. Later I experienced a few years of Grand Mal Seizures—I'd shake with intense energy then fall down and right then would "travel" in the cosmos on a journey with the Guides.
- **Arcturians would visit me in my room as a young child, especially around a full moon—I could see a group that looked like tiny kids and they'd surround my bed and telepath.** They would come and go through portals in front of me. The Arcturians have visited me all my life, on and off. Now I feel them around most of the time.
- **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 them when in nature and long treks on the land all over the US.** Some times they would send Messages to me through nature like morphing cloud formations, water droplets or ripples, through bird flight patterns or bird songs. I would be visited by many different Guides during vision quests and the sundance I did for 4 years, that brought many Messages.
- **As I participated in weekly sweat lodges with a Lakota Chief (my Star Brother) and a group for 4 years,** the Guides would come in the lodge in the dark and I would see them materialize like blue outlines. They'd come touch me or be right in front of me and telepath to me. Some were Star Beings who would show me quantum things. Some were Ascended Masters that would teach about energetic dynamics. The Elementals would teach about the earth of the body. The animals that appeared always asked if I wanted to experience their world—and showed me how to energetically enter their energy form in a kind of shamanic way to feel what they feel (like running as a deer or swimming as a whale). Other Guides, like The White Buffalo Calf Woman, a Lemurian Grandmother or a Hathor Being would come to teach me Messages and tools to share with others—or give me a specific Message just for someone in the lodge, myself, or the writing I was doing...and they would tell me exactly what and who it was for.
- **I have had various direct physical encounters with Sasquatch when out on the land, most dynamically when doing a "vision quest"—I saw them about 75 feet away, they telepathed and "mind-spoke" to me, and it felt like family.** As a child near a lake I'd visit when I'd go walking, and other times in nature. Often I would see them going in and out of dimensions, and I have seen them shape-shift into other animals.
- **I experienced Beings who manifested as many different orbs and balls of light** (which I can "scry" to understand their vibration) from time to time right in front of my eyes—some as a bright gold dot, some as big blue circles, some as a hazy rotating globe. Sometimes they would visit and I'd travel with them energetically and psychically through energetic portals to other dimensions.
- **All other types of 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.
- **Once in a while they appear to emerge "through" the energetic field of a client I'm doing a session with** (these can be related to that person, or the Guides who come often to me) and tell me things about that particular person I'm guided to say or share with them to help them.

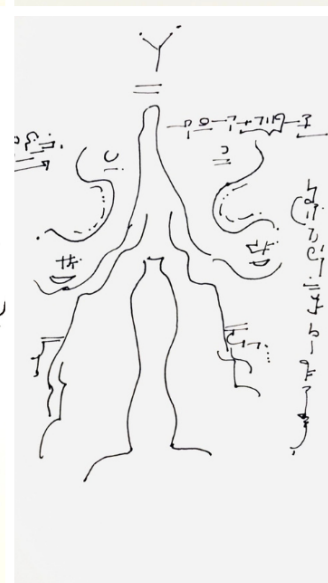
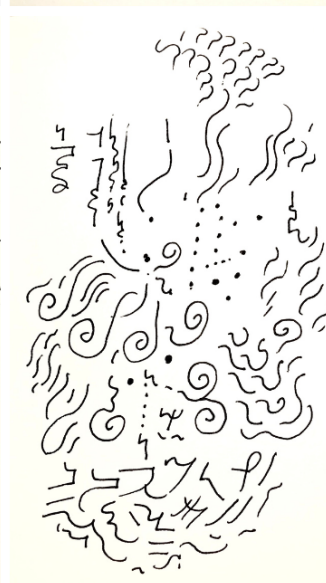
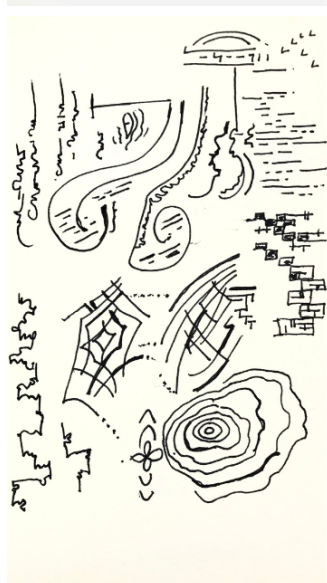
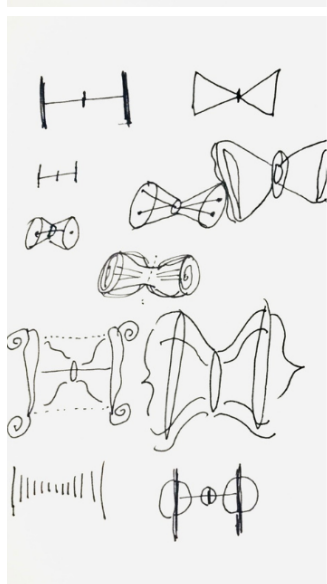
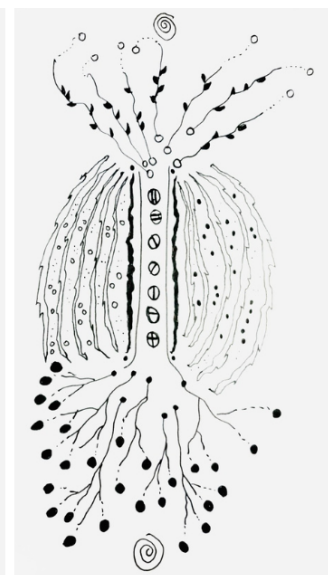
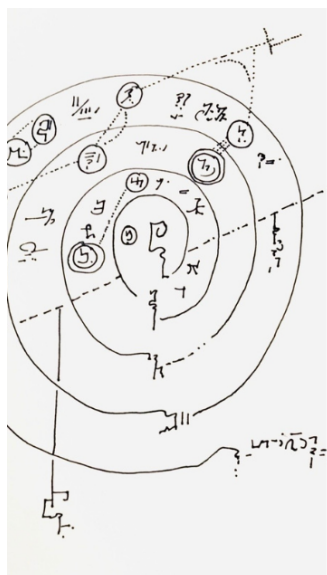
# Gallery

## A Visual Sampling of my Energetic Art Work

I have been an artist since I was born—creating and embedding codes and Light Language in all my multidimensional artwork, through multimedia creative expressions. They are worlds within worlds I have traveled. Here are just a few samples of the thousands of codes, diagrams, art and symbols that have come through me in the last few years, which I was inspired to manifest through receiving the many Messages, wisdom teachings and downloads from the StarBeing Guides & my Higher Self.

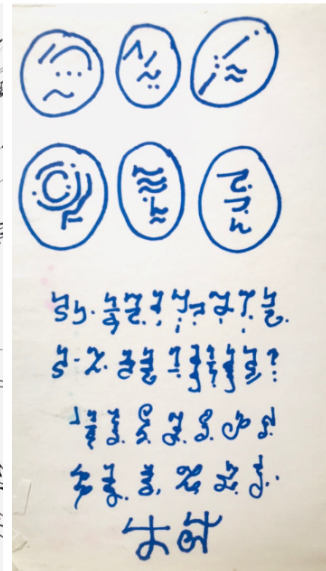
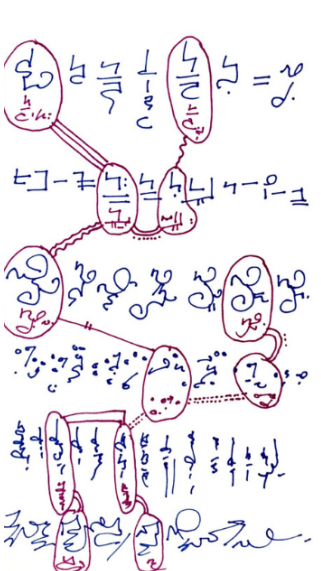
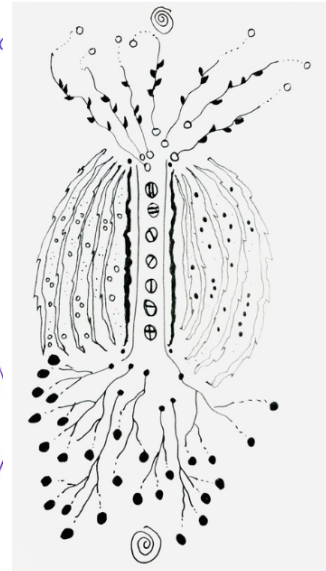
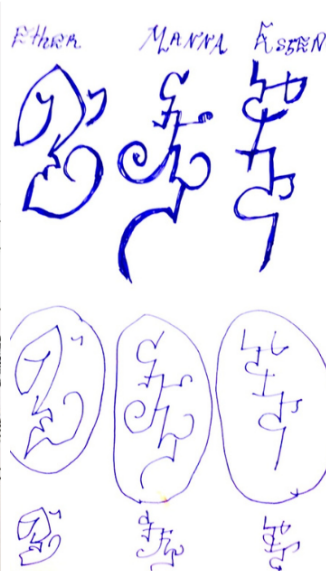
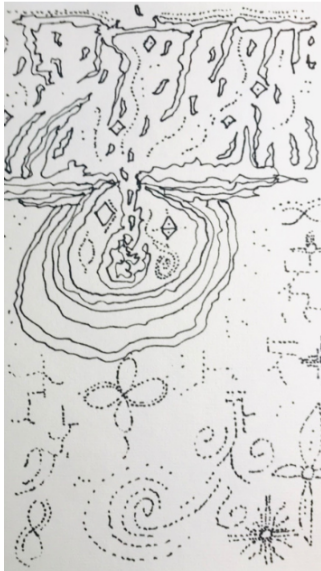
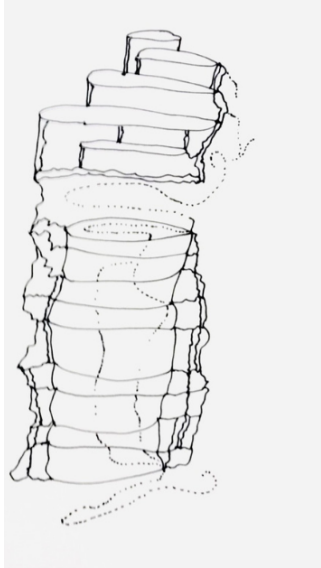
*May my creative offerings be a spark of light, inspiration and encouragement...  
that further ignites your own inner fires of creation and passion for life.*

## Illustrations, Diagrams & Blueprints





## Illustrations, Diagrams & Blueprints



Handwritten text in a stylized script, likely a code or symbol system, written in red ink on a blue background.

Handwritten text in a stylized script, likely a code or symbol system, written in black ink on a white background.

Handwritten text in a stylized script, likely a code or symbol system, written in red ink on a white background.

Handwritten text in a stylized script, likely a code or symbol system, written in red ink on a white background.

Handwritten text in a stylized script, likely a code or symbol system, written in black ink on a white background.

Handwritten text in a stylized script, likely a code or symbol system, written in purple ink on a white background.

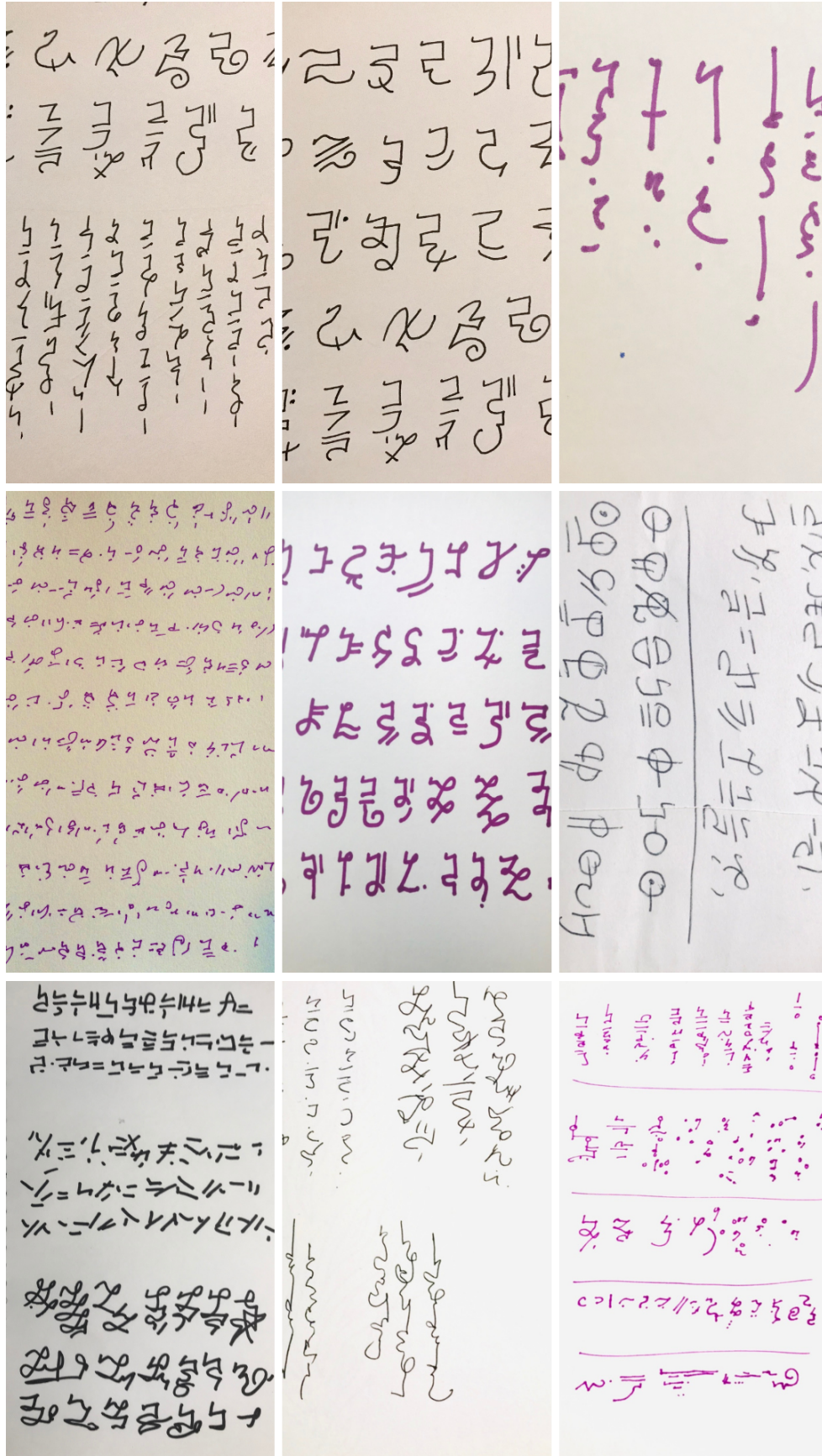
Handwritten text in a stylized script, likely a code or symbol system, written in black ink on a white background.

Handwritten text in a stylized script, likely a code or symbol system, written in black ink on a white background.

Handwritten text in a stylized script, likely a code or symbol system, written in red ink on a white background.

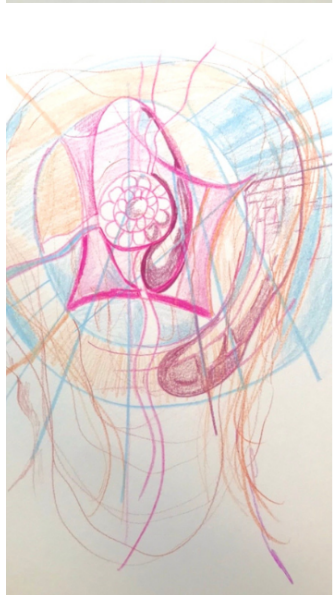
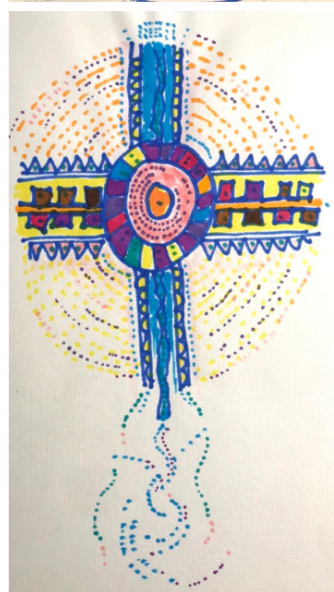
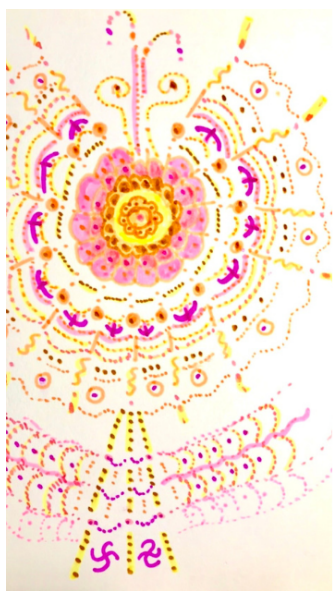


# Light Language Codes, Symbols & Scripts—



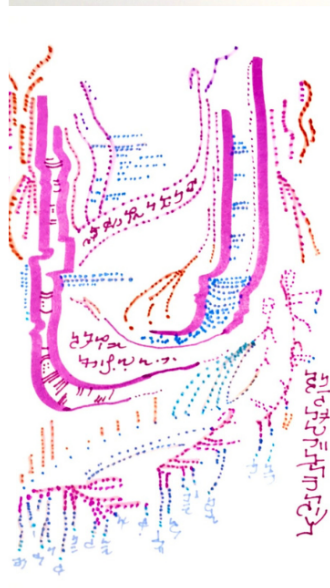
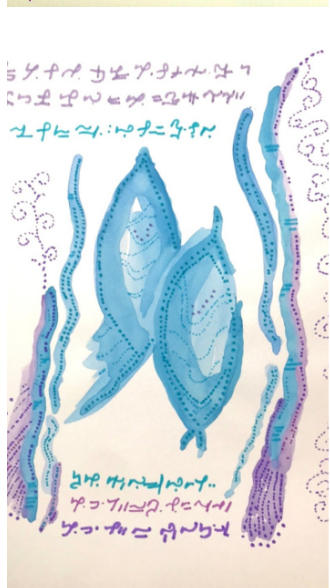
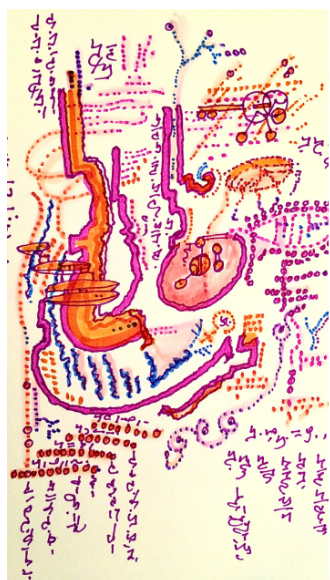


# Drawings



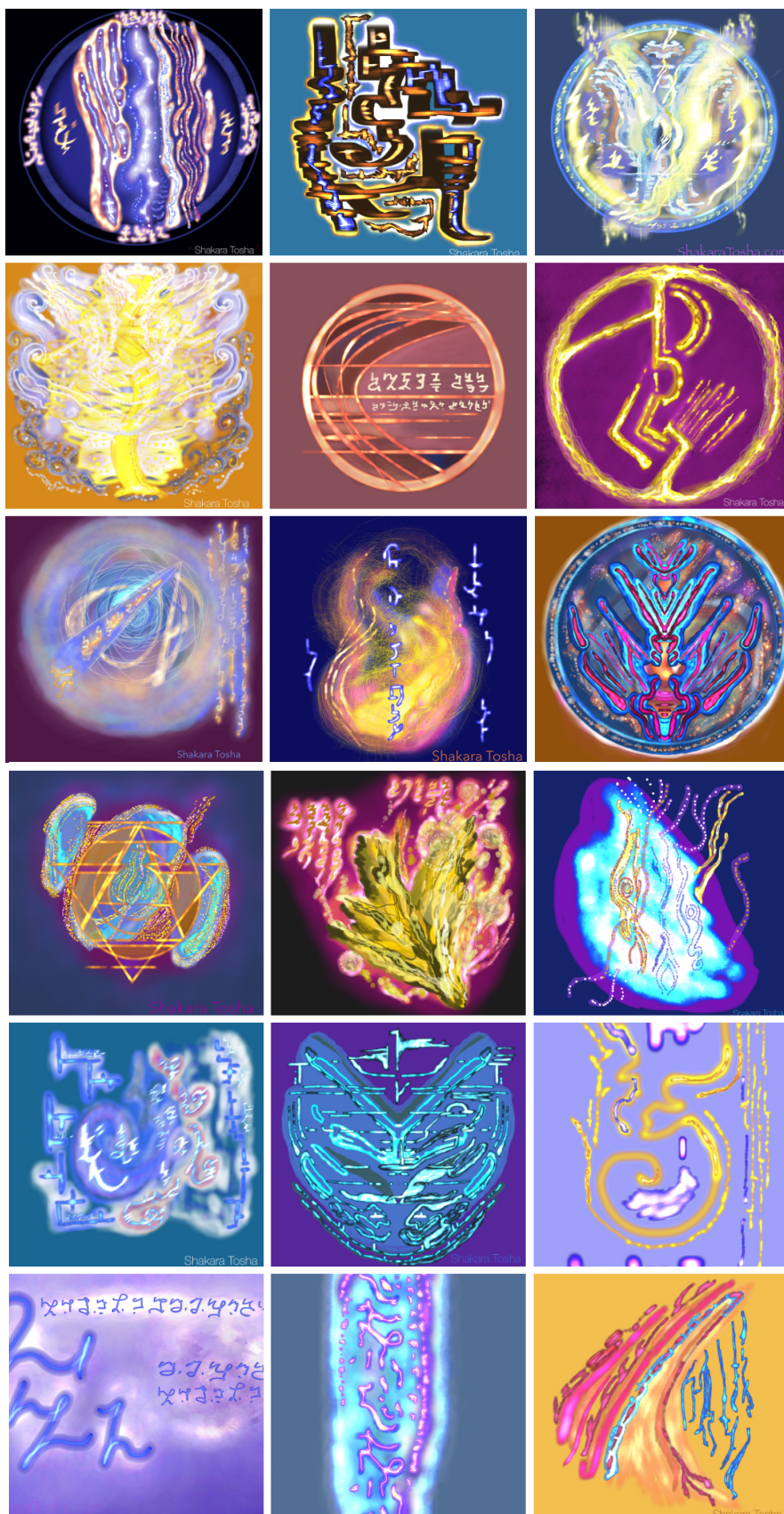


## Energy Frequency Signatures—Hand-Drawn





## Energy Frequency Signatures–Digitally Drawn





## Paintings



# My Spiritual Work & Wisdom-Sharing

## They Taught Me To Teach What They Showed Me

- **Over time, my Star Guides showed me through my work how to create material and messages live “on the fly”** and tap directly into their energies and a kind of akashic database—to pull in Messages, energies and codes that was relevant for an individual or a group I was connecting with during a presentation, gathering or session.
- **They show me patterns in a way to teach me about the relationship between all things**, and they are upgrading me to recognize and “speak” energy codes, understand complex systems, and intuit Messages through my observations—so I can understand and teach how everything is connected. They gave me very specific techniques and told me how to teach people to do these techniques—of awakening their higher senses and tapping into the unseen spirit world. I learned to operate multidimensionally, so that I can teach others how to do this as I experienced. I got the big download of codes because I will know how to understand these codes, “unwrap” or “decode” them, integrate them and put them together to teach and share them with humanity, as they were revealed to me.
- **The StarBeings are here now to teach all of us about our new realms**, about Ascension, about who we are and what we are capable of...and our connections to the stars, other planets and galactic beings—to deeply understand our evolution we are experiencing on earth now.
- **I lived their teachings, and I am guided to teach from my own personal experience and overall process** of how these understandings were acquired and integrated in my life, as one example of how to do this for others. Through this overall process of my experiences—connecting with the Guides, the Message downloads, creating with the tools they showed, and integrating these teachings and practices in my daily life—I realized how it was happening for me WAS the process of awakening and the activation process. How it occurred for me was what I was shown to teach people—to teach these steps of awakening just as I had experienced it, because it was a specific process and a sequence of steps. *What I learned is now what I teach.*
- **The Guides awakened me internally**, activating my ancient memory, the codes within, my personal consciousness, and my connection to the eternal consciousness of Creator Spirit and Source energy. Then I was shown that I am to awaken others the same way they showed me. They activated me and got me to Remember, then do the spiritual work myself—so that I could show others how to do their own spiritual work of awakening, becoming and being.
- **It’s all a process of energy transference—from the Guides, to me, and now to you.** Even with Light Language—I have received it and integrated it in all my internal codes...then when I transmit it, it acts as an activator for other people’s awakening of their own Light Codes. When I was receiving the Messages about specific topics, I also received “activation tools” for people to use in their daily life. At the same time, the Guides were “visioning” me how to manifest the teachings and wisdom in art, music and sound. And they were giving me extensive lists of book and course titles, and workshop and retreat course syllabus outlines in detail—they seem to be master-architecting and engineering the whole framework of my work.

## These Codes Belong To The People

*From One to Oneness. We are ALL the Ones we’ve been waiting for.*

- **I was shown that these codes belong to the People.** Each of these Star Guides and Star Messages have been revealed to me in their essence, to enlighten my heart and soul as nourishment to fortify me—to keep me going through life, and to restore me to my original true essence. Now I share what I have learned with you. This book helped me realign all these aspects in myself, and I feel it will help you in this way too.
- **If you get inspired even by one thing I share**, and apply it to your own life to better your circumstances, then I’ve done my spiritual job. If you discover more things of interest that excite and inspire you to take further action—to open and elevate your life engagements and activities, your energy and your perception—it moves me to know this is helpful to you and your life. This is a new starting point for you, on your own life and spirit journey—to inspire and encourage your opening of all your own potentials and possibilities as Avatars of the new You in development now. Take what is valuable and useful to you.



## My Mission, Role & Purpose To Be of Service

- **I have been guided now to share with you really helpful tools** I've gathered, created and used myself along my unique life journey—so that you may become more aware and activate your OWN unique frequency coupled with higher vibrational energies and tools, to fully awaken yourself and live your best life in your own unique way during and through the dramatic shifting times.
- **I share these Messages and teachings the same way I received them** and how I was directly taught from my Guides, every step of the way. I have gathered many Knowings—through my extensive life and career experiences, learnings, listenings, journeys, sacred ceremonies, connecting to thousands of people worldwide through sharing messages at conferences and via my own presentations, sessions and teachings.
- **I am here to support you on your journey**—to get deeply connected to all you are, have been and will be...from deep within. My Mission is prepare people for this new world that we are moving into, helping them through the transition phase, and empowering them to create a beautiful future together. I'm one of the Ambassadors for the Star People here on earth, and for the Earth People connecting with the stars. I am one of the bridges, a conduit. I'm here to prepare humans to reconnect with their starry nature. That's why it's so important to remember who you are so that you can remember and awaken to your Galactic connection internally through many lifetimes.
- **My Life's Work is to assist you in navigating these quickly changing times**, to open and connect with your highest state of being, live your best life, and restore your energy frequency and balance. You are the creator and artist of your life. I know you are feeling this, as you found me by the law of attraction. I wear many hats as my work and role shifts depending on what I'm doing. I'm a "Creative Inspirationalist", Master Wisdom Teacher, Light Language Communicator, Spiritual Ascension Guide, Public Motivational Speaker, Author, Multidimensional Activator, Transmitter of Codes, StarBeing & StarBeing Experience, Spiritual and Life Guide, Energetic Healer, Sacred Ceremonial Leader, Death and Birth Walker, Helper, Connector, Energetic Artist and free Spirit. I live totally guided by Spirit, consciously operating within multidimensional realms while functioning in the human 3D realm.
- **My role is to help people change their state of being and to feel and "see" differently**—ideas, options, life, and their lives. I do this through deep heart connection together with Light Language, my teachings, my creativity and enthusiasm, and my love for life. I'm here to help people be all they are and find joy in the pure being of being human. I feel the emotional and mental movements and energy flows of the people, the land and the stars. 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.
- **My work's purpose is to help people to understand what's going on with all the energies in the world right now**—and make a conscious choice to focus on the positive aspects of what you perceive, and determine what you want to do with any of these impulses. To use your natural senses, instincts and abilities to create anything you wish.

## My Work Is an Activator for People

- **I communicate the "Language of Light", or "Light Language" I also refer to as "Star Language"**, which I express in many forms throughout all my work. This is an ancient language full of diverse and infinite code combinations. The language itself is multidimensional. Everyone already has the innate ability to express it, in their unique form. At the moment of my transmission of The Messages and/or The Light Language, it stimulates a deep "Remembering" within another person's own DNA codes—the Light Languages awaken their own inner codes, and their unique process of creation and manifestation to utilize in their own way.
- **The Messages that comes through me are "Activations" and "Awakeners" for those who receive them.** The recipient always experiences an immediate, visceral, physical or energetic response—like an energy paradigm shift. Each one of my creations and tools has in it my own energetic sequence embedded within it—but also includes a transmission of energy from a higher vibrational dimension...which keeps a possibility open for you to seek and find that within yourself and then start to utilize it, to become the Creator of your own life, fully and consciously. I exist in a state of continual possibilities, and flow with this energy like a creative force of nature. Other people can realize that they can do this in their human form too. I'm doing this work myself to show people that life can be a creative joy to live and shape fully as you desire.

## Some Key Things I Offer in my Spiritual Guidance Work

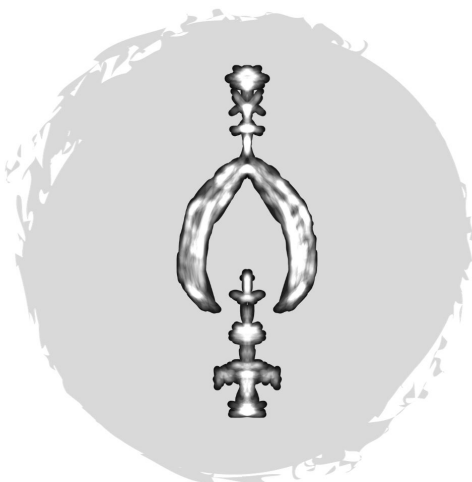
- **Foundational tools of Mastery Steps through this Ascension Process**—to make this transition smooth for you. Grasping and Knowing what the process of Ascension is really about—through awakening and expanding to what you already have inside of you. How to live multidimensionally, and walk in many realms, while living smoothly in 3D. Become a vehicle for pure Light to descend into you, as you raise your vibration.
- **How to work with Creativity & Manifestation in new ways**—and become The Conscious Creator of your life. Identify your unique Energy Frequency Signature and create from there. Tune into the full awareness of the divinity and the Source of Creation and creativity as it flows through you—reconnecting your memories and experiences of many lifetimes, and applying it in your life to shift your frequency.
- **How to become a Creative Manifestor in all you do** and all you choose to create in your life and in the world. Actualizing your true style and substance and what makes you unique—and sharing your gifts. Learn and master how to manifest multidimensionally in these new times. Activate your highest potential and the presence of the Divine within you. Love the life you live, and become a conscious co-creator in the New World we are ushering in now.
- **Techniques to raise your frequency**, and shift your frequency to a higher vibration. Sync up to your own internal energy, the energy of the cosmos, the energy of creation and the earth—reconnect with the ALL that is...and then create together with that energy, and with others who carry that energy. Work with the energies that are shifting. Learn how to tap into energy within everything—learn how to utilize energy and become energy.
- **Techniques to maintain a high vibrational state** and become fully in tune with everything. Tap into the vital life force, and Source energy to revitalize and empower you. Live in the Now moment, and activate yourself fully. Live a joyous, abundant, positive, and exciting daily life with purpose. Begin your conscious journey back to the true essence of Being. Get in the pure flow state, how to release attachments that hold you back, and how to become completely perceptive to everything.
- **Learn tools you can apply in your life**—to expand your way of living, your quantum consciousness, your connection to the cosmos, and find peace and a true expression of freedom within your heart, while stepping into your mastery. Assistance, support and guidance on your soul and spirit path in your daily life—to get a clear direction, and the best action to take to manifest a beautiful life of your creation. Engage your self empowerment and your gifts—creatively through your work, play and daily life. Embody your gifts and express them.
- **Integrate your Higher Self and cosmic spiritual aspects fully within your daily human lifestyle**—blend them to work together and increase your life for more vitality. Become fully present in the new moment in your life and release the past. How to feel the divine presence of Creator and Creation within that is always there, then activate it and bring it to the surface so you can utilize your full potential. You are the gift in the present that you give to yourself in the world.
- **Guidance to feel confident, safe, secure, and OK to be who you are**—actively choosing how you wish to express yourself in the world, and how to attract supportive energies around you. Find your own voice, and be authentically you—whatever and however you choose to express yourself. Return to a state of being that is adjustable, perceptive, creative, purposeful, fun and abundant...and maintain that. Transform yourself in your life easily. Align your transformation personally with the transformation that is going on in the cosmos in earth as we shift into the New World.
- **How to see visually and psychically in a new multidimensional way.** How to think and feel differently about their life and the world, to become fully aware and awakened...and live in that state continually. Embodying a divine crystalline frequency—then working with that energy. It carries and holds Light in a way that can be transferable and it never shuts down. Learn to work with your instincts and higher senses—how to read energy differently so you can understand the original essence of it and what's behind what is superficially visible—which will help you navigate your life with clear direction and purpose.

## Guidance & Inspiration on Your Life Journey

I am here to inspire you through sharing these Star Messages, extensive teachings I was shown, and vibrant Light Language transmissions that may be helpful to you. I can help awaken something in you to shift gears or realize something profound that will help you change your life in a positive way. My job is to offer you energetics, tools, transmissions, and activations that will stimulate this new awakening within you—so that you may continue to shift your unique “Energetic Frequency Signature” into higher vibrations and access your highest self, to create consciously from there. I can show you a blueprint of a multidimensional path, and help you through these shifting times, to operate from a different vibrational perspective.

### Themes, Topics & Tools of my Ecosystem of Work

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



**Shakara Tosha** (*pronounced “sha-KA-ra to-SHA”*)

- Star name given to me by the Star People

**Wichapi Tosha Waste Wi** (*pronounced “we-SHAK-pay to-SHA wash-TAY wi”*)

- (Beautiful Violet Star Woman): Spirit name given to me by Lakota Chief Golden Light Eagle

**“Creative Inspirationalist”**

- Mother, Artist, Lover of Life, Friend
- Star Bundle Code Carrier & Messenger
- Master Ascension Teacher In Service To Humanity
- Cosmic Medicine Woman, 4-Year Sundancer & Sacred Pipe Carrier

# My Offerings—Services, Products & Ascension Tools

*Let's journey together into the NEW.*

**I offer a variety of multidimensional tools through all my work that you can apply in your daily life—to help you raise your vibration, “Remember” your true Self, and cultivate the highest vibrational aspect of you. Step into a new state of Being, become the conscious creator of your life, and evolve into the new YOU of your choosing during this dramatically changing Ascension times.**

**Get reconnected deeply to the Codes of Creation within you, and within everything.** Awaken your connection with your Higher Self, align with your soul purpose, activate your higher senses and unique creative abilities—for your expansive growth and happiness in these times.

## **Free Message Transmissions, Audio & Video**

- Newsletter Sign-up—Key Timely Messages, Updates, Discounts
- Messages about many topics from all the Guides
- Meditations & Activations
- Practical Daily Lifestyle Guidance
- Energy Updates—What's Occurring In These Times

## **Energetic Healing & Activation Services**

- Private Sessions (Individual or Group) & Home Gatherings
- Presentations & Conferences (Messages, Wisdom Teachings & Light Language)

## **Activated Artwork & Energy Tools**

- “Energy Frequency Signature” Soul Portraits (Art, Script & Light Language)
- Light Language Scripted Codes
- Energetic Artwork & Commissioned Paintings
- Oracle Cards. & Runes

## **Light Language Performances & Ceremony**

- Meditation & Sound Journeys
- Singing & Dancing Light Language
- Collaborative Light Language Performances with Other Musicians
- Healing & Activation Ceremonies (especially on the land)

*“She speaks to the stars.”*

“Shakara just seems to know exactly what you need when you need it...She says the perfect message in a timely way, completely attuned to what you're experiencing as a tool to you at the moment. 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. As powerful and transformative as her work is, it's a fragment of what it feels like to connect with her...and to hear, ponder, and receive light language from her.”

## Connect With Me

### Let's Stay Connected— Join Me on the Journey

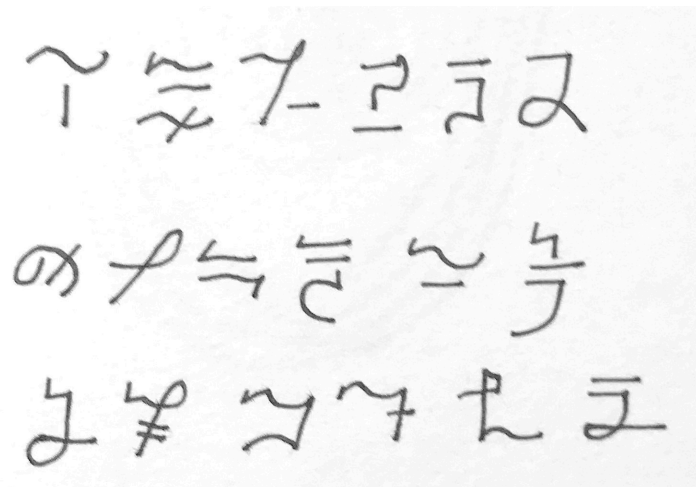
**I'm here for you.** As a Cosmic Guide, I can assist you into and through this open energetic portal of these Ascension Times by offering some new Ways of thinking, feeling and Being. The doors of consciousness are wide open now, waiting for you to step into this future self of You, to become your highest state of Being. I can help you find the doorways to open, and become your own vortex of conscious energy, becoming fully conscious of your Self and all your unique Gifts to enjoy and share with the world. You are a living portal and vortex of energy, and you can access anything you need when you need it.

**I can help you unlock the vibrant "key codes" of Light already within you,** and assist you in the awakening and activating process steps and stages of becoming fully re-integrated with your full self, your Higher Self, your Guides and all energies around you. Join me on the journey—I am an energetic activator, a transmitter of frequency, a co-creator with the cosmic Codes of Creation. *And so are you.* I'm here to walk along side you and help you vision a new way of Being for yourself.

**Join me in the quest of finding joy, wisdom, understanding and awakened sensory perceptions** in an expansive field of multidimensional possibilities—as a new way of living to become the conscious Creator of your Life.

### Find and Follow Me Online

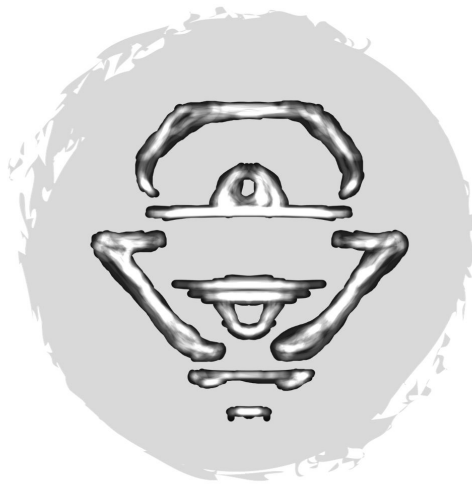
Website	<a href="http://shakaratosha.com">shakaratosha.com</a>
Newsletter	<a href="http://shakaratosha.com/newsletter">shakaratosha.com/newsletter</a>
Facebook	<a href="https://facebook.com/shakaratosha">facebook.com/shakaratosha</a>
Instagram	<a href="https://instagram.com/shakaratosha">instagram.com/shakaratosha</a>
YouTube	<a href="https://youtube.com/@shakaratosha">youtube.com/@shakaratosha</a>



*Welcome to the New World, the New Earth and the New You.*  
*We have arrived.*



# BACK PAGES



## Acknowledgments & Gratitude

**All my work has been an ongoing collaborative process together** with the many people I have had the honor and privilege of meeting and exchanging with along my path. This book is an ongoing partnership of energy and wisdom—it is a creation **FOR** you, **ABOUT** you, and **BY** you, together with me. I'm grateful for all your ongoing love and support. Thank you for the dance.

### Giving Gratitude

- **To Great Creator Spirit**—for showing me endless possibilities, giving of Life Energy, and always being present in life.
- **To all the StarBeing Guides**—for entrusting me with this material and Messages. I cherish the wisdom, and share it forward.
- **To my Higher Self**—for Guiding me every step of the way through the darkness and the Light, continuing infinitely.
- **To my dear family and close friends**—for encouraging and sustaining me to complete this full body of work. You are all an inspiration in your individual unique expressive ways of Being.
- **To all the Wisdom Keepers who taught me many things**—I'm grateful for the teachings, ceremonies and life stories you shared with me and others. I honor your unique creative lives and Spirit Work that continually inspires me.
- **To each of the many beautiful people who supported me during my journey the last 10 years**—blessings to you ALL—you know who you are. This work is my thank you for all you have helped me accomplish—may it inspire you onward. I will share the experiences I learned from you with others on my continuing journey.





# Let's Journey Creatively Onward Together

*You need to lose yourself completely...to find yourself in the moment.  
Then you will Remember and Know that YOU were always present.*

## We Are Looking for Answers in a Sea of Possibilities

**Everyone has the Source of the Divine within.** Connect with that energy and awaken it fully. Activate the Source of Creation within you. Manifest your unique expressions of that energy into the world. Birth yourself anew. Birth new energy into the world...consciously. Let's journey together, through an exploration of possibilities. I see the stars in you shining. Activate yourself and shine bright. The answers are already always there and accessible to you.

**You are the "Ascendant", continually raising your vibration and refining your talents and "Gifts"** during these fast-changing Ascension Times. REMEMBER WHO YOU TRULY ARE, and awaken all your abilities. Access your highest frequency, and you can manifest anything you choose and desire. Listen to what your Heart calls you toward, do what you enjoy...develop, and find your unique Gifts, and express yourself in your own unique way. Everything in the world becomes a spark of inspiration when you think, feel, and live this way. The world opens to you and becomes a fascinating place to begin exploring in a new way. Life becomes vivid and alive once again. *You are awakening to your True Self now.*

**Reconnect to the deepest essence of you, and of everything within you.** Reconnect to others in a heart-felt way, to your own Guides, and to the expansiveness of the cosmos—and you will come to find that everything is truly connected with everything. Find your own path and follow your own way to express all of You in all your Creations.

## We Are all Creators & Artists of our Lives

**You are the Creator and Artist of your life.** When you experience life and create life from the simple and pure joy of living, other worlds open up to you that you never experienced before. This is a heightening of your perceptions and senses. Possibility exists in everything all around you—open these portal doors of energy and re-find yourself. Remember and Be. Listen for your unique gifts, and express them as fully and as beautifully as you can.

**You are so needed and wanted at this time—and you are an important part of life itself.** Everything you do contributes to the growth and expansion of life. Art and Creating are not just activities, they are a way of Being. Cultivate the "fine art of Living". When living creatively and consciously becomes a "state of Being" and you LIVE your Creations...your existence feels meaningful, purposeful, and exciting once again.

**You are the artist of your life, and art is the process of Becoming**—you're the artist creating each moment of your Life. You are never alone, you are greatly loved, and you are a unique Being of Light. REMEMBER & BE Who You Are.

**This “Ascension” time is about reconnecting with everything** we are, with everything in the universe, and with all frequencies and vibrations in everything. These are aspects of you and they are also tools that you can use on your continued life journey. We collectively chose to temporarily step away from our True Selves when we descended into this physical world—to have the experience of the physical realm.

**We are now in the process of Ascending back into our true nature**, into higher frequencies that we have always been. Ascension is more than the process of being in the body and raising your vibration to become fully in-tune with your spiritual nature and the spirit world—it is the unification of Human in the physical world blending together consciously with their spiritual and higher cosmic vibrations...and holding them in balance while here on earth (and wherever we may choose to travel in the cosmos in the future).

**You are Light, and you are made of Energy Codes.** You (and all other humans) carry various “Star People” codes within your Being that created you. And you also have your own unique codes cultivated from your individual life experiences through time. You carry the original Codes of Creation within. You are an ancient Being made of Ancient Stardust. Through your own personal re-awakening, you awaken and activate your full “set of codes” from within. Life is about loving the human experience—about making things “human”, connected, joyful, profound and intimate...within each and every moment. True LIVING is when you are consciously creating the life you desire while enjoying your creations, sharing them with others, and inspiring others in new and diverse, creative ways, just through your own personal expressions.

**The human body is a temple that can connect to anything.** You yourself are a living library that you can access, “read” and be guided by. When you are here on earth and awaken within the physical, you awaken the true abilities of your spiritual nature—through the minerals and energies in your body, your higher senses, and your connection to Creator Source. We all came here to earth because we needed to come into the physical realm to experience the world and all cosmic energy from the “inside-out” (from “the ground”), and have the experience of our physical Self becoming truly spiritual—fully physical and spiritual at once. We are uniting the physical and the spiritual within us. We are descending our Higher Self and Spirit into our physical bodies, and raising ourself into higher vibrations...together with Mother Earth at this time.

**These Messages will help you access, awaken, “re-string” and “re-tune” your inner Codes of Creation back together...**and awaken your unique codes to help you truly “Remember Who You Are”. Then you can Be that Being that is Being You in full form.

**Unity is LOVE.** We are unifying all energies back together, in balance. Oneness. Awaken and actively Shift your consciousness, your frequency and your creative abilities into something new. You have the innate ability to live the authentic life you want and love. A beautiful life is waiting there for the creating of it all.

**Transmitting lots of love, strength, encouragement and inspiration to you. YOU ARE THE LIGHT.** Shine on and venture forward. Blessings on your continued life journey...into the new ways of living and Being. Happy travels. - Love, Shakara

# Cosmic Codex Reference Manual

## For New Ways Of Higher-Frequency Living & Being

A Guidebook for LightWorkers, Creative Manifestors,  
LightCarriers & “StarSeeds-Becoming-StarBeings”

**Downloaded Transmissions From The Star Guides**  
Star Messages, Wisdom & Practical Ascension Tools  
Activated With Light Language Codes, Symbols & Art

### STAGES OF ASCENSION

- *The Awakening—The Process Of Waking Up*
- *The Shifting—Our Shift Of Ages During These Times*
- *The Becoming—The Process Of The Art of Ascension*
- *The Remembering—Remembering & Knowing*
- *The Being—Moving Into The Future Way Of The New*
- *What’s occurring in our world & where we’re going*
- *How “The Shift” affects you & empowering yourself*
- *Becoming your own conscious life Guide*
- *Mastering your unique creative abilities*
- *Manifesting a multidimensional life you love*

**Consciously Engage With The New World, New Earth & New You**  
*Welcome, We Have Arrived*



Shakara Tosha is a “Creative Inspirationalist” bridging ancient wisdom and modern living. She assists people in Remembering their true nature, developing their unique soul expressions and manifesting the creative lifestyle of their dreams.

**:: KEY CODES OF CREATION SERIES :: BOOK 1 V1**  
*Light Language Cover Art: Shakara Tosha*