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You have probably started to question yourself and this whole process more than once lately, and that is easy to understand. As we mentioned in our previous message, you are currently in a kind of holding pattern, and this can in many ways be likened to a void where you have seemingly nowhere to go and nowhere to return to. In other words, faith and trust seems to be the only things keeping you going, and for many, both are already starting to grow thin on the ground. Again we say do not berate yourselves should the temper grow volatile these days, for it is not more than natural if you feel like lashing out at someone or something at the moment. Again, the reason for this is understandable, for you have been so fired up by all of these energetic emissions you have partaken of lately, and as such, you feel more than ready to go. But now, it will be like you are stuck on the launching pad, motors ready to roar into full power, but you seem to have lost connection with the command center. So there are no clear directions, and there are no orders to do anything, so all the while the only thing you can do, is sit there seemingly unactive whilst gnashing your teeth in frustration.

Well, we are well aware of your situation, but again, all we can offer is the same old litany of please know that all is well, and even if you may feel more than a little disconnected from it all, you are not. But again we say, this period, although at times mindbogglingly frustrating, is a very important one too, for it is not the idle wait it may feel like at the moment. No, there is indeed a frenzy of activity going on, and for some of you, this activity has started to seep into your consciuosness at odd intervals. There might be some intense interconnections going on during your nighttime, where your body will feel like it is receiving commands and information the likes it has never encountered before. You may have instances of "abnormal reactions" to call them that during daytime, when either yourself or others will seem to be out of sorts or out of synch with everything around you.

So yes, you are not idle, but much of the goings on will be hidden from view, so again it is indeed our role to pop in at regular intervals to give you a much needed thumbs up. For you have not lost connection to the command center, and your orders have not been revoked. For your mission is still on, and you are in fact proceeding as planned day by day, hour by hour. So again we tell you that there is no stand-down, it is merely a part of the regulated procedure, and even if you feel like you are stalled, you are actually moving rapidly ahead. We know that this will seem to be at odds with the feeling you will encounter at frequent intervals at the moment, but please understand that this is because your whole sensory system has been redesigned, and as such, it will feel like you are standing still when you are actually whizzing ahead. It is much like when you have been travelling at a certain speed for a very long time, and it feels like you are actually slowing down when you are in fact travelling just as fast as you used to. In other words, your perception of advancement has changed, not the actual speed in which you are proceeding.

So again we tell you to try to savour these days, even when you feel less than inclined to do so, and know that you are in fact speeding towards another of those very important passages that will make its mark upon your body and soul. So remember to breathe deeply, and just release anything that comes aknocking from within, for otherwise you might feel more than a little bloated from the pressure that will build up. For there is indeed much going through you at the moment, and we do mean that both in the mental and physical sense, so try to keep it moving in any way you can. For you are not at a stand still, and you should not act like you are, so just let it go as soon as it comes up, and you will at least feel the relief of sensing some of the action that is going on at the moment. Thank you, that is all we have for now, we leave.

The days have indeed started to lengthen on your part of the globe, but for many, the nights seem to have become even longer. Let us explain.

As we have talked about in earlier missives, the "global warming" to call it that of the infusion of light that has been beamed onto your planet lately will have a profound effect on you all. Not only on all of those already sufficiently open to welcome these harbingers of light, but on each and every living being on your planet. And as such, the effects will indeed be manifold. For not only will they strengthen the resolve in all of those already welcoming the light, but they will in addition trigger the doors in so many others, and this will in turn make them start to open the door into their hearts. In other words, your choir will acquire so many new members in the times ahead, and your voices will start to blend perfectly into a song of freedom. But do not forget that these heavenly messengers of hope will also knock on the doors of all of those still set on hiding behind their walls of fear, and when they hear this sound, they will become even more agitated. Do do not forget that this level of brightness will tear into the sensitive eyes of so many out there already feeling the pressure of change around them, and they will not suffer this in silence. We know that this will not be news to any of you, but it bears repeating at times like this. Never forget, the actions of someone literally hell bent on holding back this flood of light will be very visible indeed. Not only because it will seem very at odds with the prevailing feeling of harmony that is spreading ever so quietly around you, but also because these kinds of actions never go unnoticed by the mass media. And as such, the further into the corners the light is reaching, the harder the fight to keep it back will become in those desperate souls trying to literally hold back time. They are indeed fighting a losing battle, but that will not dampen their resolve, far from it.

We know that this is perhaps not the message you want to partake in at the moment, because we are aware that many of you feel like you yourselves are standing on shaking ground. You feel this pressure from the void growing day by day, and you seem to find this heralded morning of glory withdrawing ever further into the shadows. So doubt and fear and even lethargy is starting to seep into many a brave soul, and as such, the brightening will seem to be less than pronounced for so many of you. Do not think we do not see this, and do not think we did not take that into consideration before all of this was set into motion. For we know so well that a human heart can only go so far, and for many of you, the strings holding on to your resolve are starting to become very frayed at the edges. Well, all we can give you today is again the same message of encouragement. Remember, these words that we give you on a regular basis are just the icing of the cake to call it that. For what you are receiving in abundance at the moment, are the energetic codes that are busy unlocking all of the doors you still have hidden inside.

We know this will not be of any consolation to many of you, but still, it is a message we will keep giving you every time. For these missives are merely a minor wave in this enormous sea of energy that you are literally being inundated in on a permanent basis now. And even if you seem to lack any form of spotting the presence of this sea of change washing all over your planet at the moment, it is indeed nothing but facts. And you all know it in your heart of hearts. But again, on the surface, the challenge of keeping this truth alive is growing daily. Give me proof we hear you say, and rightly so, as you have all been well trained to meet the reality you face each and every day through the eyes, ears and mind of a human. Well, you can find some proof through these senses if you try, but they will be tiny little miracles indeed, and not enough to satisfy your craving for confirmation. So again we say, even if these words will cause more than a little friction within many a human mind at the moment, go within, for that is indeed where the truth lies, and that is where you will find all of the proof you need.

For you are not mere mortals anymore, you have passed that stage a long time ago, but still, you cling to the belief that you are. And as such, the mortal in you seek the presence of proof in all of the ways

that it knows, but those ways are so limited. So again we tell you, you know better, and you have for some time now, but it is easy to lose grip of this fact in the barrage of uncertainty that is arising on all sides. But do not think we think ill of you for this, far from it. Are you not the bravest of the brave? And did you not take on this challenge fully knowing that your own heart would have to fight a fierce battle with your own resolve all the way through this stage and beyond? For you are made of sturdier stuff than this dear ones, but still, you will feel more than a little faint of heart at times like this, and rightly so. For your challenge is a mighty one indeed, and so far, you have more than met our expectations, but at the moment, you will perhaps feel like you have failed to meet your own?

So again we tell you that all is well, and you are advancing in so many ways, but our words will not make you feel less vulnerable. It is only you yourself who can do that, and that is the challenge you have given yourself. We know you can be victorious in this, in fact, you have already proven beyond the shadow of a doubt that you already are, otherwise you would not even be reading this. So please give yourself the chance to discover the same. It is not easy, we know that, but underneath this surface of unease and irritation there is a huge field of clarity within you all. That is where you will find the truth, nowhere else. Not in our words, nor in any other's, for it is you and only you who can decide what to believe; the human part of you that is striving to stay in control, or the true core of you where every answer to every question you might ever have is safely stored.

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Let us begin this missive by saying that you have all passed a threshold now, dear ones, and from this point, there is no more turning back. These words may fall on somewhat fallow ground, for to you, it might feel that you are doing no more than threading water at the moment. But for us, your forward momentum has never stopped, not even for a second. For you are indeed being propelled forwards at a speed that is astonishing, but as you have in some ways seemingly lost the ability to detect your progress yourselves, we will as always be on hand to inform you of it. And by that, hopefully implant at least a small impetus to not let yourself go in all of this. Let us explain.

As you all passed from last year and into this, the brand new one, you also left behind the old you in more ways than you perhaps have realized yet. But as always, what has been a part of the illusion that still surrounds you on all sides, is nothing if not stubborn in keeping up appearances. In other words, you will in so many ways still feel like the same old you, but that is in fact not the truth. The truth is that the old you fell away as soon as you opened yourselves to the new energy that came in during those last but oh so important weeks of last year, and as such, you have been reborn in all aspects except one; namely the self-image you still carry with you. And that self-image is so imprinted in your brain, you will have a hard time getting rid of it completely. Hence, this strange feeling of being untethered energetically from the old, but at the same time, the feeling of still being stuck inside of it all.

In other words, you have all taken a giant leap forward, but on the surface, it will seem like you have taken a giant leap into "what is this?". In other words, you will feel the disconnection from the old deeply within you, but as you have yet to literally live the separation, this is a period of seemingly deep confusion and disturbance for you all. This will manifest in myriads of ways, as you all have an individual programming that is still trying to override your new programming. In other words, your own personal setup is doing its best not to be rendered obsolete from all of the new, so it is doing all it can in order to keep doing the job it was given from the onset. And that job is a simple one indeed, because the old programming had one purpose, and one purpose only, and that was to keep you all set

into "human" mode, with all of its limitations, and that is what it is still trying to do. So it is not being "bad" in any way, even if the fallout from all of these conflicting commands you are getting from yourself is causing more than a little unease at the moment.

Remember, this old programming was set up with the intent of keeping you going in the same old track, but now, the track has been changed, and the tune with it, so this insistence of playing off the same old tune on top of the new one is causing not a little disharmony at the moment. And remember, your senses have been well trained to listen to this old record, to call it that, and it will at first have a hard time literally tuning into the new and disregard the repeat message from that old track. So yes, you will feel yourself being tossed to and fro between these two lines of reasoning, and rightly so. Remember we have talked about the concept of drag before, and this too is a part of your own personal process. So much of you have already taken that step across that proverbial threshold, but the outer layers to call it that, the guiding voice you have heard from the very first moment you opened your eyes within a human body, that is certainly lagging far behind. And as you have been so well attuned to it, you will have a hard time ignoring its insistent voice.

We know we speak in parables, but let us just sum up this missive by saying that you have all moved ahead rapidly, just as we knew you would, but as you are still immersed within this old concept of "you", you will continue to get conflicting signals that will make your own image of this process much more confusing to behold. For you are all progressing rapidly in the intended direction, but those outermost parts of you will insist that you are trapped in a backwater somewhere, and you are unable to get back out into the rapids along with the rest. But fear not, you are not trapped anywhere, even if that voice from yesteryear is doing its best to convince you otherwise. Again we tell you to keep breathing and keep focusing, so you can help yourself to hear the voice of reason that is already within. It is there, and it will not go away, no matter how audible the old tune gets in the days ahead. So again we tell you that all is well, and the course that have been set you are not deviating from in any way. We are well pleased by your work, and we know that you will agree too once you get past that little voice of discontent still ringing in your ears.

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As you have mayhaps noticed, activity is on the increase. Not only inside, but also on the outside. We refer to the downloads that are being registered not only in your body, but in your celestial and indeed earthly abode as well. So you are not the only ones currently feeling the urge to moan and groan a little at the moment. Indeed, as above, so below, and you are all being inundated with round after round of strong, but "friendly fire" if we might use such a phrase. For this is indeed a barrage, but even if you do feel rather the worse for wear at times, we venture to guess that you have all in some ways been able to tune into that new tune that has started to make itself heard within.

In other words, even if some of you may feel less than inclined to even lift a finger at the moment, you are in fact growing steadily stronger. For as you opened up to these changes in energy, you have welcomed these missives from beyond your atmosphere that have started to trigger a chain reaction inside you all. And this chain reaction is of such a magnitude it will sweep away any of the old cobwebs still clinging in the hidden corners within. We know that we have talked about some of these "spring cleanings" before, but what we refer to now, is on a whole different level indeed. This is no longer preparatory work, this is the finishing touch to call it that, and for those of you still harbouring any doubts as to how you are doing in all of this, we can guarantee you that you are performing excellently.

After all, you have welcomed these changes, for without your innermost decision to do just that, your life and your whole world would be at a very, very different place now. For you have welcomed the light in all of its shapes and forms, and the light has started to make its voice heard in earnest now. So even if some of you are still faltering under the heavy pressure from this new visitor, some of you are already feeling the pressure lifting, and with it, your soul. For there comes a moment for each and every one of you when suddenly the storms raging within suddenly seem to go away completely, and you are left with a quiet but oh so strong knowing that you have arrived. Exactly where you have arrived may not be clear yet, but the feeling you have within is such a strong confirmation you just know that you have stepped away from the confusion, and the certainty has finally started to surface.

So fret not, all that have yet to savour the calm of this moment, for it is coming to you too. And again we say, do not think that it is by fault that you still feel the storm raging around you. It is not by chance that any of you are where you are at the moment, and it is not any form of competition where the amount of time you spend in this cleansing storm is measured. For you are all winners, no matter at what moment you cross the "finishing line", and as such, you will all have reason to celebrate. For you are all reaching inside to wrestle forth the real you, the one that has not been reachable for lifetime after lifetime. But now you will finally meet up again, and you will do so at the exact right moment. So again we repeat the same advice of breathing and focusing, and know that underneath that roar of wind and hammering of rain lies that quiet spot that is yours, and only yours. It awaits you all, and you will not be able to miss it, for it is calling to you with a power that cannot find its match anywhere in the universe or beyond.

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As you have noticed, there are many stirrings in the undercurrent now, and some of the light is already starting to penetrate the fog that has enveloped mankind for such a long time. At the moment, this will seem to be mere pinpricks of light in a huge ocean of darkness, but do not let that fool you. As we have talked about so many times, this layer of darkness that still seems to cover most of your planet is only an illusion, a thin film of confusion covering up the new reality. And now, this reality will start to become more and more visible. Not only to you, but also to others out there, people who look upon themselves as no more than an ordinary citizen, but who will soon start to realize that they too have the power to change not only their own life, but also the lives of so many others.

And they will do so in a peaceful way, for we do not speak of a violent uprising, far from it. For have you not witnessed already how the power and might of an armed scoundrel is not match for the power of the light? We refer of course to the story of the brave girl who had to face armed assassins because she stood up for her right to educate herself (From Aisha: I think they refer to the story of Malala Yousafzai). If you look closely at her story, you will see how the light penetrating her has been seeping into thousands, if not millions of others already. So she is indeed a shining example on how one of these pinpricks of light can blow away a huge area of fog and darkness, and how the forces of ill intent are no match for the light, for those bullets being aimed at her did not kill the light, it only made it that much stronger.

So let that be a lesson to you all on how nothing and no one can stop the light, no matter how hard they try. For the force of anger and hatred is not match for the love and compassion that is starting to grow on your planet now. And even if these forces of the old are trying their hardest to instill the old fear into you all, they will not succeed, no matter how many weapons they fire off, or how many

people they beat to a pulp. For they cannot beat you now dear ones, you are the ones who have won this battle for the souls.

For in your soul, the light is growing stronger and stronger, and with it, the power you carry. And through your example, just like the girl who took the bullets in order to let the light shine out to the whole world, the change will come, step by step, person to person. For you are also brave, and even if you will never have to face the same hardships as this girl, you too will have to conquer the world with your actions. For you are indeed the bravest of the brave, and you have walked through fire to get where you are today. And doing that, you have liberated not only yourself, but thousands upon thousands of your fellow men and women. For you have hacked a trail through that dense jungle of fear and darkness, and following in your footsteps are the rest of humanity. With a few exceptions of course, and they will clamor and cry as loud as they can in order to make you all believe that they still outnumber you. But they do not, and that is what you will all see as the days keep getting lighter and lighter, and those pinpricks of lights grow ever brighter and ever bigger.

So fear not, as fear has been diminished to such a state it is but a shadow of itself. That shadow is still touching the hearts of many around you, but that shadow is also thinning out, and it will be replaced by light in even the sturdiest of hearts. For light has no boundaries, only the fear has that now, so light is spreading out faster and faster, and the courage it inspires in you all is growing with it. So stand tall and proud, and know that you too has been a part of that journey from the darkest abyss and to this, the threshold of everlasting light. And know too that your actions will never go unnoticed, as you have all been instrumental in this about turn of the human race. So look around, and we think you will find these shining examples starting to emerge in every corner of your world, even in the places where you least expect them too. For, as we said, the light has no boundaries, certainly not one set by any human, and no line on the map or no wall, no matter how high it is, can keep it out. So again we say rejoice, for the morning has broken, and the day is about to start. And this day is one that will last forever.

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As you have mayhaps already ascertained, the intensity has once more been turned up a notch. In other words, more information and more light is coming your way, and as this as always is being directed through your physical body, some symptoms may occur. We know that you are not novices in this, and as such, the outfall from all of this energetic uprising will not come as a surprise to any of you. However, this time there might be a few rather interesting "symptoms" coming up. We do not speak of the usual ones, the ones that your body seems to exhibit on a regular basis when it is immersed in such a stream of energy and light as the one you are currently in. No, we speak of other, more esoteric ones to call them that.

You see, your mind and your body will start to act as if they are somewhat out of synch in the days ahead, and we thought it best to forewarn you of this lest you should think that you are actually losing your grip on your sanity. That is not what is happening, rather, what is happening is that the old "insanity" of third density existence is starting to lose its hold on you, and therefore you will at times feel as if you and your body have become separated in some ways. This may sound strange, but we think you will all notice when it starts to happen.

So again we tell you that all is well, and even if you at times will feel that you are totally disconnected from the material world, you are not about to just drift out into the ethers. This is again one of those adjustment periods, where you are slowly being put through the transition from living in the third

density world in a third density body and into the next level. You see, as it is with everything in this process, it cannot be accomplished in one fell swoop. That would not only knock you off your feet, but it would literally render you unable to cope in any way. Therefore, we will guide you all through it, and this time, the process will involve a feeling of detachment from your physical body.

Just remember, the reason you are all here in the first place is to accomplish this transition whilst still residing within said body, so you are not about to float off into space unhindered by that at times rather burdensome accomplice. For you are a team, and the spirit and soul that is the real you have been teamed up with this current body in order for you to be able to fulfill this journey together. We know that at times the trappings of being in a physical body will feel to be a burden and certainly impose some unwanted limitations to your quest, but that is now about to change. For now, you will all be led on those first and perhaps rather faltering steps on this journey towards being able to exist both within these confines while simultaneously expanding your consciousness outside it. In other words, you will be able to lead a very interesting double life in the not too distant future, and you will do so whilst seemingly appearing as just another ordinary citizen on the outside. But your life will be filled with wonders indeed, and with it, some extra challenges. For starting to live a life that encompasses so much more than what you have been able to experience first hand up until now, will not go off seamlessly at first. Hence, this gradual awakening to the fact that you can actually master such a way of life. After all, it is not by learning you will know this, it is by remembering, and as such this journey will ignite many a lost memory within you all.

So let us just repeat that you are not going mad, even if you at times will feel a strong sense of bewilderment and separation in the time ahead. You are in fact just rediscovering your freedom. So take it slow, and remember to check in with your center, and as always, breathe. For your conscious breath is what connects you to this amazing vehicle that you inhabit, and the two of you are not about to lose contact anytime soon, no matter how distant and befuddled you might feel in the time ahead.

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The time has been running out for the old system, and you can already see signs of disturbance emerging. Some of them may have been expected, others come as if out of thin air. Nothing and no one can be deemed as permanent any more, and you have yet to see the full extent of this. But for now, those latest news flashing across your screens can be deemed as portents of things to come. As we have talked about earlier, sudden reversals and a need to shout out and rattle one's weapons may become apparent in more than one corner of your world, but again we remind you not to fall into the trap of going into fear. For these are the last cries of the despots, whether they rule the minds of millions of others or just a small place on this globe they call their fiefdom. Again, even if some of the happenings may seem to dominate your media, and as usual are being portrayed in the regular doom and gloom fashion, do not fall into the trap of taking it at face value. For, as we have talked about earlier, much is happening in the undercurrent at the moment, and what you see bubbling up to the surface is only a minuscule portion of that. So again, it is important to use discernment here, and watch it all in a detached fashion. For what you are seeing is indeed the last staging of the play in so many ways, and never forget, this last round before the curtain falls on the old illusion may be more than a little bizarre in so many ways.

We do not say this to scare you in any way, just to remind you that all the hue and cry that will erupt in the most unexpected of places is only designed to try to steal your focus away from the real news. And the real news, as you have all gotten more familiar with by now, are nothing but good news. For you have already started to separate yourselves so thoroughly from this charade of the third density

world, and the more dust they kick up, the further back you move to get out of the fray. For you have no part in this battle for the old, as you have already stepped into tomorrow.

So let them scream and shout and wave their arms about in any way they can, but know that they cannot touch you no matter how hard they try. For you will see through all of their shenanigans, and you will see it for what it really is, just a pitiful show put together by a threadbare group of falling empires. For no matter how powerful and evil looking they try to portray themselves, they are nothing more than little sullen children shrieking in the playground, angry because they cannot get their hands on their favorite toys any more. For they have lost you dear ones, as you are no longer anyone's plaything. You have come into your own now, and as such, no one can manipulate you into stepping in line with their wishes anymore. So sit back and watch as they all start to self disintegrate. They have chewed up the very core of their giant tree with their greed a long time ago, and now, that seemingly mighty creature they have so diligently nurtured is starting to topple over. Slowly at first, but then, the fall will pick up momentum, and all you will see, are all of those greedy and angered little ants scurrying every which way trying to find a new hidey-hole. That will not be easy, as the dark has been left exposed to the light, and as such, their options will be very limited indeed. So stay in the light that you have already taken to your heart, and know that no shadow will ever obscure you again. For you have chosen from your hearts, and you have chosen well, and that choice has already been rewarded with a permanent place in the sun.

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As of today, many will feel a quickening in the atmosphere, and rightly so. You have once again passed through another whirlwind of energetic updates, and as such, it is time to get another breather before the next one hits you. We hear the groans of discomfort already, but just bear with us – and with yourselves – as the intensity of the next round may not be as overpowering as you might fear. As we have talked about in an earlier missive, your physical bodies have been well primed by now, and as such, you will find that you actually spend a lot less time in the digesting of even the most powerful of downloads. This will not be apparent while you are in the midst of such a storm of course, but we think you will see how when it all eases off, your physical aptitudes will also bounce right back up again, and quickly so. As always, there are some individual occurrences in all of this, but in general, we think you will find this to be true.

We know that for some, these updates are becoming more interesting than they mayhaps used to, because you can in some ways sense the changes they bring with them. And as such, they will seem to be less of "wasted time" if we may use such a phrase. For there is no doubt that for others, all of these physical and mental symptoms without any seeming results apart from feeling down and out in all sorts of ways will seem to be more or less counterproductive after a while. We cannot fault you in that, but let us just say that this will not go on indefinitely, and you will all at some point get a much clearer image of what all of this is really about. So again, we come to give you another heads-up as to what this journey is all about. For we know that for some of you, it seems to be solely about physical discomfort and mental anguish in one way or the other. Not at all times, but at times overpoweringly so. So let us just repeat that none of this is done out of spite, or to harm you in any way. For all of this is done out of love, and it is indeed a carefully planned process put together in order to help you put yourself back together and become the brilliant being you truly are.

For you have existed in a very singular and limited way for many a lifetime on this planet, and in order to break free of this old mold, much will have to be retuned and redesigned. And, as always, such a process is not without its ups and downs, and the growing pains can be monumental at times. Well, let



us just say that you have already shaken off the most constricting of those old limitations, and from now on, we think you will feel how this expansion will increase in momentum in so many ways. For now it has shifted from being a pressure put upon you all in order to break that lid of constriction that was placed upon you such a long time ago, and instead, the process is now all about growing and expanding into your true size.

But as usual, this will bring with it its challenges too, as a mind who for so long have been confined behind very strict limits will sometimes have a hard time coping with this expansion process. Hence, the somewhat bewildering array of symptoms that will accompany this stage of the process. For you may feel yourself as if growing in stature, like you have become a giant, or you will feel the exact opposite, like you have shrunk to a infinitesimally small size, and accordingly, the physical manifestation of your surroundings will undulate, sway and grow less than predictable at times. So again we say do not think that you are going mad, you are just growing at a rapid speed now. And just like those children going through a phase of the same, when their physical body suddenly launches into a rapid spurt of growth, you will feel how you are creaking at the joints, and becoming imbalanced in more ways than one.

So yes, you have just been given another injection of "growth hormones", but unlike those negative side effects that may be displayed from injecting these actual hormones, the reactions you will get are just temporary, and not harmful at all. They are just signals that you have once again shed the old skin, and you are busy stretching and growing into the new one, one size larger, and even more brilliantly hued than the old one. So again we say give yourself the cudors that you so deserve. For you are all going valiantly forwards, and the steps you take each time are nothing if not gigantic. No more shuffling forwards for you. No, you are jumping ahead at full speed, and as such, you will all see how things will start to fall into place very soon. And yes, we do mean soon in the way that you define it. For as yet, your sense of time, albeit somewhat uncertain at the moment, is not yet fully comparable to ours.

So just take it slow, and start to fill your lungs to their fullest capacity. We think you will find that you have that much more room within if you do, and know that this is indeed new territory for you all. So please go explore, as you have so much new to discover in your own back yard. You do not have to go far now to find fertile ground, as you have all been instrumental in creating new fields inside of yourselves, and that is where you will start to sow the seeds that will bring you so much sustenance in the time ahead.

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Today we would like to delve a little deeper into the physical and mental fallout from all of these energetic shifts that are coming your way. We know that for most of you, these can be more than a little difficult to swallow at times, because they can literally render you unable to do anything at times except exist. In other words, you will be left feeling almost helpless, as your physical body will at times not even respond whenever you try to rouse yourself from the lethargy that you seem to be inundated with. That is easy to explain, as your body is a wise creature indeed, and if you listen to it, it will tell you exactly what to do and what not to. In other words, it too is guiding you through this process in any way it can, and even if it at times seems to be in opposition to you advancing on this path, it is in fact your closest ally. So it will help you by sending you all sorts of signals along the way, because it knows only too well that this is indeed a journey that cannot be taken half-heartedly, and as such, it will hold you back whenever that is needed, and it will also prod your forwards whenever that is the best option.

Let us explain. As we have talked about so many times already, the very fact that you are indeed ensconced within a physical body whilst going through this shift is something very unique indeed, and therefore, none of you bring any earlier experience of doing just that. So you are indeed novices in all of this, even though you have been through similar shifts before. But, as we said, not whilst residing inside a physical armor such as the one you are carrying at the moment. So you have in many ways no clues as to what is the wisest way to do this. But your physical body is a wise creature indeed, and it will tell you, because it knows fully what is needed in order for the two of you to complete this journey together. For you are indeed a team, and a magnificent one at that, so that is why we tell you again and again to be sure to listen well to your body. For it will know when something needs to be adjusted, because it is an amazingly intelligent construction indeed, far from the inert lump of flesh so many seem to look upon it as.

It is nothing of the sort, it is indeed a creation of the most magnificent kind, and the way that it has been constructed will leave even the most advanced of your scientists flabbergasted at times. And the more they research and prod into the mysteries of this same body, the more they will shake their heads almost in disbelief at the complexity of its functions. For it is nothing if not beyond compare to anything you yourselves are able to put together, and as such, you have a very intelligent and capable ally on your side. For remember, it has been hard-wired to survive in almost any set of circumstances, and it will respond accordingly. And do not forget, now that it too has been freed from so many of the limitations and setbacks that have been put upon it from outside sources in order to hinder the two of you from freeing yourselves from the third density existence, it too will finally start to run on all cylinders. So now, you are left with an increasingly stronger running mate, and it will literally start to work miracles in order to help you towards fulfilling this journey. For it has abilities that you cannot even comprehend yet, and these abilities will help you break through any barriers that might still stand in your way.

And, as you all know so well, some of these barriers are still erected within your mind. For even if you have already managed to free it from much of the old programming and hindrances that was put upon it in order to hold you back, the mind has a habit of trying to cling on to these old beliefs. We have touched upon this subject many times before, but it bears repeating that the little voice of disbelief and uncertainty that at times raises its head within is indeed a tenacious one. But, as we have also talked about earlier, this used to be your strongest opponent in all of this, but now, it has started to see things more from your side of the table as it were, and it has started to join forces with you, albeit somewhat reluctantly at times. But soon, it too will be able to let go of the firm grip it has on the idea that it needs to "save you" by holding you back, and when it finally frees itself completely from this obsolete idea, it will join forces with you and make you move forwards and upwards even faster.

So therefore we say know that you have some formidable allies, and even if they seem to moan and groan and protest loudly at every new incline on this road, know that they are in fact helping you by making you stick to the speed that will best enable you to unveil the whole spectrum of yourself. To repeat ourselves again, you cannot just jump straight into the full force of what you are in fact capable of maintaining, because then you would literally burn yourself out, and you would not be able to hold it all together in any way. So yes, this is a process that needs to be left to unfold step by carefully planned step, and even if your mind still seems to have more than a few objections at times, it too will soon start to push you forwards in larger increments than before. As we were saying, this is indeed a carefully planned process, and even if your physical body and indeed your mind will seem to be blatantly at odds with it at times, they are actually helping you move along as fast as you possibly can. And never doubt that whenever you are able to handle it, your body – and soon also your mind – is 100% committed to help you increase your speed towards fulfilling this whole process of literally emerging as the most amazing butterfly ever from the most constricting and cramped chrysalis you could ever imagine.

So yes, that journey is indeed a challenging one, but as we said, it is not a solitary one, because you are truly in the most capable of hands, as you have been set up with a physical body that will do all it can in order to help you take to your wings at the earliest opportunity. And so too your mind, as soon as it fully realizes that that is why it is here. Not to keep harping on the old tunes of yesterday, but to join you in singing the praise of the new dawn.

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We know that for some of you, this time has been a time of discord. For where is the much promised "promised land"? You gaze about and all you see is exactly the same as your eyes landed upon back in the old days of 2012. Well, we are here to mayhaps give you another glimpse into the unseen, as what you have been fastening your eyes upon may not be the whole truth of your existence. For what you have been trained to acknowledge, is a mere superficial world of illusion and despair, and as such, deep inside, the longing for something so much more profound is growing day by day. And rightly so. For, if this was a case of "what you see is what you get", then this existence would be a sorry one indeed, with little or no room for improvement.

But think again, as we say, because what you actually see is not what you will be getting, for what you see are just the remnants of the old that is slowly but surely starting to fade way. And fade it will, in some cases more abruptly than you could have thought, as the news coming your way via the airwaves and the mass media have more than stated clearly. For you see, this old garment of fear and disillusionment has already started to rip at the seams, and this unraveling process has gained momentum, and will continue to do so. We gather that many of you have already started to sit up more alert in your chairs following the dramatic events of just last week, concerning both earthly and more celestial powers of various kinds. So yes, this is indeed an interesting time to be alive, and certainly an interesting time to behold.

For remember, you as the wayshowers have already taken it upon yourselves to prepare for what is to come, and you have jettisoned the old baggage that so many of your fellow men are still dragging behind them. And as such, you will be literally free to take action as soon as you see the opportunities start to arise around you. And now, thanks to the lessening of the grip of that old and conservative in every sense of the word, the spurts of new growth will start to emerge in every nook and cranny. So the old guard will be literally caught off guard, and even if they try, they cannot manage to rustle up enough power to stop this process from taking place. And they know it too, because they too can read the signs coming their way. After all, it is not as if they are written in minuscule letters hidden somewhere in an obscure channel. No, the signs have become loud and clear now, and they will continue to amplify and magnify as you move towards spring on your half of the globe. For this year, the spring in the north will herald spring all over the globe, and the autumn falling on the other half of your globe will signal the end of the old brigade. So they will be fading away, just like the colors of the fall, and they will tumble to the ground as they lose the grip on their powers, just like the leaves must relinquish their hold on the branches on the tree. But just like those leaves, nothing of the old will come to waste, as it will serve as nutrition for the new saplings starting to poke through the dense cover on the forest floor. For this is a cycle dear ones, and the energy contained even in the most backwards and stubborn of souls will serve to energize everything else as soon as it is liberated from the old husk of negation.

So again we say that you have chosen well, as you have chosen to be here at this exact moment in time, to be participants in this cycle of rejuvenation and renewal. And by your very presence, you have made the wheels begin to turn, as you are the ones who did that formidable task of pushing and pulling

with all of your might to get the wheels moving again after being stuck in a seemingly endless morass of muck for such a long time. And by your gargantuan efforts, the wheels finally started to move, and by your ability to not give up, you have now ensured that these wheels have started to move freely and on their own accord now.

So take this as another reminder that you have done the most challenging part of your task already, and from now on, you will focus on the rebuilding of things. And that is certainly much more rewarding than toiling in the muck with something that seems to be stuck there forever, and that refuses to budge no matter how frustrated you get. For even if frustration will raise its head now and then in the time ahead, it will not be for the same reason as before, because now you will sense that whatever gets these wheels to slow down is only a small hindrance or a little pebble holding you back, but only momentarily. For now, the old swamp of disbelief and disempowerment has been left behind, and all you have to do is to keep yourselves moving along, and start to relish in the speed. Feel the wind in your hair, and know that this signals the wind of freedom, not only for you, but for this whole planet. And know that you will be propelled along by forces mightier than whatever the opposition to this forward momentum might try to throw in your way. For this journey cannot be stopped now, not by any earthly powers, nor by anything else.