

We would like to take this opportunity to speak to those amongst you who are really struggling hard now. You will feel that this uphill has been too long and too steep, and it feels mayhaps like you are already starting to slide backwards. We are here to remind you yet again that you are not alone on this journey, and that we want you to be sure to ask for assistance whenever it feels like the going gets too rough. You see, although you are surrounded on all sides by beings wishing nothing but to be of assistance to you in this tremendous task you have taken upon you, we can only do so at your request. So please, do not think that you have to grit your teeth and keep heaving all of the combined weight of your efforts alone, as that is not the case.

But the human mind is nothing if not stubborn, so it behooves us to remind you of this again and again, as there are some out there who have gotten it into their heads that asking for assistance is like admitting defeat. It is not, and it never will be, because this journey has been planned as a communal effort from the very first beginning, and only as a communal effort will you be able to complete it. So please, reach out for help, both from those around you that are tangible, but also remember to ask for help from us, the invisible ones. Because we want nothing more for you than to succeed, and we will do all we can in order to lighten your load and make the incline feel slightly less challenging.

So again we say this: do not fall into the trap of thinking yourself too small and insignificant to be able to succeed in this endeavor, for you are not small. You are magnificent indeed, but even so it is not meant that you have to go into this relying only on your inherent strength. That would not be enough for any of you. No, the only way to be a player in this is to regard yourself as a team player, so do not forget those teammates of yours that are toiling beside you. For whenever you manage to connect, both with your fellow men and with us, your more unseen helpers, you will in that way magnify your contribution in this great plan. So even if you have a hard time lifting your eyes from the ground at the moment, feeling almost overburdened by it all, please remember to do so and to acknowledge the ones that stand around you, ready to help you reignite that inner flame that might be faltering by now.

You are so loved, so do not let yourselves overlook that love by the fact that you have a hard time at the moment. Because now, you might need it more than ever, and now, you also deserve it more than ever. So do not forget to collect what is no more than your due. You are creating a new world, but together, all of us can help share the burden in the way that it was meant to be from the very beginning. Do not berate yourself if you stumble and fall at times, and certainly not by denying yourself the assistance you so readily deserve. For remember, if you do not ask for it, we cannot give it to you, as it is you and only you who can open the door to your heart and let us in.

The seasons are changing, and so too, the energies. As the year is making its turn and you are all starting to approach the end of this cycle, much will be thrown up in the air because of this. As you have already noticed, the energies are churning up much that has been hidden away and forgotten, and now, you all have to face things sooner or later that you would rather be kept hidden away. We do not say this as any form of reproach, just as a reminder that for all of you to pass over and into the next phase of your development, the thorough house cleaning you all have been enduring for quite a long time now will reach its peak. For some, this will not be too apparent, because you have managed in some ways to already rid yourselves of any residue that might still be lurking in the deep recesses of

your closets. But for others, this period might become a little bit more challenging. Again, it is important to remember that any issue that might surface now is not something that needs to be grappled with, it needs only to be acknowledged and released. So we do not estimate this to be a prolonged period of "airing dirty laundry", to call it that, but more like the final squeeze on the sponge to drive out the last vestige of dirty water. After all, you would want to be squeaky clean before you enter the great halls of tomorrow. For you would want to show the real you, the one that has shed these superficial layers of grime and dust that have accumulated throughout your sojourn on this planet. And if it might sound like a rather challenging process to remove the last stains that you might have acquired during all of your lifetimes here, know that it is something you will be able to accomplish in a very short amount of time.

Again, it is important to remember that all of the things that may come up is only so that you can better see what you have had to contend with during your stay here, and it is not some sort of incrimination or accusation against your deeds. It is just an inventory of the challenges you have been through while you have occupied a physical body on this planet, so it has in many ways been an important part of your training while you have been here. But now, it is important to let go of all of this accumulated baggage, and thereby readying yourselves to step into your new roles.

This is not a sort of witch hunt to smoke out any unsavoury deed or action you might have participated in so that you should feel worse about yourselves, rather the opposite. It is just a way of making sure that you do not take along with you anything that you had suppressed because it was painful for you. Because in the future, there is nothing that will need to be hidden away ever again, because shame, remorse and humiliation are words that belong to the past, not to the future.

So take a deep breath, dear ones, and when you expel the air, make sure to give yourselves the permission to expel whatever it is that you have managed to hide away deep down. For you all carry old wounds from things that have been done by you or to you, and for some, the wounds need more air to be fully cleansed. So give yourselves the permission you need in order to set yourselves free from these old burdens, and know that whatever form it may take on the way out, it will only signal that it is coming up to be released once and for all, not to haunt you again.

Remember, some of you may have a lot on your plate in the times ahead, but for others, this process will feel much lighter, and you will perhaps not notice much in the way of regurgitating any old detritus that have been clogging up a part of your system. But the most important part is to have patience in this, not just with yourselves, but also with those around you, for you never know what may come up in the times ahead. And we mean that literally, because you might all get a surprise occurrence coming from the inside, from something that has been lodged so deeply in you that you could have no way of knowing of its existence.

Please remember that any surfacing of goo is not a signal of you reversing your process and plunging back into the old morass of despair, it is just a clear signal that you are lightening yourselves. So take it as a sign that you are in fact taking another giant step forwards and upwards, even if the process itself for some of you might be construed as the opposite. Again, we say this as a reminder that the appearance of negative thoughts or emotions in the time ahead is not a signal of you entering a denser layer. It is actually a sign of you LEAVING a denser layer and enabling yourselves to lighten your load sufficiently to move up another notch on the scale. So again, we remind you to take a deep breath and embrace whatever comes up, but then let it go and bid it farewell, for it will never be a part of your life ever again.

As you have already ascertained, the sun is starting to deliver her gifts to you once again. The energies will be intense this time around, and for many, that will mean some rather acute physical symptoms too. Do not worry dear ones, as they will not be anything aside from a bit irritating. In other words, even if the fallout from some of these incoming rounds of energetic bombardements may leave you feeling more than a little exhausted, it will not have any lasting effects on you. Or rather, the lasting effect will as always be a very beneficial one, even if your body will try to tell you otherwise. So please, stay calm and centered and remember to breathe into it all, even if your body or even your mind will try to get you into overdrive. There is nothing to fear in any of this, only that you should lose yourself to the temptation of going into fear, as this is only the next phase in this long line of energetic imprints that is being placed into your bodies. So again, feel free to revel in the fact that any physical or mental unpleasantness that may erupt in the days ahead will only be a signal of something very positive coming into your system, so do not take it as anything else. And remember, even if you do not exhibit any kind of "symptoms" because of this, it will not mean that you have been left out of it. It will only mean that these energies coming in do not trigger anything in your system, but they will deliver their message into you as well. So stay centered, and keep breathing, and know that the next few days will bring along many a message from "outer space" and into you all.

The sun is shining down upon you again, and her benevolent rays carry so much more than mere light and warmth. She is the dispenser of wisdom and knowledge in so many ways, and from the earliest of times, mankind has been aware of this. But now, her generosity has increased to such a degree, she will be responsible for the turning around of mankind. Let us explain.

The sun is for many considered holy, and it has been thus for eons, as you have rightly surmised that without her flaming appearance in the sky, your world would be a cold and dark and dead place indeed. But now, the rays that bathe you each and every day bring with them so much more than mere warmth and light, as they also carry with them enormous amounts of information. This information is vital indeed, as this is the information that is directly responsible for the changes that are taking place on your planet even as we speak. For your scientists, these influxes of matter have been invisible, but they are starting to make themselves known even to the crude forms of instrumentation that you have so far been capable of putting together. Make no mistake, you are in some ways advanced, but in this matter, you are lagging far, far behind the rest of Creation. But as we have already touched upon, you will be brought up to par in this aspect too, and you will be done so at the earliest opportunity. But again, we will refrain from giving any exact details as to the timing of these advancements, as that will not be divulged at this stage. That will only serve to confuse, even if we are well aware that the absence of any direct and concrete information on the subject of timing is a source of much irritation and impatience to many. Be that as it may, let us just say that this whole process has been carefully planned, and when the timing is right, so much will be put into action that your questions as to how and when will all be more than satisfactory answered.

That is all on this subject for now, but let us just add some facts about what you have just been through. As we said, your sun has been more than generous these last few days, and even if this does not in fact register on much of the apparatus your scientists use to gauge the effects of the incoming rays from your sun, your body will be willing to tell a whole different story. For your body has been more than willing to let these beneficial rays be admitted into your system, and through them you have all taken a very important step closer to completion. Much has been caused to be initiated from this

last implant, and much will be set into action by it that is not yet possible to detect. But soon you will, and you will feel the effects of this bathing in light for the rest of your sojourn here. We know we speak in convoluted terms as usual, but let us just say that this last batch of information capsules that the sun so obligingly sent in your direction acts as triggers on so many systems that are imbedded not only in your physical body, but also in your mental bodies, and as such, a whole score of programs have just been set into motion that will have lasting and beneficial effects not only on you, but on your whole planet. So rest assured that even if for some of you this process was more than a little uncomfortable, it was more than a little bit effective, so we think you will find that it was certainly worth it in the end. So rejoice dear ones, and congratulate yourselves for another successful mission completed, and know that this was a very important and most efficient one as well.

---

215

As many of you have already ascertained, there has indeed been a major shift during these last few days. To many, it will feel like a release, and that is exactly what has happened. We talk not about just a personal effect from this major upshifting of energies, but we refer to the one that concerns the collective. You see, you have just been through such a major reshifting of levels it has had some far reaching consequences not many have been able to reassess just yet. What we talk about, is an event on such a major scale it will literally go into the history books as the days that changed the world forever. You will search in vain in the mass media for any hints of this unprecedented event, but if you search deep inside yourselves, we think you will all feel some reverberation from this. For the thing is, you have just successfully managed to free yourselves from some of the entities responsible for your loss of freedom, and we do mean that in a very literal way. For now, the time for the exodus has already started, and the first of your captors have already left your atmosphere.

We are aware that for some, this will sound as no more than hogwash, as the underlying message in these words will seem to be one of delusion and loss of sanity. But what we refer to is no more than facts, as you are already in a state of liberation from the old systems that have been holding humanity in their spell for eons. This liberation is not something that will be completed overnight, but now, the removal of the "unwanted subjects" to call them that has been initiated.

This will not be like some have envisioned as some sort of mass transportations or arrests, far from it, because what we refer to, are events that take place far away from the scope of ordinary human beings to call it that. For what we refer to, are indeed events that take place on a level of existence that is beyond the scope of the so-called normal senses, and therefore, it will be going on unseen and unheard by the majority of people living on this planet. But for those of you already engaged in this process, there will be some signals coming through, and for many of you, they will be loud and clear, while for others, they will be more subtle. So that is why we ask you to connect deeply, and try to register what you feel, for now, we can guarantee you that the energies on this planet have shifted into something you have never, ever felt before. And if you manage to feel into it, you too will feel the first whiff of freedom wafting into your whole being. And when you do, know that this is certainly not an illusion, but just a small precursor to what you have in store in the time ahead. For now, the time for bringing the Earth and her inhabitants back to the pure essence of being that you all once were a manifestation of is starting in earnest, and as such, you will all feel the weights that have been holding you down start to ease off more and more. And soon, you will all be able to breathe freely again, for the first time in a very long succession of lifetimes in this little world you all call home.

We greet you again on this fine morning, and we want you all to feel that even if your circumstances might in some ways be described as less than "fine" at the moment, we want you to know that underneath this layer of third dimensional woe and despair, things are certainly starting to pick up. In other words, the movement forward is once again picking up speed, and much is changing for the better as each day passes by, even if to most of you much seems like the same old, or maybe even worse.

Let us explain. We know that this is a message that will seem repetitious to so many, as the heavy burden of straddling two worlds can be more than worrisome at times. You feel the pull of the new world calling you, while at the same time you feel mired down in all the trappings of the old. At the same time, you can observe so many around you blithely going about their daily chores without so much as a frown on their faces, like they are totally oblivious to the pressure you feel mounting inside. And so, keeping your focus and keeping your faith in this process is not an easy task. But again, that is why we are here, to remind you all again and again that you are not struggling in vain. And you are certainly not delusional, even if that at times seems to be the only sane answer to your dilemma. So again, we remind you that this superficial layer of third density "reality" will literally feel more and more uncomfortable to you, and at times, you will feel like shouting out in desperation and give up this whole process of ascension. But you see, the only reason that the level of irritation seems to become more and more intolerable to some of you, is that the realization that underneath it all there is a whole new world coming through is becoming more and more apparent to your subconsciousness. Therefore the more friction and irritation or impatience you feel at times, the closer you are to breaking through it all, just like a whale breaching the water and hurtling itself aloft in joy and celebration. So again, do not feel bad about yourself if you do feel annoyed and less than patient at the moment. Just as these large aquatic mammals will feel annoyed by those little parasites boring into their skin, so too will you feel the gnawing of all of the old and outmoded particles hampering you in your efforts to be free. But they are nothing more than irritations now, as they have been reduced to a mere shadow of their former selves, and as such they cannot impede you in the same way they used to. So just keep scratching yourselves if you need to dear ones, but know that these minor "infections" will soon occur no more, and you will feel this whole layer of irritation sluice off in the same way the snake sheds its old skin.

But just as a mosquito bite, these irritations can seem to take up a large part of your awareness, so try to remind yourselves to feel into the whole of your being, and you will soon discover that these irritations are nothing but skin deep. And they will soon be just a memory, just as the old and fading traces of old lesions cease to occupy your mind once they have stopped making themselves noticed by chafing on your skin.

Again, we say this as a reminder that this part of the whole process can be frustrating, because there is so much annoyance being kicked up by that departing density, and it will likely keep you occupied for most of your day if you let it. So try to let it go, and instead focus on the not so irritating aspects of this process, and as usual, they can only be found if you manage to go beneath this upper layer that is still sticking to your consciousness.

We applaud you all for being undaunted by all of these massive changes, and by "undaunted", we refer to the fact that although you will in so many ways be more than a little battered and bruised at the moment, you are still going ahead full steam. And that is indeed something to be applauded, as you

have more than once proven that the challenges you face are not something to be taken lightly. But still, you soldier on, and not just we, but the whole of Creation thank you for that.

You see, you are indeed the ones that make the change happen, and even if we are here to offer all sorts of inducements, energies, and backup to keep you all going, you are the ones who have to make that decision to do just that day after day, hour after hour. This is no mean feat, and it is not for nothing that you have been labelled as the bravest of the brave. But now, we do hope that you have gotten a little bit more wind under your wings, to call it that, and that you have all managed to tap into the new energy levels that have come in and been put at your disposal. For if you have, you will get a distinct feeling of momentum, and that the hill in front of you have ceased to seem as insurmountable as it mayhaps seemed only a few weeks ago. And rightly so, as recent events have more than confirmed that in the battle for supremacy on your planet, victory has for ever fallen into the hands of the light, and now, it only remains to make the whole world sit up and acknowledge this truth.

This may seem like a far fetched concept indeed, as the majority of your fellow men are still under the influence of the illusion created by your old captors, so to them not much positive can be seen whether they choose to focus on the lives of those close around them, or if they look further afield. But you know better, as you have already started to tap into the truth that is already starting to seep through this disgruntled layer of depression and anger that is still covering so much of the surface of this planet. And soon, the illusion that holds so many down will be even further ripped asunder.

So rejoice dear ones, you are at the apex now, and you will feel how that shimmering dream of tomorrow will start to solidify more and more as the time passes. You have chosen to hurtle yourselves into the unknown, and now, you will finally start to feel how it actually begins to manifest under your feet. For so long you have been hovering over a seemingly empty void, but now, that void will finally start to be filled with everything you have ever dreamed of coming true.

---

218

As the sun rises today, it brings with it even more good news. You might be unaware of this, but last night, a large multitude of the shining souls currently gathered on this planet were deeply involved in an important task that will bring so much relief to the rest of mankind. You see, in the unseen realms, under the radar of "ordinary folks" to call it that, a major clean up operation has taken place, and the outcome of it all was indeed a resounding success. We know this will sound more than a little strange to many, as the task we refer to is one that can best be described as science fiction to you all. But it is in fact not fiction, but facts, and the results from all of this hard labour will soon be apparent. As we have already touched upon in an earlier missive, some of those parasites who have been sucking mankind dry in so many ways during this huge expanse of time has already been forcibly removed from your atmosphere, and last night, they were joined by an even larger contingent. Of course, they did not leave voluntarily, but were asked to do so in no uncertain terms by you.

We know that this will come as a surprise to many, because there was a large number of delegates to this "convention" that was not even aware that they were attending this meeting in the first place, and as such, they are not aware of the major role they played in this. But we know, and when the time is right, you will all get a much clearer picture of your own role in all of this. As we have told you countless times, we are many who have come from afar to help you out in this realignment process, but the majority of the tasks in this process falls upon you, the bravest of the brave. And now, you can all account for one more major victory, as you have pooled your resources in such a way it has been

made abundantly clear to the forces still under the illusion that they govern you, that this is no longer the case.

The scales have indeed tipped, and they have tipped far beyond the point of balance. In other words, the light can no longer be in danger of losing the foothold it has finally regained on this planet, because the level of energy has shifted so much that there is no longer any doubt as to whom sits in the driver's seat. So from now on, the light will set the pace and direction, and it will do so firmly, so expect to see some clear results in the most unexpected ways. But again, do not forget that even if the "invisible" shift of balance has changed beyond doubt, the superficial layers of illusion will take a longer time to dismantle. That is easy to explain, as most of your fellow men and women have no inkling at all of what has been going on behind this facade that they call reality, and therefore, they will not have any reason at all to be able to discern any difference in their daily lives. So they will go on much as before, seemingly without any shifts in either direction. But not for long. Because the truth of what we have just shared with you will start to seep out, and the outcome of it will be surprising in so many ways. For remember, in order for them to really understand the difference between yesterday and tomorrow, they will have to acknowledge that what they have always believed in as the truth has just been an illusion, and it has been so for an almost endless cycle of time.

So yes, the shift has been momentous indeed, but it is nothing compared to the shift that will come as soon as the majority of mankind will have to start to acknowledge the fact that they have in so many ways been living a lie. That will take time to adjust to, and it will also take a whole host of dedicated lightworkers to ensure that this transition goes as seamlessly as possible. For you must be the ones standing tall amidst all of the turmoil. It is your light that will shine and help others see the path forward when they feel plunged into the unknown. For you are the wayshowers, and you will be the beacons shining not only your light but also showing the way to the brighter future. We know you can do this, for what you did last night has proven beyond any doubt that you are a force to be reckoned with. So give yourselves a round of applause dear ones, you certainly deserve it, and know that the rest of Creation are already on their feet, saluting you all as the true saviours of this realm.

---

219

Today is an important day indeed, as it hold within its confines the hopes and prayers of millions of people. We talk not about the election of one man to an earthly position here, but we talk of the choice that so many others will make in their hearts today. You see, this is not only about the election of a single individual that will be chosen as the president of one of the countries you have been divided into on this planet. We talk about the fact that from now on, the energies that have been transmuted and changed into a whole new octave, will start to make their voice heard in so many ways. You see, underneath all of the hustle and bustle created by this election, and by so many other "superficial" events going on at the same time, the renewal of this planet's energetic layer has been all but invisible. That is, except for the likes of you, who have already managed to tap into this new power source. And for those who have gotten a taste of this elixir, they know that big changes are afoot. We say "elixir", but we are well aware that the tasting of this brew may have caused more than a mild reaction in your physical body already, and also in your mental one, as this heady concoction is nothing if not life changing in so many ways. Let us explain.

For centuries, mankind have been literally wallowing in the same kind of energetic soup, a soup designated to ensure a very specific kind of evolution. You have come a long way during these centuries, but only up to a point, as you have been prevented from moving any further in any direction that would in the end make you all more powerful. And in this, your evolution has in so many ways been a crippled one. But now, as this energetic soup has been more than stirred up because of all of these incoming barrages of information being beamed onto your planet from sources far removed from your shores, it will literally be like you are starting to breathe fresh air again after being cooped up in a

small closet for a very long time. And as such, your bodies will have a hard time adjusting at first, because it literally needs to readjust all of the levers that have been regulating your intake, to call it that, in so many ways. It is almost like a diver, after surviving on a minimal amount of oxygen for a long dive, finally can remove his mask and take a deep breath of pure oxygen. And if he is not careful, it will create havoc within his whole system. So yes, this "pure oxygen" has been made available to you all, but as a precaution, we will not let you get full access to it immediately. Therefore, you will feel your bodies readjusting for quite some time yet, as it takes in the increased amounts bit by bit. Hence, the somewhat prolonged discomfort this time.

But now, you will notice how the air feels purer and easier to breathe, as you are becoming accustomed to this new and heightened level of energies. And together with this "fresh air", you will see how things start to change around you. For just as any living thing will respond positively to an increased amount of oxygen in their atmosphere, so too will you all start to respond to these increased amounts of energy. That is, except for those who look upon this new energy not as a life giving substance, rather the opposite. They will hunker down in order to try to avoid it, and doing so, they will also start to behave in a more and more bizarre fashion. So again, with this new level of awareness comes a new bout of reaction, as the old and failing systems will instinctively understand that all this new and fresh will be another spike in their coffin. So do not be taken by surprise if you should witness some of their display up close, for know that it is short lived. For they, like the creatures from the darkest abyss of the ocean, simply cannot thrive in the "fresh air" that is being injected into your atmosphere. They can only survive in the old and dense layers of energy, so they will automatically seek them out. But these pockets of old and stagnant energies are becoming smaller and smaller, much like the pools of stagnant water drying out under the force of the sun. So rejoice, and do not let any action taken by these desperate creatures darken your day in any way. After all, you are the ones who can celebrate the fact that the very atmosphere around you has become even more viable and thereby fuelling your dreams in such a way they are destined for success.

---

220

The days are growing shorter and shorter in parts of your world, and with them, the length of the night is increasing. This added dose of darkness will seem for many to be heavy to bear this winter, as it will also bring with it much work. Let us explain.

As we have touched upon several times earlier, you are all becoming more and more involved in the work being carried out now, and much of that work is going on behind the scenes as it were. In other words, we refer to all of the toil currently being carried out in other realms than the one you see around you whenever you are "awake". By that, we mean that whatever takes place during your so-called waking hours is a mere fraction compared to what you are doing under the cover of the night, when your body is quietly at rest in your bed, but your spirit is busy at work elsewhere. You see, contrary to many people's perception, you are not confined within the boundaries of your physical body, far from it, and as soon as you are able to leave it behind on your nightly sojourns to other levels of awareness, you are also picking up the slack in so many ways.

Let us explain what we mean by that. As you might be aware of, this battle for rebalancing your world has become an intense one, and even if the battle per se has been won by the light, there is still much work to be done in order to rectify the imbalance that has left so many traces not only in your third density layer of consciousness, but also in the more unseen realms. And at night, when the rest of the world think that all those asleep in their beds are up to nothing more than sweet dreams, you are actually more busy than ever. So yes, the images and sensations that linger in your bodies in the morning after re-entering your physical body are becoming more and more insistent now, and rightly



so, as the boundaries between the two states is thinning out rapidly. Hence, the increasing amount of information coming up to the surface after one of these nightly sojourns behind the veil.

The images are still somewhat obscured and do not give a detailed description of what you have participated in while you were "asleep", and the reason for that is a simple one indeed. Remember, the gap between what you have taken for your reality and what it really is when you start to re-enter the different layers that have been kept hidden from you for so long is an immense one, and there is no soul on this planet today able to bridge that gap in an instant. In other words, we do our best to ease you into your new reality, and we will ensure that you do not "short circuit" in any way while being in transit between the two. But still, this will continue to be challenging in so many ways, and for many, it will at times feel like they are literally losing their sanity, and maybe even their health. So make sure to reach out to each other through this, so you do not fall into the trap of thinking that you are going mad. For this is not for the faint of heart, and even if you all in your heart of hearts have been longing for the moment when you will finally see and experience all that you have dreamed of on "the other side", know that it will be more than overwhelming. And we do mean that in every sense of the word, for even if you all have some ideas as to just what is hiding behind the veil, it is at the moment more than you are able to ingest in one sitting. But do not fret, you will have it all, and more so, but you will be served it in portions that are a bit more palatable, but still, we know that many of you can already attest to the fact that even some of these morsels are a bit hard to swallow. You see, you have started to enter this vast ocean of information, and swimming in it is much more challenging than a mere wetting of the toes while staying safely on the shore. The feeling of almost drowning in it all can be too much for many of you, so again we implore you to seek out some of your fellow swimmers as it gives much comfort if you are able to enter these – for you – uncharted waters in the company of some like minded souls.

We know this will sound a bit patronizing to some, but this is a reminder that what you are about to experience fully in a very short time from now, is nothing short of demanding on every particle of your being. We know that you are capable of taking it all in, but you are not capable of doing so fully just yet. Remember, the level of awareness we talk about is something you have been denied for many lifetimes, and as such, you have no clear idea of just how complex and all-encompassing all of this is. "Life changing" does not even begin to describe this process, as it will literally turn everything not only in you, but also in everything you have ever been aware of inside out and upside down.

So stay calm by staying close to each other, and know that even if this feels more than a little bit daunting you will not drown, no matter how deep this vast ocean of energy will seem to you now that you are allowed to start to sample it more fully. After all, you were born to frolic in these waters just as we are, but it will still take some time before you learn to reclaim your swimming abilities again. In the meantime, we will do our utmost to make your training period as endurable as possible, but do not be surprised if you find it to be more challenging than you mayhaps envisioned. After all, we want you to be a fully fledged swimmer at the first available opportunity, so we will not shy away from challenging your limits in the days and weeks ahead.