

We can do it - we create it

You want freedom? Health? And prosperity? You want a safe passage if it comes to the end of the world? Otherwise just a good life? You want to dance through doomsday easily or happily or at least keep your good mood? Otherwise you would not read this book. It is so easy! This

5 chapter is about how we do it. How we create heaven on earth. Every single one of us. How we do that together is content of the fifth chapter. You have followed me so far and I thank you for that, because I know that I have permanently shaken the foundations of your world. You have overcome the biggest obstacle and I acknowledge you for it: You have not let the book fly into the corner when certain codewords or topics appeared. Hopefully you want to

10 learn everything as soon as possible and stay curious to see what happens. You can still judge later that I am crazy and throw the book away. I have often been a challenge for people I came in contact with, and they most often did not like it. But when I followed the course of their lives, I found out, that my imposition often gave them the courage to change. May this chapter give you the courage to change your mindset and life for the better.

15 When you think of doomsday are you only concerned with yourself or your family or even your country? Or the whole earth? Are you even so altruistic that you want heaven on earth, like me, for all of us, instead of just yourself? The characteristic of a more mature is that she wants heaven on earth for all. Presumably, all souls first thought only of themselves, then involved their children, their partner, their nuclear family. Then their clan, their nation. And

20 everyone they know should be fine. Facebook is full of 'I wish you'. If they realize that they are even doing better, if the whole village is doing well, the wish-good horizon widens even further. Then you get involved first in the area, then in the countryside, then in your own culture (there is a lot of load at the moment from the migrants, so strong that it mobilizes people to look beyond their family and their village).

25 And then there are the international conflicts. Already the whole humanity spills into your home with TV and Internet. As you watch the world out there, you find that your fellow human beings are learning to become great souls everywhere. Can you see? Because, no one can do well, if not all are well and therefore they stay at home or move around the world in a nomadic and self-sufficient manner. Great learning goal for big souls! Many years ago - it was

30 in the first years of my Reiki practice (I really wanted to help and rescue with my skills – now I know better), I was visiting my hometown and there was a heavy thunderstorm at night, so really awesome violently. I watched it sympathetically and laid out a field, an energetic dome that covered the entire thunderstorm. Then I embraced this space in my mind and soothed the energies as best I could. I gave all my strength to remove the charge from the storm and to

35 ground the energy. And to mitigate its effect. After that I went to sleep. A Reiki friend of mine, who had also experienced the storm, and a tree had fallen on the roof, had also decided to do something. She focused on ensuring that her entire family was safe. And indeed, the tree did not break through the skylight. How fortunate! We both laughed heartily at how differently we dealt with the same energetic knowledge. A more mature soul is not a better soul. The

40 maturity must be considered more like in school: You do not condemn a first grader that he still cannot root. Or a two-year-old, that he cannot tie his shoes. He'll learn that, at his own pace. I did not behave better just because I thought of all those affected by the thunderstorm, including the flora and fauna. And of course, I automatically included my own family in my effort, as far as it was affected by the thunderstorm, but I also not specifically favored them. I

45 think my own children would have wanted me to express more favoritism in their lives. And probably my other relatives too. Instead, I moved to Berlin for an international peace campaign. It was not that easy for them with me.

This chapter will be about how you favor yourself, not thinking about others. Because the circle closes in the development of a soul. This circle is actual also a spiral whose topics we go through again and again. Because unlike my Reiki time, I had to learn the hard way to finally think of myself first, otherwise I would have ruined myself. Being yourself and caring for yourself is currently the best idea of all. A crisis is always good for that. As long as you do not fully understand the forces and connections that manipulate you, it's best to be next to yourself. And to draw your attention back from the world, and I'm only talking about your attention here. But at the same time, be aware of what's going on out there. Just do not put it into your life any more by allowing yourself to be seized by the emotional charge of such fields. I want to give you all the knowledge for that. But knowledge alone is not enough, you will have to train and experiment. And it's not about believing anything. Observe and learn! I want you to learn to create. Learn to create even better. Because you can do and you keep doing that already. Your unconscious and your conscious have always been creating your life together. (I dedicated another book to the liberation of your unconscious - 'My dragon likes to eat pizza'). When all the charges have been redeemed, there is peace in your consciousness cellar (unconscious) and you have far better chances that what you want to create consciously will also prevail and become part of your reality. Until then, your life is controlled more out of your unconscious than you love. But what liberates you most to create a safe passage and heaven on earth is to give up the prison in your mind.

In the prison you will always create miserable, tiny and self-sacrificing within the bars and not even to reach out with the hand outside for freedom. Therefore, you must at least know the essential bars of your consciousness cage. Voila. It makes no sense to run against the bars, or to demand better or different bars, or to apply for and demonstrate a larger prison altogether. I assume that you, like me, want to get out of it completely. If you think of the movie 'Matrix' now, I think it's because it dawned on many bright people that they were somehow manipulated, as if they lived in a matrix. Yeah, we live in a matrix, but forget the matrix nonsense from the movie: You do not have to swallow a pill and use a horrible machine to remove bugs from your stomach and then jet through the underworld in a pile of metal scrap and fight the matrix and its robots. That's no freedom! Do you think that the real matrix would bring out even a single movie that offers you a real solution? No, we get a bit of truth, but at the same time many thoughts and feelings are put on us with the film, which rather nicely keep us in the matrix. Look: I myself do not fight. From principle not. If you fight the Matrix, it has lured you onto its battlefield, where it will always be superior to you. Getting out of the real matrix is different. Often such films - as without exception all the doomsday movies - are propaganda films, so that you consider the matrix and all the dangers to be real and continue to sit nicely behaved in it and fatefully accept the events and developments with 'give up, you can do nothing about'. Because what you think is real, you continue to make real. Okay, but let's get out of Hollywood. So, if you're such a comfortable little coward like me, you want your exit from the Matrix safe and easy and fun, and of course you want all your friends and family to come with you. Be honest: you do not feel like violence or war or revolution, right? You want to create your freedom from the couch, if you like. And you are not ready to give up more than necessary of your comfortable life. Who says that's not possible?

Our imagination is our greatest asset. I imagine that's happening from the sofa. We create heaven on earth with fun and ease. I hear you thinking: "I cannot imagine that!" That's the whole point. If you cannot imagine something, you cannot create it. Point. Your creative power, your liveliness with which you create, is nothing else than your imagination. So, the Matrix will do anything to convince you that you cannot imagine certain solutions or ensure that the solutions offered will scare you. That's how it manipulates you. If you want to free yourself, your first step must be to free your imagination from all restrictions. There is the saying 'the thoughts are free'. I am now convinced that although the thoughts are free, they are but rarely our own and for our good. What is really free is your imagination, that is the force, that connects you to all creation.

Whenever you hear from others, 'I cannot imagine that', they are showing you a bar from their mental-emotional prison. Then think: "Look, he locks himself in. Such a silly thing!" But leave him and love him, he has to remember it himself. Do not be a missionary. After years of practice, I can

100 now imagine everything: even that I crack the jackpot in the lottery. Also, that I still find a partner
(not looking for!) That fits me perfectly. I can even imagine being completely healthy again and not
aging. Because if I could not imagine it, I would already have resigned to the matrix.

The first bar of your prison is: I cannot imagine.

105 At home there is an old joke. Says a well-known original to another: "All people are dying. Who
knows, maybe me too." Yes, who knows, maybe you too! And maybe not. Because you are an
eternal consciousness. The good news is: You alone are holding up the bars that make up your
mental prison: The first fat bar disappears, if you basically think everything is possible. You do not
have to judge! Nobody forces you to. If your creation changes from possible to probable and then to
real, you can still decide if you want to have it in your life as well. Small test: If we all consider it
110 very much probable, that nothing will happen, no catastrophes, no pole shift, and that all secret
services, military and bureaucracies simply disappear and the nice technology evolves so that it
serves us and all the living instead of the other way round and then also the transition to the fifth
dimension is very gentle and a lot of people come along unscathed, is it then more likely? I think so,
yes.

115 You may realize now that writing about the end of the world is extremely tricky for me, making it
more likely and at the same time maintaining the vision of a safe passage and creating this heaven
on earth. David Icke, who has dug up the matrix ever deeper over the last few decades and has been
able to bring so much to light for all of us, has already been confronted with the reproach that he
continues to create what he is denouncing. He would work for the Matrix some said. But this is not
120 about for or against the Matrix. It's about enlightenment. It's about restoring higher structures and
learn to create. And then handle it as consciously as possible. Everyone can do that only in their
own consciousness. And what's going on with the other does not help you. In his own
consciousness, he may be doing things that he has recognized as his life purpose and he may be
even further in his consciousness than you. You cannot know what he thinks and feels alone on his
125 sofa at home. Know it what you observe, but do not charge it emotionally and give it no meaning,
please. Turn your attention entirely to what you want to create better from your knowledge and in
contrast. My life purpose is just this book. It cost me a lot of energy and it was not pleasant,
especially the first two chapters burdened me and lasted a felt eternity. But it made sense to me as
part of a life purpose that I have recognized.

130 I cannot escape the matrix, because I remain part of the collective unconscious of my origin and my
current living environment. And the entire humanity also creates this collective unconscious
together. It responds to images, movies, moods, charges and symbols. Do not underestimate this
influence, your unconscious mind is full of it. But as diverse as that seems to be, so simple are the
messages that for example apply to all advertising posters: 'Sleep on and buy me. Let yourself be
135 guided. We can do it without you.' Imagine it is war and nobody goes there. Imagine, Monsanto
manipulates the plants and animals of our food chain and you do not buy them. Imagine, everyone
receives a basic income and everyone just keeps on going, better, more beautiful and with more fun.
Imagine, we create it.

The second bar of your prison is: You are this body.

140 All your thoughts, feelings, and everything else that goes beyond your soul takes place in your
body. Wrong: you are not your body. It's just your living spacesuit to experience this reality. You are
energy, space and consciousness, as well as the source itself, our first cause. Your body is your first
and nearest pet, it has its own consciousness, separate from you. When you keep pets, they reflect
how you might love your own body first of all. And how you want to be loved yourself. That you
145 yourself would be that animal, your body, is a rather thick bar that keeps you very much focused on
the three lower chakras of survival, fighting, eating, drinking, copulation and similar bodily
functions that are more about the reptilian brain controlled at the top of your spine. Stop struggling

against your body or fleeing its functions and supplanting it with addictions. Just look at it for what it is: your favorite, loveliest and smartest pet that will accompany you throughout your entire life.

150 You go together to the end or not at all. Be thankful. Love it unconditionally. As unconditional as your dog loves you. Often when it is not working, it just expresses what you refuse to look at in your unconscious, or sabotages you if you disassociate from yourself in your behavior, relationships, and friend and family structures. Also, your body is not a car to repair, or a trellis tree that needs to be sculpted. Your body is more of a mix of dog and cat. See it as autonomous as your

155 cat and as loyal as your dog, then you are in about the right place. Often, it only gets sick to show you that you have lost sight of your power (to create). Distract it if it wants to eat something and is already too fat anyway. Take it for a walk instead. Or offer it a treat. If it is too lean, do not get involved in its appearance and functions any more than you would with a beloved pet. There is nothing more to do. Only give it sex selected, because if you live out of the three lower chakras, you

160 cannot understand sex. Above all, you do not understand how less well-intentioned powers from the stimulation of the lower three chakras through sex pick up from your energy bodies tremendous potential for their own creation. Why you have to take extra care as a woman is too much of an issue, which I will explain in a later book.

If people can be made to believe that they are their bodies, they will not be concerned with what

165 would really free them from prison (i.e. with effect on their life). The Matrix is an energetic, mental, and emotional grid structure that has been pulled all over the planet to make the earth itself a prison. A matrix itself is not wrong. For all dimensions, all elements in it need a basic structure, an energy grid, a matrix. Even the liberated earth in the fifth dimension is held by a matrix, albeit one with natural, living structures anchored higher in creation rather than artificially created for

170 manipulation. The artificial matrix will simply collapse if we do not recreate it every moment. We can also punch it like a cheese. And that could be a lot of fun. But more about that in the next chapter. Let us return to this bar that you were your body. If you believe that, then you can also made afraid of death. Then you just have to fear your extinction. In fact, only those who believe that being this body can be afraid of death at all. Consciousness exists beyond time and space. It is. Only

175 animals die. And the human spacesuits as well. In order to avoid death, or at least to put an end to your apparent finiteness, you then need advice and guidance and safety and rules and certain additives and food and beverages. That's what our entire economy is built on: even holidays have a taste of 'savor the day, it could be your last'. The body must be preserved at all costs, whatever the costs are. And the same economy will then bring forth the military industry and war machines to

180 mutilate and destroy precisely those precious bodies. Any alien who could visit us from outside would wonder how crazy and sick our civilization really is. Maybe life in and with your body is not about a maximum number of days of life at all, but only about maximum intensive experiences? Would you favor a long sick or rather a fulfilled short life? All souls can try that out for themselves. When I complained to my mother that I did not want to get older (I had just turned 26 years old),

185 she said, "If you do not want to grow old, then you have to die young." But Mom, what else is possible? I am now convinced that I am an infinite being who has an experience here. That's why I'm not extortionable with death. I also do not throw ash on my head and cry hysterically when someone dies. If we were close together, he will contact me anyway in the next few days and at least talk to me in my head. And if it's in tune, we'll see each other again, in another life or in other

190 dimensions.

Again, you're immortal. You do not have to obey any rules, nor pray, and have mercy on a higher power. Nearly everyone here has and is a soul. We were born so innocent. Even animals are, they belong to a group soul. You may assume that even the soul of Hitler is immortal. And you can also stop speculating: He had a soul, otherwise he could not have had this charismatic effect. Today,

195 some cloned people are traveling without a soul. They look like humans, but they have the empty look. For the soul you find in the goodness of the eyes. You are immortal, and you came from the Source and will return to her again. You are a spark of Divine Fireworks, a drop of water in the Sea of Creation.

The third bar of your prison is: You think with your head and you feel with your body.

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False. You do not sense and feel in your body, but if you believe that, you're fantastic to manipulate. You are more surrounded by a shell of thoughts, feelings, and higher structures that make karmic connections with others, with the Source and with your life's work. Your aura alone consists of three bodies: your physical body, your emotional body, which overhangs the physical body by about ten centimeters like an egg or a shell, and the mental body, which in turn towers over it by about ten centimeters, followed by the astral body, your etheric doppelganger, with which you can go on out-of-body-experiences, while you live on the earth at the same time. This body resembles you like a twin and dissolves in a near-death experience of the physical body. Therefore, people who were already clinically dead can often tell that they have seen each other twice, one floating on the ceiling and then the other one who just died on the operating table. Although clinically dead, they were able to tell the doctors after the resuscitation what was being talked about in the room, as if they had been wide awake. And that's what they were.

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This astral body is used by Remote Viewing, a method rediscovered and developed by intelligence agencies more than half a century ago to spy on its opponents. Presumably, initiates have always been able to do that. The spies, called remote viewers, go into a light trance, detach their astral body from the physical and then visit people, times and places and watch for example, what happens privately to the president or what other politicians are planning in the country. As a rule, the military is the first to know if weapons of mass destruction are in Iraq. And you believe them the fairy tale that the English secret service has evidence that Saddam Hussein has mass destruction weapons.

You must believe that because perception is possible only with the senses of your body. That is what they made you believe. No one could look in Sadam Hussein's head and country! So, you must not know that Remote Viewing works, otherwise one could tell you no more lies. The movie "Men staring at goats" makes fun of these talents but is based on more truth than you can imagine at the moment. I can to the contrary imagine that for a very long time: I once completed a quarterly training in Remote Viewing: It works. At the time, I found it alarming that I learned how to just drop by at night in the bedroom of friends to see what they do. I myself have my ethical limit: not without the conscious consent of the other. If you want to deal more with out of body experiences, I recommend you the books of Robert Monroe about his years of self-attempts with it. He does not just claim something, like many compendiums of the esoteric scene, he only reports on experiments on himself.

If you do not believe me with these different invisible bodies around you and that you are not in your brain but in this whole aura feeling and thinking and you also have an astral body floating on the ceiling, such as a B. by Dr. Alexander reports (a brain surgeon who has written a book about his near-death experience - and he really is an expert) does not convince, I ask you: If someone approaches you, how close can he come to you? There is the Aura border. As he gets closer, your emotional and mental bodies overlap, and the contents mix. If the other aura is full of unsympathetic content, a palpable touch / union / overlap in you can even trigger nausea, at least unpleasant feelings. Most of the time your body reacts automatically and moves to more distance. You automatically take a step backwards. And put so much distance between you and your invisible, energetic bodies that your auras cannot touch. Do this experiment with people you like and others you do not like. Concentrate on the feelings and thoughts that appear in you. I'm not consciously saying 'your thoughts and your feelings'. When you go at a distance, you energetically do the following: You pull your energy bodies as close as possible to you and give your aura the order to allow no touch or mixture. Often, you also follow this semi-automated command by crossing your arms over the heart chakra and solar plexus, thus taking all of your power for yourself and protecting your soul from the other aura. Conversely, once you open your aura to another in a heartfelt friendship, your energy bodies have unlimited close exchange. Then your thoughts and feelings mix. And since the they are also new to you, that suggests that they are your own new ideas. Awesome or? So, people can manipulate each other completely and no one notices. At least not if one of them believes in the Mar, his thoughts are only in his head and the fireworks of

emotions only have to do with his body, separate from the loved one out there.
From this mixture, especially the thoughts and feelings come to the fore, which are emotionally charged. The emotional charge sticks a label to the thought, it says 'important' on it. It is now a question of intuition to fish and feel in this mix: There is something. And then ask the right question that allows him to express his emotion and discharge his energy body. Empathy is nothing but fishing in the other's aura and then knowing and feeling it in you. You also intuitively know what you can talk about and what to avoid. You have the right topics for a good exchange on the tongue. The other with the crossed arms, you can nearly not open as an empath. No medial fishing helps, you just do not get into his aura.

255 Why should you assume that you feel and think in your body? And why is this a massive bar that you can only remove yourself, like all these bars? If you think you are so limited, one can implant thoughts and feelings without you realizing it. Everyone can do that. You can also be persuaded that there are no perceptions except what you see, hear and taste. All others are simply discredited as 'crazy' and 'extra-sensory' and banished from your consciousness. (But not from your unconscious mind, they continue to work !!!) It also raises doubts about your intuition and your good nature. You say, do, or sometimes think things that are not right for you. That they are still there could scare you. And you also do not seek meditative emptiness to sort you and to separate you from others. Therefore you cannot perceive your inner guidance, as the voice and thoughts and feelings of your Higher Self. This voice is indeed overdriven as neighbor drilling machine overrides your conversation with your girlfriend. Low vibrations can overshoot higher vibrations, but higher vibrations can erase lower ones and rewrite the field. Higher vibrations will persist in the long run. Alone, this lattice staff will make sure you do not realize forever that you and how you are being controlled by others. So, can you see how you take on foreign thoughts and feelings as your own? Then you are proud of them as well as the hen on her egg. I agree with you, hurray! OK, and where did that opinion originally come from before it was transmitted like a virus from one person to another? These energy bodies are invisible, so you must also believe that something is only real if you can see it. Big bar of your mental cage! Your eyes can only decode a very tiny wave length areas as light. Only these areas are real? This in itself is absurd.

260 Of the three lower bodies that form your aura, only the physical is relatively stable in size and shape, the others are more like clouds with a defined outer skin and can expand. We can even send tentacles to connect with our friend in America. We nudge his aura and he thinks of us in New York. We learn this very early. The manipulation of the parental energy body is vital, which is also not good or bad. That's easy. When a child wants to get an allowance of their parents, it fills these energy bodies with nice arguments and nice feelings, but above all with loads of emotional charge, wrapping up their parents. Even if they are on another floor of the house, the parents feel that pressure. The child does not have to say or do anything at all and they feel it anyway. And they feel manipulated. And that is exactly what they are experiencing.

285 A charismatic man has learned in some life, perhaps only this one, how to use a charged aura in order to open up people in a larger congregation. But that's just the first step in demagoguery. Only then can he unite with the contents of each opened aura and now he knows exactly - no, he senses to the exact point, - what he should say and which emotions he has to wake up in order to open them all further and still to get better. I know that because I definitely have that talent. To a certain extent, every teacher, every performing artist, every speaker, and every politician has that, or they would not work in their roles. One more, the other less. And I, as I said, have a little more of this talent.

290 And so I found out: During my time at the secondary school in Mainz, there was an annual ritual: children of the sixth grade had to choose a compulsory optional subject for the next school year. The parents of four school classes were invited to an information event. There were over a hundred people sitting in the auditorium, because some parents did not come, but others for two. The school board in front consisted of the very important rector and the colleagues of the subjects to choose from. I always came last, because I represented the most insignificant subject of the school: I was the home economics teacher. In the course of the long performance ceremony, the parents became increasingly tired and had a great desire to go home after the colleague who spoke for technical

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drawing. Only decency held them back. And then I did my job, nothing more. I got up, looked at the crowd, got a feel for the situation and then I spoke. And in the gym it was again attentive and very quiet. A few funny comments and I had them on my side. I did not take advantage of that, I only explained my elective subject very well. Then I thanked and sat down again. It was so natural to me that I thought all human beings could. And that's probably how it is.

That was at the times when I thought I could change the world for the better if I went into politics. It was amazing: As soon as I internally made that intention, I privately met people who were members of a party. And they asked me to join their party. The fact that this happened 'by accident' left me astonished. Before, I knew not a single member of a party! What baffled me the most, though, was that everyone said they could use someone like me in the party. And I would fit one hundred percent with my views on their party program! That was absurd again: If I suited the different parties of Germany named CDU, FDP, SPD as well as the Greens at the beginning of the eighties, who was I? And I realized that it was not about the arguments and programs: Not only in the NSDAP of Hitler was it mainly about 'getting' people. At the NSDAP I would have understood it, but in our beautiful, free democracy? No, I did not want to use my newly discovered talent in such a way! I did not quite understand it so comprehensively and therefore became a founding member of an alternative, political association at the local level, LUB, List of Independent Citizens, that still exists today. But politics had done quickly for me then. If tactics and majorities and charisma were more important than my integrity, then that was not for me. It may have hurt me later, too, that I refused to become a charismatic spiritual guru and prefer to live as a hermit on Gran Canaria. But manipulation remains manipulation. The purpose just does not justify the means.

Our border of the aura is like a skin, it is your mental immune system. A psychology that ignores these energetic bodies, the chakras, and the higher structures must overlook one of the key factors in your manipulation, you could say that creates a small second lattice adjacent to it. If your aura border is intact, you have an insanely good psycho-immune system, and you notice immediately when something approaches you that does you no good. Your emotional body will then tell you with a bad feeling if a guy just looks at you lustfully without you even noticing the guy. With the crazy idea that you are just your physical body, this immune system is systematically abolished and replaced with all sorts of outward rules, precepts, and precautions for your safety. It's like stopping you from learning how to walk and providing you with all sorts of nonsensical walking aids at the same time.

If you experience a trauma or even several, your aura will be torn apart. Without an intact protective aura you are now even more manipulatable. This trauma can even be further developed and continued, so that your ego splits into many personalities, of which only one actively steers your body. In this way, a monster personality can be programmed into a human, always available, who otherwise behaves inconspicuously and lovingly. The human also does not know how it happens when this monster is awakened. Upon a sign, a word, a color or a symbol, the unconsciously existing and oppressed personality is triggered and steps into a programmed action, before it switches off again. People then ask themselves, how could such a sweet and inconspicuous person do that? Well, he did not! Another personality did. Nevertheless, he is responsible for this: he has the responsibility to keep his aura intact and to close cracks immediately. In principle, you cannot trust anyone who has been traumatized. But he and only he himself can do anything to release this trauma and close the aura. Everyone is responsible for a good mental immune system. But he must know that first! Who knows nothing about hygiene, will not take a shower.

This is a very comprehensive and in-depth topic, and I will say only this much: one can understand migration, terror and war quite differently. And then you come to completely different solutions. If you do not train this psychic immunity, because you do not know about it and you do not pay attention to your aura borders, you need security in the outside. Then technology and surveillance must accompany your uncertainty. Then you need rules and a fundamentalist interpretation of religion to protect you from this evil world. You do not need it all. And in a doomsday scenario, in this condition you would be one of the first to go down hopelessly, even without turning you into a suicide bomber.

355 When I knowingly met the first woman traveling with a truly intact psychic immune system, a
English shaman woman, who came for an Earthstewards Gathering, was appalled that she, as
beautiful and young as she was, had tramped alone from Hamburg to Switzerland. "Did you not
worry?" I asked her then. "No, what for?" She answered me. "I wrap myself in white light, have the
intention that I meet wonderful people and ideally travel to Switzerland - and then it happens. It's
360 not just that when I stop a vehicle I feel right away whether I can get on with it or not and if I'm safe
with it, it's even that the undesirables will not even stop. Anyway, I had a wonderful trip," she
added. At that time, I was almost forty and she was the first! Previously, I only met people whose
aura was pretty damaged, just like my own. One cannot simply rely on such a perceptive organ that
tatters around you. Beautiful Western Civilization! The third lattice staff has its greatest significance
365 only if we lift it to a global level: If someone wants to control an entire population (I say 'if', but of
course we live in wonderful, free democracies and no one comes up the idea of patronizing us or
worse), it is enough to grab a few innocent victims at random and severely traumatize and program
them (any fundamentalism is also a programming) and then, through the control of these
individuals, a stir is caused in the entire population. Then people go into wars and get fanatical
370 security laws waving to allegedly protect people from terror. Terror by humans is caused by
traumatization by humans. Trauma and terror and war are closely connected. And they create
emotional charges that can be used to manipulate further. It's like yeast in the dough. The dough
opens, you just have to give it time to work. And if you only need a few individuals, the majority
will not realize that there is system behind it. That these are no single, confused individuals that
375 kidnap children and do pedophilia or entertain Guantanos that you have to get and punish. These
are the pawn victims of the system. Face the many unresolved cases where people are disappearing
worldwide. So many should have been kidnapped by crazy, unhealed, traumatized perpetrators?
Please, we've already become accustomed to the fact that boys and girls have been sexually
traumatized, at home, in church facilities and boarding schools, and in global pedophile wrestling
380 such as the Pizzagate scandal. But now we must take the next turn, and I know it's not easy, and that
was hard for me too: there's system behind it. And worse, the system lives off. The system
maintains its power and expands it through traumatizing us. All other manipulations work because
the traumatization itself is the foundation of the system.
If you think you are feeling and sensing in your body, and mistrust intuition, you will remain
385 manipulated. Then any advertising agency can put you on the wrong path.
The powerful know that they always need to keep some of us traumatized to keep everyone else
under control. Therefore, it does not help if some fight against the others, then we only act
according to their plan and play against each other. No wonder they think we're pretty stupid. And
they do. Before you realize very clearly what is being played here, even deeper, it helps us all the
390 most when you take care of yourself, your spiritual awakening and your own aura. And give the
staged circus as little attention as possible.

We are a humanity...
395 herewith.
You think in the body?

If the higher structures denote your guardian angel, that comes very close to this function.
Ultimately, only your higher self has the overview. As you learn to listen to his impulses and
400 distinguish them from impulses of low-vibrating or unfamiliar manipulations, you are always in the
right place at the right time. Then you have your own turtle, like Momo in Michael Ende's book.
The turtle could see only half an hour into the future, but that was enough to run safely between
those gray men who were looking for her. Momo did not need government-mandated security. It
always comes from the gray men. And you do not need them either. You are limitless, you are just
405 remembering, and you are training your new, ancient talents. However, 95 percent of your thoughts
and feelings are not your own. Meditate more often, instead of losing yourself in endless problem

chains. Only in clarity can you distinguish your own impulses from strangers. It would then be no loss but only consistent to make you empty in 95 percent of your waking time. Your own five percent have been enough for you so far, right?

410 **The fifth bar of your prison is: Man has evolved from the monkey.**

False. Man did not evolve from the monkey. That's a big nonsense. Man has not evolved from the animal at all. Such complex multidimensional structures and connections to the source are not accidentally caused by mutation and selection. To even consider that sounds as crazy to me as picking up some old computers, breaking them down into their building blocks, exposing them to the weather and shaking them. And then expect that heap of scrap to mutate into an evolutionary upgrade, a much more modern computer. Adaptation and evolution exist, but only existing species evolve differently depending on environmental conditions. The sparrow itself was created, but in his habitats, he developed different forms. So, does the human being. The Adam variant was created, in interaction with each other and with his living conditions he developed different characteristics. That's why we're also one human family, and that's what I say to all geneticists, eugenics and racial fanatics. As you can see from the example of the computer, the mental idea always comes first. And then there is still a lot of manpower in development. In the case of humans, the manpower of very high spirits who wanted to fulfill their Creators wish and protect and preserve his creation. For they also have a concept of energy that holds the space for this entire creation. I agree with the Bible: In the beginning was the word, the idea, the sound, the vibration, the creative imagination that we share with our Creator. It is this power that we also have in common with the aliens and with the creator of all things and that will always be lacking in cloning and mechanizing. With one exception, but I would have to go too far out here. For here and now let me tell you: Only the living force in you is creative. The soul is creative and the stronger your higher structures are to connect you with Source, the more creative you are. Our creativity is just a part of a hologram resembling the whole hologram (creation). Only this living part, which is always in contact with your original creator and whom we call 'soul', can also create. That's why you do not seek the attention of your coffee maker to make you feel better, but your living friend. An autonomous technique of a possible future could come up with the ingenious idea of completely incorporating us as their soul-heart connection, neglecting other parts of our body, and using this power exclusively psychopathically. That would be a complete and permanent enslavement of every single soul, and the Gnostics already foresaw this when they warned against the archons. 'You are assimilated. Resistance is futile.'

In my opinion, this is how it is: every form of life is kept in shape by a consciousness. If a form is not held up by a creative consciousness, then it decays entropically. If the soul withdraws from your body, then it decays immediately. Everything breaks down here in this reality, the mountain does it, your house does it as well as your food. But because the earth is a living planet, the other life gets the habitat back very quickly. When the Mayans left their cities, the living forms of nature were there, and it was not long before jungles covered the ruins.

Life is sown from top to bottom. From very high intelligences, structures, vibrations, and geometries into the next dimensions below. Humans and animals have only the biological vehicle in common. The spacesuit with which an infinite, creative being experiences this reality. And the human being was originally intended to provide the space suit only to a very high being (soul and higher) in order to experience this world. His physical body had to be much more complex than an animal form and connected to all multidimensional structures. With the human body, high beings could visit, experience and explore the dimensions below. We were always scheduled for the visit and this kind of 'hospitality' is one of our most important traits. If you take it exactly, even your soul itself, which controls this body, is a visit from much higher levels.

And the earth itself is also very special, it is a living library and those who wanted to look around and act in it needed a spacesuit. And of course, you only go in for a limited time, even our libraries as modest imitations have their limited opening hours. Or let's put it this way: Otherwise would

there be an overcrowding, because everyone is allowed to do it. I'm reluctant to say it again, but you should not switch off now, if I keep on hailing. I'm counting on the fact that you've long since realized that I'm just trying to guide you around the bars, while you're probably still firmly in the grip of your mind defending your view of things inwardly. It's not easy, I know that. I've already believed in Nicholas. But eventually you just cannot keep up this humbug, then you see that the adults have lied to you to play a bit of tradition with you. Harmless is no tradition by the way. Into every tradition, a few bars were cheated in. I claim: All the flora and fauna were brought here by 22 founder races and interacted with each other and with the conditions on this planet. A few unintended crashes of other alien races were added. They, too, have intervened in the space suit (body) as we know it today and genetically immortalized in it. Those who can read books in English should refer to the book by Dolores Cannon, 'The Legend of Starcrash'. These founder races still consider themselves today as the guardians of the earth and their flora and fauna. Just as a gardener cares for his garden, they have cared for their garden Eden. Their goal was to create an intelligent and empathic humanoid life-form that is compatible with the planet and its nature and that strives for higher development and spiritual reunion. That is exactly how the Hopi told it. Sometime in the course of warlike conflicts in other dimensions, they unfortunately lost their living library in a ceasefire agreement to other races that were less conducive and well-intentioned. They behaved more like business people discovering an island: what resources can I get out of here, how can I use people and exploit nature? They were also not so high beings and even had only a few rudimentary structures of the founders. However, the tiny edge over humans was enough to turn the earth into a planet of exploitation. And the Matrix, which had to expand its human sheep ever further, kept these human spacesuits so controlled that it was almost impossible that a higher being of the original founder races still could come by itself. A few very, very high beings came through again and again. Their joyful message to the people was then diluted so versatile, supplemented and twisted, until it could be fully integrated into the matrix and used by it for its own purposes. The human spacesuit has so much more and still very different structures and connections than an animal. It must be anchored in very complex grid structures, planetary, dimensional, galactic and universal. For a soul to control a body, it needs more than just a basic animal form. The Founder races were a purposive alliance that emerged from the Galactic Wars. You remember this beautiful living planet I watched being destroyed: The last of these wars is meant, not the warlike conflict in which they lost the earth again. Because even on the galactic level there were, so to speak, 'the great world wars' and a local 'Syria War'. It was realized that life is so incredibly precious. So far, life had been sown and developed on many planets separately and in simple forms and was not so diverse. They wanted to protect and preserve the whole diversity of life. We humans have in Norway founded a seed bank of all the plants of the earth created, that's something like that. The Founder races selected twelve different planets and brought everything alive and all knowledge of the living together into a library. When I read about it with Barbara Marciniak, I immediately knew it was true and I was involved in setting up the library. I never took our diverse nature for granted, it is unique and great. On each of these library planets, one or more other racial traits received an environmental advantage, and together they developed quite different life forms. None of the other planets is like the Earth. That the higher structures collapsed even more in the course of each of the Hopi-remembered worlds was a dilemma. Incidentally, the same can be observed in high cultures, they are also sown. You've probably noticed that high cultures are there suddenly and within a few years and immediately have tremendous knowledge and complex structures for a civilization. Over time, they degenerate more and more, until they are finally extinguished by invading neighboring tribes or overwritten in a reset. The civilizing 'environmental conditions' are also implanted and given to us. Even Hitler had his visions and whispers. However, the cruel ghosts he called were only very low-vibrating entities. And some of them are still attached. Our development has long been controlled by the matrix, the breeding program is subordinate to the aspects of exploitation. Where the founders once intended to develop into a higher mature soul being, today it is about the maximum yield of excitement, horror, fear and attention. The founders also had their problems. Too little stress and too little incentives, for example, meant that the souls

510 completely forgot, that is, sank into the unconscious. Typically, the first world of the Hopi was
destroyed because people had forgotten. There was no chance that this humanoid form would be
realized. With this, every evolution stands still. Yes, you have caught me, I too speak of evolution,
but I understand that more and more higher structures are remembered and anchored in the body.
The structures have already been given to a created world, the ideal structures or potentials for this
awakening. The incarnated soul should recognize more and more of itself, refine itself and bring it
515 into harmony with the existing creation. It should actively develop consciousness and bring ever
more qualities of the Creator into its creation. We would say today that humanity was originally
about consciousness and spiritual development, and we all know that deep inside of us. Our
spacesuit is still in development. The goal is that a very, very high representation of the Creator can
incarnate at any time. We are something like the library cards for the living library. This is what the
520 Pleiadians told Marciniak. In the last millennia, however, because of the Matrix, only very material
and immature souls could be embodied here. This has changed in the meantime. Often, the souls of
the children born into our time are much more mature or, on the other hand, more unspoiled and
innocent than those of their parents.

525 If the Hopi call us humans the Keepers of the Earth, it means that we have the task of choosing well
who we let into this world. With whom we connect, with whom people, places and spirits, what
kind of spirit we are ourselves. Our task is similar to that of a bouncer in front of the nightclub. It
should only let enter those who are not riotous and who follow the rules. And who pay attention to
this planetary zoo and botanical garden and do no harm to it. Were you going to let looters or rioting
530 zombies into your zoo? To do our job well, we need to learn to distinguish high energies and
structures from lower ones and only let high beings connect with us. And only with well-meaning
energies. Through their ceremonies, the Hopi have brought such Higher Beings into their world.
The matrix as our prison is designed to prevent this discrimination. The doormen and the ticket
vendors are, so to speak, matrix-doped, indiscriminately letting everyone but preferably the worst
535 in. A miracle that there is still so much of the original library here. We could have been living on a
desert planet long ago.

Oh, I can already hear you thinking: The Holy worship in the Catholic Church is the same thing
than the Hopi do. Not even close. The Hopi channel this very high energy i.e. the communication
runs via skype and in real time so to speak, a praying person only focuses his attention on
something and this is more like TV from pre-made program contributions. There, the united and
540 potentiated creative energy flows unilaterally skimmed into the power structure that pushes these
images of the saints in front of them. Above all, hardly a worshiper considers himself powerful
enough to chat directly with this exemplary 'holy man' who has kept his chakras and higher
structures intact, as well as with the neighbor over the garden fence. And to learn from him. If you
were living in a culture with an ancestor's worship today, you would have the same sacred feelings
545 in front of your little genealogical shrine. Had you incarnated in Egypt a few thousand years ago,
such sacred feelings would have overwhelmed you in the worship of an Amun statue. If you unearth
an Amun statue in the desert today, it no longer has that effect, for the people who first made it holy
by worshiping this sacred object are no longer living. The experience of relics or devotion in a
worship ritual is usually more of a field experience in the vibrational height of the matrix: it is not
550 created by God or the saint but by the many co-creators who perform this worship and their
attention feed into a shared worship field and does not differ from a royal wedding. And sometimes
the worshipers have recreated a personality for it in the astral world and they cannot get over to the
real saint in a long time. Anyone who can actually tell the height of a vibration from the strong
emotional charge of a field would not confuse it: I have already found a higher vibration among my
555 oak trees in nature. Just no charge. More about this in the next chapter.

The souls themselves must also fit with the spacesuits, their human bodies, their higher structures
must be compatible. The persecution and extinction of entire peoples also has the background that
these types of souls should no longer embody. So, more and more founder races from this game
560 have flown out of here and could no longer incarnate on earth. That's why they were after the
Cathars, for example: Their genetics allowed it to continue, that a high being like Jesus could

incarnate, it was the bloodline of Mary Magdalene. And our manipulators wanted to prevent that. That one guy on the cross had already shaken enough on the matrix. The Gnostics were also unpopular: they have represented a quite different content. And as the Christians then came up with the idea (and Islam also) to attach their new, fresh, monotheistic ideas as a common past to the bible of the children of Israel and at the same time to bind themselves karmically to these chosen people, although the contents are contradicting and the children of Israel were never asked themselves, - why this happened remains a mystery of the story. For example, the Mithras cult, which existed at the same time elsewhere or the Essene teachings at the same time as Jesus' was preaching would have much more similarity to what the original Christians represented. Incidentally, I do not mean the 'chosen people' polemically. It simply means that genetics determines your religious affiliation. That was no different with my ancestors. I can trace my ancestors back to three villages only because the ruler's religious affiliation decided whom to marry. The nobility is also a chosen people; it also has its own culture and religious affiliation, which is only apparently the same as that of its subjects. 'Chosen' always means: Genetics is precious and decisive. Chosen ones, however, who do not fit the matrix, then most likely have to suffer a genocide. And you should not know that certain benevolent groups of souls are excluded from the visit.

There hangs a sign on the planetary cash register: 'Taranese are not wanted here'. And 'Sirians pay only half.' In the Hopi tradition it is said that the First World people forgot to use their chakras and use their higher structures. The first space suit was even a complete failure and our bodies are still suboptimal, but expandable. People got lost more and more in matter. The artificial matrix of their civilization replaced more and more the natural that was lost. That's not bad either. What if people were able to hear their soul, their intuition, their inner voice, aloud a few thousand years ago, as a second voice in their heads, because the bar in the brain was still highly developed and trained to connect the right and left hemispheres? Then, at that time, everyone could hear god talking to himself. Abraham could speak directly with him. And Donald Welsh is doing it again today. Only the powerful of the world had an interest in let us genetically to undo this ability and to control ourselves with a hierarchical structure of tutelage. They decided who was authorized to spread a truth from God. The Catholic Church has even thrown out priests when one began to implement his own inspirations (of God). And Martin Luther triggered a religious war by doing so, but he originally wanted to make his church only a little freer. One true holy book can only be the doctrine of an artificial defended matrix serving the powerful. Only those who suppress diversity come to a single opinion, a pure doctrine. In politics this is similar to a one-party system as it was tried in communism. But the matrix could use it even faster than any new religious time flow. Because, communism lacked the heart. And now we must understand something else: the powerful, that's all of us. We are all the powerful of the world. Now all we have to do is ignore the bars and create in the mind what we consider our heaven on earth - and otherwise live on with much fun, almost like before. We were created in his own image, says the Bible and said the Hopi. Let's take that seriously. And accept the help of well-meaning higher beings, and if we will, let us be guided directly by God, as the voice of our heart and as our Supreme Self. But please uncensored and without bars. And, also, learn to distinguish strong emotional charge of a giant field of true high vibration. I define a field as the unified set of all thoughts, feelings, emotions and karmic remnants as well as mental destiny that are simultaneously generated together and create your experience. As long as this field is created in accordance with your spiritual purpose and not in conflict with it, you will remain or become healthy. Because every connection with a higher vibration than your own raises you, inspires you and heals. It repairs and renews your higher structures and frees you. It is the bars that you have tolerated in you and around you that make you sick. Your own truth, your inner knowledge, your conscience will make you healthy. You are a co-creator, but just a co-creator, in tune with all-what-is, you have the power.

You are already ruler in your Kingdom. You are sitting in your throne room. And you can stop trying to do everything yourself and on your own. If you are all-one instead, united with your soul, you are not lonely but sovereign. And like a king, you know that all your wishes are fulfilled. It's even so natural for you that you cannot imagine it any other way. So, just be yourself and create

with your imagination. This is what a king would do: he decides on a new, magnificent coach. Point. He imagines that a golden coach will be built for him, he paints the coach in every detail. 615 Then he wonders what is needed to build this coach. Then he thinks of the professionals he could hire and then builds them. His subordinates will do anything to build them as well. And then he is happy. Actually, he is happy from the decision to the result. And hopefully, whenever he uses his new carriage.

The sixth bar of your prison is: People have to work to live.

620 Actually, did somebody already notice that this sounds almost like the words above the entrance of one Concentration camp? 'Work sets you free.' it was written there. In the three words, each of us can feel how cynical that is. I say that people have to work to live is wrong. It's just as cynical. It's a massive, perfect bar. If you like that you may follow. If a hare in nature could speak, he would laugh out loud! So wrong. A hare has not to work for living. On the contrary, man is a potent 625 sovereign co-creator and receives everything he needs by creating it in his imagination. If you do not believe that this bar about work (and unemployment) is a grid that prevents you from questioning the whole system, which only favors a few and pushes everyone else into existential fear, then replace 'people' in this bar with 'Prince Charles' or 'Donald Trump'. Donald Trump had to work to live. Prince Charles had to work to live. Look around: There are enough other examples 630 that this rule cannot be a rule for everyone. But that does not mean that those outside our mental prison are our class enemies. We have no enemies. They also have their bars, just others. We are all potent co-creators of birth, we are the powerful of the world. All we have to do is understand our prison, stop accepting the bars and consciously creating what we want instead. On a level where our thoughts are free! Take, for example, the unconditional basic income. Animals receive it as a 635 birthright, only humans do not. People then argue that no one would work without restraint. One could analogously say that without war there would be no peace and no improvement of living conditions. That is absurd. It just shows how much people have internalized these bars and put them together inside their jail. On the other hand, when talking to creative self-employed people, you learn that they continue to engage with their project even when the money goes away, when they 640 spend a great deal of money and are deeply in debt. It's just what they like and what they want to do. That's the difference between paid, externally determined work and self-determination and life's work. Tesla kept on doing research despite the most adverse circumstances. And I did not care either, I always knew, I have to learn and observe and experiment consciously with myself and keep otherwise free of systems that indoctrinate me. I had to find God in myself, no matter what effort 645 that took. I knew my job had to do with all people and that I explain to them what I found out. Because: I want freedom for us all. In each human being slumbers a life purpose and you feel it the more obvious the more bars fall away. Spiritual development and life's work go hand in hand. But most people are so much concerned with survival, stupidity and distraction that they never go looking. Do you see what massive that bar is? And, strictly speaking, these jobs are also the basis of 650 power, exploitation and war. No animal is worried about shelter and food and water. With a basic income for everyone, many bureaucracies would disappear and any kind of begging. Then everyone could see through begging much easier, if it is just to be manipulated. Then the real life circumstances are more comparable about how far a person goes into the responsibility and makes something of his own life - without Existential Anxiety. If you have not already done so, it 655 would be the right time to read books on basic income. The bar also has a twin: If people no longer have to work, everything will collapse here. No, wrong: we would really just shake the matrix pretty much. Already the basic income would tear a huge hole in the matrix. What are we waiting for: In an experiment with the unconditional basic income in a village in Namibia, the social structures had completely changed. Socially parasitic behaviors did not work anymore! You no longer had to fight, no longer borrow and no longer beg. And could focus on existential questions, 660 such as 'Does this minimum give me a good life or do I want to create added value?' or 'Who am I, what am I and what would I like to do?' or 'What do I want to occupy myself with in my many free

time?' or 'Do I think of myself or others?' or 'where am I needed?' or 'What could we create together for our village?' Or 'what would I enjoy now?' Just ask yourself, what would you do if you got a life pension that you are currently spending on? What did you always want to do? And what would you do to get extra revenue to fund these extras? Well, with a basic income, we could all try out how we want to live beyond our excuses and distractions. And everyone would have to wonder what he wants to deal with meaningfully in his life. No one could make excuses with 'no time' and 'no money', it would be visible to all, how they managed their life. Because you can measure everybody by his actions. In India, there is a concept of a good life: First you live for and with your family. When the children are grown, the adults devote their lifetime to their master in an ashram. Such a tradition would delight our founders' breeds. Well, I admit, that would cause even a beloved lattice staff to totter, the separation of our time. The separation between everyday life and Sundays and public holidays and between working life and holidays. Because if you always have holidays, you cannot get well, that does affect your character, right? You can easily answer the basic income question by asking yourself what you are doing on vacation.

I met a French woman during a holiday, who explained her concept of life to me. She wants to go on vacation as often as possible - around the world. That's easy, which is a lot of fun. And because she knows it costs a lot of money, she has to keep up. Her ambition to make money, a lot of money, was correspondingly large. In her last job interview, the boss asked her what she wanted for her job and she told him exactly that: she will do everything she can to earn a lot of money for her vacations. She got the job. Then I know a computer science student, who worked as a well-paid temporary help in a company and thus financed his own studies. His concept of life was: He figured he did not need much to live on, it was enough for him to work four days a month (!). He went through this for years until his boss asked him to finally finish his studies and go full time. That was just right, he then changed his concept and started a family. Do you notice how even trade unions work for the matrix because you can no longer negotiate such 'tariffs' freely with your employer? The whole legal protection keeps you in the exploitation, the maximum burden and secures the state income. For its taxes, the state is only extremely rarely cheated by workers. How could that be?

More and more people of the younger generation love to travel the world and sometimes to work there and to be creative in some way. This is already a next step to the unconditional basic income. Existential fear should not threaten us. It is wrong that it is precisely the crown of creation and not the hare that has the existential fear. And if someone then decides to live modestly on the basic level, then it is just his decision and no welfare and no alms or something. He would have to beg and submit no applications and show no permissions. In fact, we have already created the unconditional basic income with social income. Actually, we just have to do away with begging for it.

The seventh bar of your prison is: You are alone.

You are incomplete and you need a supplement? You have to compromise on a relationship because you can not exist alone? Wrong: You are never alone, you are always connected to everything. With All That Is, these are the higher structures I speak of. But we are not alone here in the world. Our connections include the family (origin and start-up), the village, the club, the party, the operation, etc. Just as each one has a physical body, an emotional body, a mental body, and an astral body, so does all of them our connections to, they each create a common field. Your family has a common field with the content of your thoughts, feelings and karmic remnants, especially your common unconscious stuff. Through this common field, you know when one of them calls that it will be his turn, even before you go. This does not work for strangers or people who are not close to you. You also know what's going on with the others. That's also logical: If the family has already had breakfast, but has not yet cleared the table (because moved into the unconscious) and you come into the kitchen, but you can also see at your common breakfast table, what is eaten n became. It would be absurd for you if someone wanted to explain to you that it was a medial perception that was paranormal, what you see on the kitchen table. You would look at him, touch

your forehead and answer: you do not have them all. Everybody can see and analyze that. Yeah, but only people who have the key to your kitchen! Your genetic lineage has a story on this planet that is getting more and more diluted and lost somewhere in historical times. I was able to trace my family tree in Idar (!), Mackenrodt and Algenrodt to a midwife after the Thirty Years' War, whose name was Elisabeth and who had seen 99 of their children and grandchildren, as the pastor had noted as a special feature. My ancestors were then lawless subjects, they were property of their sovereign. Only in places with city rights did you live a little bit freer, but actually it was just different. Our historical development has repeatedly re-varied bondage, while it has fueled our hope for freedom. The concepts of your ancestors (their bars) are also latent in you. The thoughts, feelings and what gave meaning to their lives. But also all her limits in the imagination. For example, my ancestors often go hungry because food is at the heart of my family's social activities. Instead, if they danced often and happily, we would instead focus on dancing at family reunions. Or avoid it altogether. Traditions are not only present in you, because they have been told to you and you had to arrange and adapt. No, they are literally in your blood, they are energetic to your body. You were bathed in these fields and still are. If a company boss is smart, he creates a vision field for his company and lets the employees participate in it. Then they are all a thought and a feeling. Out of 'that up there and down here = a command pyramid' becomes 'we are the company'. Of course, such a field can be hypnotized if, like Mao at the time, you swarm an entire people into line. So you're never alone, even if you have the connection to your higher self sowing you here. not yet, because you are connected to everyone with whom you just connect. Facebook takes advantage of it to draw a lot of attention from you and to propose you even more nonsensical connections, groups and chats. Zuckerberg was also not rich with information and advertising, these are just dilettante explanations of unspiritual, so purely material-thinking people. No: He drew the living creative power of his users on himself and thus created for himself a life in the lap of luxury, long before his thing dropped money. It simply slipped into his life: the right people, the right places, the right ideas. And Mr. Zuckerberg did not follow the bars, believe me. The stole even the Facebook idea itself. And has his companion, as the too matrixy (mediocre) wanted to proceed, also quite elegantly out known. He made sure that his project was free. It could also flicker in your life if you did not permanently give that precious creativeness to some nonsense. Of course it is a nice feeling to belong somewhere and I have enjoyed or missed it many times. Nevertheless, it is to be treated with caution, as well as charisma, because these fields are big and clench together powerfully. If you are not careful, you get into the middle of a shitstorm. And the word may you take literally, a storm of sh ..., because when the mental-emotional field is heavily charged, it usually comes in motion, moves somewhere uncontrolled and then caught anyone who had only the audacity, in this To get weather. Charge wants to unload now. When water evaporates over the Azores, it moves on to us and contracts (or reverse order). And we experience thunderstorms, rain and storm. That's not funny. Forums and social media behave in the collective consciousness of humanity like the atmospheric currents of our weather. Are you still convinced that you are the author of your mood, thoughts and feelings? Is not it rather that you just came into contact with a field that has grabbed you with its charge? The German language is a good language, it expresses vividly that you are so moved by this charge of the whole field that it urges you to a behavior that you would voluntarily and after a meditation would never show. I returned to Facebook this spring after leaving in 2016. I returned to Facebook this spring after leaving in 2016. During the Syrian war and the onset of the wave of refugees, I became so heavily involved in the Facebook field through this connection to Facebook and not so much through my friends and their posts that I published stupid posts that I subsequently expose as 'out of my mind' could. I returned to Facebook this year (2018) because I wanted to see exactly how it works with the fields and connections. I experiment with who I leave as a friend in a contact. We would never say 'friend' to German, but the Americans are all 'friends'. We - or at least my generation - would call such a first contact with a hitherto unknown person: acquaintance, we know each other from sight. And over the artificial tools that Zuckerberg and his team have taken from our real social habits, we can then use profile, posts, comments, and likes to develop a sense over time as to whether we want to

765 do more with the other. That's about the same as in real life: "Now we've met three times in the
bookstore in the same corner and we like each other, we should go have a coffee together." But then
in real life is far from being your friend Of course, Facebook also has a vested interest in connecting
us as strongly and as much as possible, this pressure is lacking in real life. "So this matrix variant of
770 nonsensical connections and the increased skimming of your lifetime and your life force became the
top corporate goal of Facebook: You want it as much as possible In the first few years people could
actually network with each other internationally, but I noticed after this and my previous break in
2011 that there is now a lot more advertising between and next to the posts, and posts that One, just
disappear again and you have to search for it with difficulty or leave it alone nz. The real
networking with real people is therefore increasingly difficult again. For this, two ingenious
775 functions were added that fall directly into the house with the door and make nonsense possible: the
messenger and the group. I do not know a platform that pulls me so penetrating into the low-
swinging, artificial matrix and seduces me to stay on the platform for as long as possible. And to
forget myself as a conscious co-creator.

In real life, it's just that an acquaintance asks you at some point, "Do you like to go to my club, club
780 or regular's table?" So you come into the real groups. Facebook is different. Any acquaintance may
put you on the membership list of all his clubs, as soon as you are known. All right, he'll let you
know that you're a member there now. That's nice. But then you have to go to this group to get out
of the group. And the messenger is even more ingenious, so that may disturb all these acquaintances
as if they would ring at your door and you would have to interrupt your newspaper reading. You're
785 reading a post that really interests you, then pops up a window with a "hello, how are you". It turns
out, the other has no reason to ring, just wanted to say hello or wave. And most new 'friends' do that
without even bothering to find out if there is a common topic of conversation at all. If this happens
to you in real life and every three seconds a neighbor rings the bell or beckons you through the
window, then you are rightly outraged.

790 Well, this time on Facebook, I have quite consciously back in only a few and received mainly
foreign inquiries, and on the turn even stranger acquaintances. I wanted to do research. In the
meantime I have 425 friends, most of whom are never really seen. Let's see what else I'm learning.
The most important thing is: Keep an eye on the cargo. It's about skimming low emotions and
spreading nonsensical and futile instructions that keep you as busy as Don Quijote's windmills. So
795 it's about either strengthening the matrix or learning how to handle it differently. The thing from
Zuckerberg fascinates me, because basically the space suits for souls are mainly trained, who they
let in and who not. Friend request? And was not that the intention of the founder races? Well, and of
course, until they realize that and consciously wake up from the matrix, as long as their creative
power as cream on the milk is skimmed off for the cheese by Mark Zuckerberg.

800 One thing is certain: You are connected to Mark Zuckerberg, as I am, because you use his company.
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Once you have realized that, you may find that 5% of your own thoughts and feelings are still too
high. If you want to get to know them and learn to differentiate them from all other things, then I
propose the following experiment to you: Let's say - let's say - consistently for three days all
805 thoughts and feelings that appear in you during the day: Say inwardly : "Back to the sender! Back to
the author!" After a while you will realize your own thoughts and feelings that they will reappear in
you again and again. They come back to you because you are their author. And your own thoughts
are, over time, the only ones to come back. And meanwhile and by the way, you can experience
how you feel when you live thoughtlessly and emotionlessly. You are not callous then. But your
810 feelings relate to the present and are just as fleeting as these. You are then not thoughtless in the
sense of the word. This name is so misleading that I almost want to give it its own grid. On the
contrary, when you are flooded with a multitude of contradictory thoughts and emotions, you are
'thoughtless', drifting away and leaving chance to chance, what thought and feeling is picked out.
When you do this exercise, it can replace any other meditation, and you'll soon find yourself feeling
815 great without thoughts and emotions. That's the difference between emotion and feeling. Feeling
comes straight out of your body, your spacesuit feels. The experience of an emotion is confusingly

similar, but arises from the charge of a field (from memory, opinion, connection or affiliation). A lot of emotion then equals a lot of charge, which touches us as a touch, and that's not a lot of real love. Or do you really think the audience would have loved William and Kate at the royal wedding, - I mean really loved? You do not even know each other. They are not your Facebook friends either. There is neither love nor sympathy at all in the game, I'm sorry if I put you on the ground of hard facts: There just emotions are increased billions, in order to continue to use them as a creative force for the life of this young couple in luxury. Without the many spectators and royal writers (so if these families would simply live in secluded buildings without representation), the monarchy would soon be over. In this respect, the nobles were always right that people wanted their nobility after all. True, otherwise they would pay no attention to all the pomp. The same goes for every star. In the modern age they only become immeasurably richer, because you can now transfer the Royal Wedding to the whole world. I do not tell you anything here, which I did not try for years in self-experiments. Of course, I sat in front of the TV and looked carefully. And howled with emotion. I'm a terrific howler when emotionally so touched by such a powerful field. And then I'm usually confused for hours or days afterwards and think, feel and act strange. And forget about myself so much that I even forget to send all the stuff back to the sender because it has nothing to do with me and my life. I have a throne room! By chance, I came across more with William and Kate: the selection of their wedding music, the hymn about the new Jerusalem to be built there and to which they want to devote themselves. That made me curious. It will be the subject of my next book, the one about the Revelation of John. We have strayed somewhat from what makes this 'you alone' a lattice staff. Well, that's why so many are spending their time on Facebook, they do not want to feel alone, they want to market their products or are looking for a partner. If a person feels alone despite his family, his friends and acquaintances, and yes, despite Facebook, he means 'lonely', not alone. Lonely is the opposite of itself. A lonely seed resembles the small parachutes on the dandelion: A gust of wind and it is simply carried lonely to a strange place. What was lonely, I have experienced forty years, when there was no soul left with me on the island that was left of Atlantis. But above all because with the Atlantean downfall the connection to the creative source in me was almost completely lost. I could not get through to the goddess anymore, as I called that power at that time. In that life, I learned the hard way that only loneliness is unbearable, existence becomes meaningless and undignified. Because in my whole life, before the tidal wave came, I often lived alone in the back G with the goddess and never felt lonely. The tragic thing about lonely people's efforts is that they seldom notice what they are really looking for: they seek their soul, their connection to the Creator. A connection that gives meaning and love to their lives. I am convinced that we are all looking for all-one-being. And on Facebook or in a connection, you can only find that, if you have already found it alone. The connection to all-what-is, you always have, it is now also greatly facilitated by the new structures of the earth. You may not have opened this connection yet, but it is there. She is your aliveness. If you are disconnected, you are dead. If you equate yourself with your spacesuit and have talked this connection away as if it were not there (then you are just this randomly developed animal), you must feel lonely. Then you seek your salvation against this life-threatening feeling in even more connections on the earthly material and ever more in the artificial world. You can whiten everything to such an uprooted person. He then needs guidance, holy books, holy rituals and forgiveness, has to hope for mercy and whatever else. He has to behave well, otherwise he will go to hell. And then the expectations of the religious-traditional matrix, such as Bahnche (sugarcane molasses) stick to your energy bodies. Who are you then? Sure, you're connected too. But with what and with whom? Fighting this sense of loneliness and making life a little more enjoyable at the same time drives many into the search for and the search for a partner. The emerging feeling of being in love can also be addictive. It says nothing else that the other just fits really well to get to know yourself better and to develop. You may have to clarify karma with each other. Or the other is similar to you on the soul level and strengthens your mental development. If you sleep together in a bed and a room, so that the aurora bodies overlap, and if you then additionally opens each other in love and physically touched and has sex, This means that the entire unconscious of the other, unsolved problems, his karmarestes and traumata are pushed back and forth and redistribute. Even

the higher aspects and structures - if already existing - stimulate each other, that's the nicer part of it.

870 Lower vibrations spread evenly and higher begin to neutralize the lower ones. A relatively empty and tidy aura fills with the other's stuff and it gets cleaned. And there's something else that you can read about Taishe Abelar, I think she just wrote a single book. Every woman should know that. Since I read that, I knew why patriarchy worked. The men use there only a biological-energetic advantage, which can not help it. But read it yourself, it would go beyond the scope here to respond.

875 If the energy body during the unconscious sleep and regeneration phase remain in exchange, but even if you during the day open someone longer, even if you only longingly to the others think and who has defined themselves as your connection, your partner will of course see in you exactly what is great about you - and what's wrong with you. He almost suspects your corpses in the cellar and that's no trick either: they're swimming in his cellar! He sees and senses everything that you want to see consciously and unconsciously do not want to see. Because what you do not want to see, you always repress the unconscious. And there it is, until you bring it out for editing. Therefore, a relationship brings both the good (as you want to be and could be) and the bad (as you do not want to be, but it does) to the surface in both: there is great potential in relationships (= energetic to pull together '). One can use an intimate connection to learn, to work on the suppressed and to dissolve and to grow mentally and spiritually. And that also means learning to love unconditionally and developing other high-swinging qualities as well. But you can also use a relationship to learn nothing and throw additional charges (thoughts and feelings) with extreme charge into the aura of the other and thus even in the final farewell to ensure that the unconscious of the so thrown now at least in pushing the next relationship much more drastically on unloading. As long as a population believes that everyone is separated and has to physically unite to experience this wonderful feeling of orgasm, and at the same time suppressing any knowledge of the other structures and energy bodies, one hunts the individual individuals without protection the Unbew

880 is heavily charged and accumulate ever new repressions. Finally, the pressure from the outside (reproaches, bullying, judgments up to the total pressure of the matrix) and inside (repressions, traumas, half-experienced experiences, charge, charge, charge) becomes so strong that the risk of suicide increases to the shoreless. At least my experience under the oak trees, when I experienced a spontaneous orgasm in the feeling of intimate union with all-that-is, gave me the idea, that I should better first seek this all-on-being with myself and the Creator before I plunge into the fray and look for a partner. Who knows, then maybe everyone we draw into our lives with the law of attraction will fit in consciously with that knowledge. Then we can help consciously disperse the cargoes and blind spots and simply be all-one with each other or without each other. We do not need ourselves to fight our loneliness, we are together, if it is true. In my knowledge, no animal voluntarily kills itself, even the lemmings follow only a collective drive: Our spacesuit (body) also wants to live unconditionally. It is this inside as well as outside, on which the people in their loneliness then break. Then, it is our body's best survival strategy to force ourselves into an addiction that at least will not let us feel the charge and chaos in and around us. We are deaf to our addictions. I'm convinced I owe my food addiction to my survival, even my daughter's sense of responsibility could not have kept me alone here, so often I could not stand the chaos in me and the pressure of my surroundings. But what does the Matrix have of this extra grid of apparent loneliness? Addicted people no longer feel what's going on and do not trust their inner weather anymore. Her gut feeling they have repressed. They are also deaf to their own soul voice. So you can manipulate them as much as possible. And besides: Our economic cycle needs such addictions! If you spent the night with someone and it was very nice, but on the morning after you feel like you are wheeled and leaden, then you have just played garbage removal for the other one at night. That's very nice of you! So you were the one who was much emptier inside and maybe even lives in a much higher fundamental frequency. This is no problem for you, because the more soulful you already live, the more compassionate and blessed you want to be for all the others you love. If it was not so conspicuously magnificent for your partner this morning! This annoys you then, it is unbearable when it goes to one's self. If the two are not equal in vibration, and there is an additional gap of emptiness (tidiness) between them, then one is the other's energetic cleaner. Because their

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connection behaves like tubes in a laboratory, which are connected at the bottom: the liquid is always distributed evenly in both vessels. It's just like Mutti: Just now she has cleaned, as the other drags the dirt with his dirty shoes through the room. That would actually still be okay if the cleaning person received thanks and recognition. A small gift if you walk in with dirty shoes, for example.

925 But that can also lead to the hard-working and praiseworthy cleaning person then fleeing into an illness in order not to have to clean them any more. He retires, as it were energetically. For the health of the garbage man, it is becoming increasingly important to dispose of the garbage elsewhere. There are the professionals in the garbage collection. Would not it be truly liberating if we were all to know these connections ourselves, and could learn the techniques and tools to keep ourselves clear and tidy and clean our shoes before we step in? A society that ignores that

930 knowledge, creates sick people who need medication and a huge auxiliary structure. And then the politicians complain about the cost explosion in health care! Loneliness isolates us and keeps us stupid. Wondering who benefits from it. I am not interested in the entire alternative healing, because healing takes place in the head, in the All-One-Being, otherwise the symptoms only move. When

935 you retrieve your highest potential (Intention!) And follow your soul voice, you are led to make yourself completely healthy. And you're the only one who has the power to consciously live in tune with your creative liveliness that always connects you to your Creator. You are never lonely. You are only sometimes not noticeable in connection. You bi

940 But you always stay all-one (otherwise you would fall over dead). Learn it. Take care of it and you are much less manipulatable. The eighth staff of your prison is: You have to have an opinion. And for that you have to judge, weigh, discuss, criticize and develop positions. Not correct. You do not have to judge about yourself or others. You do not have to form an opinion, not even because you live in a democracy. I am aware that swallowing this toad is almost impossible for all people (like me) because their entire study, their scientific and political thinking is based on it. Talk shows and

945 television discussions live on it. In the vernacular there is a very liberating point of view: 'What do I care about my gossip of yesterday!' Every point of view - taken seriously - creates more limit of the sort. If you limit yourself to a point of view, you are limiting your future and your personal development, voluntarily, yourself. I have a very broad view there: I think you are an infinite being, why should such a thing be in such close opinions and limit positions? Tomorrow you have new

950 views and the day after tomorrow. Only an emotionally and mentally relatively immobile and almost fundamentalist or stuffy person can still have the same opinion tomorrow as it is today. Creative is different. For example, do you ask me "how are you?" And I answer "I am sick". Then I also used it to create disease for me, unlimited, as long as I live. I make it more likely that I will stay ill, get sick and become sick more often in the future. Such fields interact with other older ones

955 and even with the new celestial ones in a total effect. On the other hand, if I said "I'm healthy," you would not think me normal. I then already see my grandmother with a raised finger in front of me, admonishing me: 'Julianne, you do not call for such things!' I owe a favorite answer to an already deceased schoolmate, which I now have prepared for such questions. "How are you?" I then say, "best of all, good". Until I'm bored and something new comes to mind. I used to be accused in my

960 life of how easily I would change my mind. Conversely, I have never understood how anyone can continue to hold on to something, even though he already feels doubt. Once you are trained in your socialization, condemning yourself or others and having an opinion, you are forced into habits that lower your vibration , Prevent the construction of liberating structures and with because everyone feels bad. Lowering your vibration will, at best, cause you to draw more and more people into your

965 life who are on the same level, and you'll pull yourself down even further. In the end, you may even get physically or mentally ill. And you also draw any other similarly low swinging field that swirls around in the area. It then becomes attentive to you and likes to unite with you, because together you are strong. Because fields of the same vibration attract each other. Believe me: you do not want to wear this! Instead, be the originator of the void within you, so you're better off. And you can

970 finally watch who feeds what and when into your void. And take the consequences. It's not just the fields of similar content that catch you, but all the fields you allow to connect. And the judgments pull your vibration down or hold it down and always fill you with particularly charged problems.

975 You only do that because you think you are alone and you have to connect intensively, to change the world and to feel that you belong to it. In order not to feel this inner non-connection to the divine. If that is scarce, life makes no sense. For example, if you associate with a party, you will get all your opinion, including all the utterances and strategies, the good and the less nice. You have opened them with your door and door connection. Besides, if you look around among your party comrades, colleagues or club friends, would you even share bed with one of them at night? But your aura, is not that interesting? The ninth staff of your prison is: You need a (better) half. There is someone out there who will complement you and then everything will be fine. Some people think that's heaven on earth. Wrong: You are already complete on your own. You do not need a better half. Not even as soulmate on a very high level. You have the potential of a co-creator. If you do not think you are complete, you must constantly look for a supplement or make compromises with your found supplement

980 (better the sparrow in the hand than the pigeon on the roof). At any cost you should stay together for a lifetime. Until death separates you. Failure to achieve this goal is socially considered a failure, and divorce is therefore also negatively proven. The two just did not make it! And most of the time you know who it was and condemn it, you or both. The official divorce also costs a lot of money, while you do not even have to pay a hundred euros for the official official wedding ceremony. Should not it be the other way around? That the separation is free? It is already difficult enough without this additional financial burden of moving and separating all economic matters. Just go to the notary and cancel the contract. Point. Should not both be allowed to realize, 'We have diverged. Apparently we have tasted everything in mental and spiritual development, growth opportunities and physical experiences and now there is something new to it.' Or that a couple once a year once composed and renewed the contract, otherwise it ends automatically: 'It's nice together with you and is getting more beautiful, do we want to stay together for another year? ' If couples find ways to deal with the emergent garbage from the subconscious as soon as they threaten to diverge, there is a good chance for a lifelong partnership. But the population is given the ideal without the tools. The lifelong partnership should be the result of a good life, not the goal of marriage. In addition, too much charge comes to this result and additional pressure is generated, which has nothing to do with mental growth, but which promotes addictions and the economy. If your supplement then seems to be finally here and heaven could begin on earth , you may find out that the other does not complement you as well as you did in the first three months of writing and writing (for more than three months, there is usually no illusion to be sustained). You may think he was wrong and keep looking. Because no one has told you that a relationship begins only when the illusion ends and you have to prove yourself to deal well with the mutual unconscious. And you definitely need help. You're going to be an astrologer (is that going to happen to each other?), Or as a precaution, you'll be looking for it in dating sites. If that does not work out, maybe distraction and entertainment, psychological help (something must be wrong with you, if it happens more often), a circle of friends of singles. Nevertheless, it is suggested to you from the social matrix that you are only halfway free and without a partner. In the countryside, this pressure is stronger than in the cities, in the country more activities with partners take place. A single man, a single woman then very easily gets suspected (or tempted) of taking away the partner from another, as if a human were owned. In the cities it's easier, there are just more singles on the way. But you do not need a supplement, you're not half. You only allow it, that society necessarily condemns you like that. Do not worry about it. Once the call has been ruined, it lives quite unabashedly. You have no control over how the others see you, so focus on your life. You have misunderstood, you are not half, you are and always remain whole. You just have to discover it. Practice inner emptiness through meditation, a judicious selection of connections (not just partners!), A commitment to unconditional love, strengthen the connection with the Creator and Creation, increase your vibration, and spend time in nature: this is how you feel about being alone the time an all-one being. And that is what you are really looking for. You want to reflect yourself in a partner so that you find yourself and realize your wholeness. The most dynamic growth takes place with a partner. But if it is not there, it works without it. If you can feel at home with yourself and with everything, you do not have to complement each other or

1025 stuff a hole or cavity in you with Dating. He comes when it's right. And if it's not true, why should
you care about it? Dieting, distraction and stimulants or plunging into your work may help you deal
with the urges of your body. But there is no hole in you to plug, quite the opposite. It is the opening
to your Creator pipeline, which I myself like to call 'All That Is' so as not to associate this
wonderful creature being with witch burning and other nasty stuff. I know the effect of compounds
1030 and you now too. Do you have this first
And the most important connection uncovered and living from the heart, you do not need anyone
and can have everything at the same time because you create it. It just changes that you do not need
anything anymore. Externally, you can not look at a person, whether he is lonely (and how a leaf in
the wind drives unconsciously through the matrix) or alone (connected with the Creator and the
1035 whole creation). Couples, in which anyone can be alone, recognize that they are more likely to
remain in the relationship rather than a comic mixture of habit and mutual recriminations and
exhortations. This strange mixture has already happened to me again in the community experiment;
I had been too tight. Visitors commented on our dealings with each other then "you behave like an
old couple". Our intention in establishing the community was to experiment with creation. We have
1040 learned a lot over the four years (one year of preparation, two years of community experience, one
year of unbundling), each one probably quite another. For my part, I gained a lot of new insights
about myself and about creating them together, and I am very grateful to the experience. In the end
we had to part ways again to stay ourselves. So a relationship can turn into a thick lattice stick, I
know that. Then maybe you married a Schmidt agent from the Matrix. And a relationship can also
1045 be liberating. There is probably no better way out of the matrix than together. I have already seen
both. The tenth staff of your prison is: Today's man is the crown of creation. He is the pinnacle of
evolution? Not correct. Actually, you just have to look around, then you know it has to be wrong.
Humanity is just one of countless experiments that higher-dimensional beings have attempted to
create themselves for an incarnation of space suits to experience this reality, physical bodies with
1050 individual structures to the supreme Creator to the experience of lower-swinging dimensions and up
to sow souls to the earth itself. There are many experiments in intelligent life - even on this planet -
on the other hand, the arts of our most capable geneticists are fading to almost nothing. And
admittedly, they are already threatening enough. I have to know that because in another life I
worked with the Chief Geneticist, who was also my brother, to develop a new type of human being:
1055 Together with a large staff we have the Adam and the Eve and a whole other population created, not
the ruler of the earth or the creator of all things have done that, no, we have done that. The planetary
ruler passed only for the solemn inauguration of the first specimen and was allowed to breathe, as
today's politicians open a road by cutting a ribbon. Well, we all breathed. So the ruler of the earth
breathed an aspect of his soul into his Adam. The Bible says: He breathed life into him. And that's
1060 exactly right. Only the soul as connection to the Creator brings the created being alive, until then it
remains an organized structure of the matter of the earth. The ruler of the earth belonged to an alien
race, as did my brother and me. In fact, he was even our half-brother. And as self-absorbed as he
was, from then on he favored and favored the offspring of his Adam wherever he could. Since his
qualities, which he fancied a lot, were only passed on to male candidates, he continued to develop
1065 his favoring of Adam with new claims, teachings, and rules. That's how the original matrix came
into being. There was Adam and his descendants and then all the other men and women. They were
then allowed to be animated by other aliens. For the other of us have also inspired, just as the
founder races before, whose inheritance we had only seized, in order to produce a slave race, which
should serve our race. At that time I was called Ninhursag and was an Anunaki ('who came from
1070 heaven to earth'). Sumerian clay tablets tell about my brothers and me. But that leads too far here.
By the way, the real creator of all things, which I call the 'original creator' or 'everything-is-is', has
nothing to do with it, for he loves and nourishes all his creatures unconditionally and does not favor
anyone, not even those who are especially beautiful can pray. That prayers can still be tremendously
effective, if you understand them better, because they create then, you can read in Greg Bradden.
1075 Already many alien races came by and have dealt on our planet, auszusäen life, to change it, to
shape and lure into evolution. There is intelligent life (also much smarter

it as us) as well as flora, fauna and still very different, unknown forms of life in every dimension and in every universe in masses. And, of course, we have visited people on Earth to this day. The assertion that we are the crown of creation, taking a unique position in the universe as the only intelligent way of life, is one of the stupidest ideas and one of the fattest bars ever. Our solar system has emerged from the dying of other systems, and of these much older systems, most still exist today. The Dogon have a tradition that says that our solar system emerged from the placenta of Sirius B: when the companion of Sirius A shot a large part of his matter into space, which here formed new to the solar system. Well, that's just barely translated, what the tradition of a simple nomad tribe said. And what do you think, from where he knows? His visitors have told him! You should have developed so much weather now that you know behind every concept that's being ridiculed, there's more behind it. Why is not officially admitted that there are UFOs? This veils the fact that mankind has always been manipulated, genetically modified and obliterated at will. If there are aliens who are familiar with the higher structures and the connection to the source, it would also be easy for them, from an animal form, z. For example, monkeys use genetic experiments and the addition of portions of their own genetics (and the potential of highest structures) to create humans. At least, that reminds me more than that God has created in this whole, vast universe only the earth and nature and man in it. And that's it with his creation. And then he also endowed them with original sin so that he could prove eternally a merciful God. I myself like to call the first builders of the artificial matrix here on earth 'the gracious ones'. Because they just have it with guilt and atonement, with war and vengeance, and they like to be so loved. They prefer it when we crawl before them in the dust and whine for mercy. If that was all, with the creation, then Cheers meal, when I look around in the country. Our genetics is what we've been manipulated more than any other grid. Behind the entire matrix are the Gracious, a little well-meaning alien race who has captured this gem in the cosmos. Ignoring these aliens concretely concretes the ground beneath your prison, where the bars are anchored. If you look around in our history, then there is a mass of spacesuits (human bodies) that were of no interest to either these aliens or their human representatives on earth, serving at most as cannon fodder. There are a few who have the right blood (blue: because originally a higher proportion of copper, which made the outgoing blood blue-green in the air), the right pedigree, and the right elbow mentality. Our social structures favor the offspring of these particular, successful humans, or rather hybrids, who have genetically preserved or activated more of the powerful. No, that is not evolution and selection, nor survival of the fitter, that's what it really is a nice fairy tale. It is a deliberate manipulation in favor of a genetics that you want to promote. Of course, the drivers of our fate pass on their fortune to these descendants. And you think we are not genetics? The whole inheritance is actually a genetic selection. If we were really all considered the same, as a humanity of brothers and sisters, the first thing to do is to completely eliminate the possibility of inheritance. And every possession ever. For only with the right to possession can one accumulate possessions. And only with the right of inheritance of property, power and title can you favor inheriting (genetics). What does it take possession if every person, as the potent co-creator, can create for himself everything he needs? Then, ownership and favoring are more likely to prevent you from actually waking up to this connection with the Creator and recognizing, lifting, and living your highest potential. For the mental development, it would be like putting the Abi into your children's pocket right away, without having to bend a finger. Or that you help them with the homework and then they can not do it in the test. You do not do that. Any cheating prevents true, honest learning. I am also in favor of equal opportunities for learning. Do you realize that patriarchy as a whole is a genetic breeding program? Only the good women, the should have children and children and be good as housekeepers reduced to certain useful functions, should have children. They were favored in reproduction. Illegal children were socially outlawed, as were their mothers, and even persecuted as bastards. Single women had to flee the pressure to be called a witch, they had to come under the hood and be placed either a man or the church. Free women were dangerous and may still be today. Even so, one can prevent heredity. Over time, the traits of 'urge for freedom' and 'spiritual independence' were bred out of the people almost entirely. You can even understand that, if you continue to serve this staff, that it's ridiculous to believe in

aliens. A dog breeder would have to know how to breed dogs. We all know that these many breeds
1130 of dogs were bred from the wolf by selecting and favoring and clearing unwanted trait carriers. So I
asked for a breeder: To breed a poodle from a free wolf, the expert told me, you needed about thirty
generations. Well then, so I am a poodle. Since I know that, I'm doing everything to expose my
highest potential and become a wolf again, so it's very different from what we want to tell you: the
human spacesuit, like the whole living library of twenty-two founder races, has been genetically
1135 engineered and tested and benevolently accompanied. And I have not yet counted this sibling
couple from my other incarnation. They already found the wolf. The two are responsible only for
the poodle. And we are still in this breeding program, only that the original founder breeds came
back to invite us, to help shape the development of the space suit, because our souls come from
much higher levels, they were unfortunately hijacked by a few bastards. Even you as your higher
1140 self are one of them. Because if you are not a soul from the Starseed anyway, who only helps in the
transition and comes from very high levels, then you, as the soul of Tara, one planet, come across
two universes above us. The eleventh spine of your prison is: You are powerless. His life is fatefully
breaking over you. All illnesses, accidents and deaths do it and all major historical events as well.
Your genetics and origins determine your life. Your body becomes ill at random or by infection. You
1145 have an inevitable destiny that is already astrologically predetermined and then you simply endure
it. You can not do anything, you are and remain a victim. Wrong, wrong, wrong: No, on the
contrary, you are powerful. You were created in the image of the original creator, not of that
gracious pompous who desperately wanted to realize himself in Adam. You have a living spark in
you, and with that you sustain all forms, the physical body, your energy bodies, and all the higher
1150 structures. And with this connection to the Source, this spark (of your soul), you are creating your
experiences in this and in other realities. You are a powerful co-creator, not a little sausage whining
for mercy and crawling in the dust. And waiting for his sin to be forgiven. By my own genetics, I
had twice reached the limit: I am German and I am a woman. I inherited the sin. Berlin is even
paved with my sin. And I do not think to feel guilty! I have done enough in this and many other
1155 lives myself that I actually feel guilty about, but I have always tried to make amends. Also. You are
innocent. And if not, fix it right away. If the victim does not allow this, let him or she be responsible
for their own behavior. You do not need his forgiveness, forgiveness always helps the one who
forgives. So it would help him to forgive you, and you wanted to make it up, too. But then it has to
be good too. Only the victim himself can decide whether it clears his unconscious and frees himself,
1160 or whether he continues to stage these experiences in a role reversal until the charge is large enough
that the subject forces him to edit. You are innocent because you can not manipulate yourself with it
anymore. Explain your intention. Because guilt is a massive matrix tool to keep you with the herd.
Clarify your unconscious then alone! The important thing is that you do not let yourself be
prevented from opening your connection to the Source and retrieve your highest potential. Also you
1165 are powerful, you are a powerful co-creator, you create like the original creator yourself: in fact,
with his imagination
raft that only flows through you. His living co-creative power works through you. Lonely you have
zero chance, but all-in-one is almost everything. Be aware, though, of running around on this
beautiful planet with a few trillion co-creators who can do it all. When they claim their inner power
1170 in connection with their Creator. Otherwise, they unconsciously create in the sense of the matrix.
Whoever does not consciously wake up from the matrix and get out of it, will become an agent
Schmidt for himself and others at any time. His connection to the source (re-ligio) does not have to
look monotheistic, even ancestor worship or meditation on emptiness until you drop off have the
same result: you are one with all-what-is. We feel very clearly, if we are connected: then we feel
1175 connected with the whole creation. When my father said to me as a small child, "My church is the
forest!", That's what he meant. He was all-without a church. You're never separated from this
creation, you can only pretend if you like that. This living spark in you is none other than your
consciousness, your imagination, your creative energy, your creativity, your sexual power, your love
and your need for harmony, to create in harmony with everything and not to disturb that
1180 harmony.'We do - we create that '- as a motto of this chapter can be easily reduced to it: You create

with your attention. And so you do not realize that, you have to be constantly and everywhere distracted, sonicated and betextet. I can not even walk my favorite forest paths anymore without constantly coming across information and explanation boards! The paths are now considered 'developed' as a tourist, I see this rather than 'locked'. Because without civilization you would just be in the forest. You would be most likely yourself. But you are even prevented from connecting directly with nature. To whom or what you pay attention to, you give your creative, living energy in the form of time that runs out during your attention. That's why Mark Zuckerberg wants you to stay on Facebook for as long as possible. He collects your energy - with the post-writers, the chat friends and the groups together. Why is your attention playing this crucial role? In quantum theory, the state of a quantum (a tiny particle packed with a quantum of light) is first created by being observed, until then it remains indefinite as a possibility, a potential, a probability. Your focus, your intention, your focus, your life concept, your vision, your life plan - these are all the more and more fields of your attention. You could also say that you are creating with your thoughts and feelings. If you still live very unconsciously and still keep some of the dramatic stuff repressed in your unconscious, that's just as much the thoughts and feelings that create your life in front of you, as well effective or even more effective than your conscious thoughts and feelings because the stronger emotional charge and concentrated power prevail. Therefore, you can only realize your ability to create and experience it in action if you have cleaned up in the unconscious. You have to observe yourself for a while and compare your own topics with the experiences. Even if this seems to be a bit strange, check your life to see if there are any experiences that are similar in the topic and only played out with new players and facts. These are your unfinished, emotionally charged subjects in your unconscious mind, which in this way try to direct your attention to solving a problem. Time also plays a role in creation. Just as Chinese acupuncture helps the body to release energy freely back into the meridians, so too can time acupuncture. It helps to repeat the idea of what you wish to do regularly, and thus to acupuncture the time. Regular rituals reinforce and reinforce what you want to create as a co-creator. The powerful know this: All repetitions, all ceremonial rituals serve exactly this purpose: to make the concepts behind them more likely or at least to preserve them. If you then manage to draw the attention of the whole world to your rituals, then what the masses regard as real will continue to be created with all their might. 'God save the Queen.' So you caring for your own offspring and the benefit of birth. So you are powerless and have no influence on your prison? Nonsense! The matrix of this civilization in which you live has absolutely control over you? Cheese! There is no escape? Shit. It is your prison, unless you take it like in the movie a pill and go underground? Wrong: The prison, the Matrix, exists only in your head. You picture them. You yourself build your bars. That was different in the old days, there was also out there. I'm talking about now. Only a few decades ago, there was no alternative to the artificial matrix, and very few people had a chance to escape. Very high-level avatars had to be born into a very special, purified and genetically prepared body, and often even in virgin production, to penetrate through this artificial matrix and wake up. With the last end of the world, the living lattice structures necessary for your freedom were completely destroyed and the connection to the Creator reduced to a working minimum, you remember chapter three. Meanwhile, all higher grid structures are repaired, renewed, updated and in place. Countless numbers of independently raised people have worked on it. Therefore, now and only for a short time is enlightenment. All you have to do is express your intention to claim your full potential as a co-creator, and this seed will fall on a fertile ground, as fruitful for your spiritual development as it has not been for ages. In the truest sense of the word. What makes such a bar actually a bar of your prison? Well, if you're co-creator yourself as part of the Source, you're the author of that prison as well. Then you are responsible for the world and of course for the matrix. We have flooded the ocean with our plastic waste, the wildlife is in danger. We covered the earth with nuclear war. We chose the wrong politicians. We have left too many strangers in the country. We shoot again, because Germany is defended in the Hindu Kush. For the German border it might also be too few soldiers. We are dying out. We drive diesel. That's the matrix. Do you recognize her? It is the 'we' in the allegations. In communication theory, generalizations with the word 'we' are called verbal colonization. Not wrong. I learned this from my

husband, with whom I was bonded for twelve years for life. When I said, "Let's do something about dripping from the faucet!", It got pretty annoying, especially when the 'we' happened more often
1235 and also in other contexts. I did not understand his indignation for a long time. Until he finally explained to me: "Just ask me directly if I could fix the faucet, maybe with a 'request'. We do not repair. I'm fixing. "This is an important point in your exit from the Matrix: We do not do such things. We are also colonizing nationally and globally. Only me for my part can see where my garbage can be reduced. I have the greatest influence on what others do when I live it. And I can
1240 also say to the others: "Please take care of plastic, it is already floating in the sea." We are practicing the exit from the we-colonization: We Germans are a welcome culture. Not correct. You can decide for yourself who you welcome. You may choose sympathy and compassion, and only so many guests will take home as there is room at the table. Or: We Germans are not allowed to criticize the land of Israel because of our history. Not correct. You can decide for yourself with what kind of
1245 consciousness you are watching the events in the Middle East. It may be opportune not to say it aloud what you think about it, because you would clearly break the taboo and therefore expect sanctions. And now referring to your nuclear family: We educate our children better than the others. Wrong: Everyone in the family is an individual and behaves individually. It is not easy to pull together as a parent. And global: We are ruining our world. Not correct. I do not destroy the world. I
1250 do my best, but I'm so damn deep in the middle of this civilization that I still could not stop with a few behaviors that I do not like. Leave that 'we' and go back to 'me' and see what you really look like on this topic. Then you have your right big toe stretched out of the matrix. You can not change a 'we', that is what others do. Such talk should not only suggest your powerlessness, but also keep you powerless passive ("there's nothing you can do"). Not to mention the feelings of guilt, which
1255 are also triggered incidentally. The 'we' still holds you responsible. We (as Germans) should have prevented Hitler! Nice,
Dear Americans, and how did you prevent Donald Trump? Fine, dear fellow Jews, and how do you prevent the genocide of the Palestinian population, that would really interest me, especially, the Hitler is already over, but with the Palestinians, there could still save something. The 'we' makes
1260 you collectively evil, special or good. You then have to be ashamed or feel guilty - acting on behalf of others - or at least unwell with your life. Or more important and superior. Or as a victim or perpetrator. You voluntarily put yourself in a drawer and then you wonder that you are doing drawer experiences, also called discrimination or anti-Semitism. By the way: what a word creation! Anti-Semitism literally means not to let these Palestinian Semites live in peace, so to be against the
1265 Semites, that is, to be against Arab people in general. Is not it somewhat paradoxical, then, to fear being discriminated against as anti-Semitic about these liberal expressions of anti-Semites? 'We' always create a 'not-us'. And non-we 'then feels excluded and reacts accordingly sour about such a parallel society. Observe that in groups of girls at puberty, then you are healed for life, as I have been for years in the seventh and eighth classes. Year after year the same thing: which dramas could
1270 be produced there! How many tears flowed! You may have only accompanied your own children through puberty, but even then you should have noticed the learning goal, it is: Do not define yourself by a group affiliation. What brings you advantages, will bring you also disadvantages. Stay open. Stay multicultural. Stay in each 'we' yourself. Tell yourself, "We are the Matrix, I prefer to be free." Take it as a mantra, have fun! If you've played through enough drama on an individual and
1275 collective level, the point is where you just get fed up with it. Where you are fed up with groups and pigeonholes. Then, and probably only then, you will be able to say: I do not care who belongs to which group and who now offended, oppressed or discriminated against anyone, I just want that to stop now. I also do not want to understand anymore what I have insulted somebody, because I will not make my behavior dependent on it and I will notice more and more rules, how to deal with
1280 somebody, due to low self-esteem, religious beliefs or a concept of honor is constantly insulted. Honor, for example, would not be an honor if you did not have to defend it. But only borders have to be defended. But I see you as an infinite infinite being and you have never and never incarnated into this religion or culture, and you have never ever had a life, you have been quite often the others too. At least when you remember the other incarnations, you'll stop anyway. What offense is

1285 actually done and should do with us, I have already learned through a sister-in-law, who was
constantly insulted by me, while I had no idea what was again to blame for my behavior. At the time
I was still really trying hard! Until I realized, she had a very specific and very narrow idea of how to
behave in any situation and she just wanted to impose her insult on me. That was just grossly
manipulative. With such, very narrowly-minded, limited people and with a 'we with them', you will
1290 be held in your position in the matrix and put in even more patronage. After realizing that, I simply
ignored her much more immature behavior. If I think it right, I was probably even as a toddler a free
spirit. My grandmother once told me that I was actually quite good, but once I was also rushed out
of the room with a raised fist furiously. She had repeatedly criticized my behavior with the
sentence: "Julianne, you do not do that!" And I would have called out running: "I do not know the
1295 man and I'm not interested in what he does!" There was probably the collapse of my collar. You
have all the influence of the world on the surrounding matrix. You already adapt yourself
voluntarily, you build your own prison and also check the bars over and over again, whether they
still hold. "What would people say ..." That's what you call normal, because everyone pulls each
other back into the matrix. This is typical of a 'relationship'. Most defined relationships should
1300 especially pull you back into the Matrix, if you should get the idea to go your own way. Because
everyone does it, you think that's normal. I call the normal 'through
nits-crazy '. To regard myself as outdated, as 'moved away from the crowd' was very helpful in
shaking my bars at least once. If one applies the Gaussian normal distribution curve, which looks
like a bell, to social patterns of behavior and socialization, 'normal' is the thick middle, the average.
1305 Also with opinions and behavior. I had already recognized that during puberty: and this average
never interested me. Adapted normal behavior is neither good nor bad, not better or worse, just 'like
most'. In today's world, however, it could be crucial for you whether and how you go through the
end of the world, whether you are absolutely crazy want to be. Whether you join the lemmings or
grow to your individual, much greater potential. Normal are just the lemmings. Social adaptation is
1310 one of the many means of power of the artificial, civilizing matrix. Your adaptation is crucial to
what you can imagine, and it helps you recognize your prison function: it restricts your imagination.
For my ancestors, it was certainly inconceivable to question the sovereign. Or that they would be
paid as Untersasse without work money (Hartz IV). Their emigrated children had to see for
themselves in America how they got along. And nobody helped them. Every socialization is
1315 different, yet it keeps you in a matrix that varies from country to country and from culture to
culture. It is even very different between peoples that are historically or geographically separate.
You are also encouraged by social conventions to constantly judge and condemn and, if necessary,
to adapt you, and these judgments are originally based on the expectations of the people with whom
you live Connection have gone. Connections and fields in your family, your company, or that were
1320 put on you in the village. And there are also very different values in it. You learn that all other
people have expectations of you that you prefer to not consume your power in meaningless
conflicts. You're always being asked to judge, to develop viewpoints and to form opinions ('picture
yourself an opinion' - you can use this slogan to keep yourself from having an opinion). From
opinions you build up a personality. Only one thing you can no longer recognize: That you are still
1325 relatively innocent, relatively enlightened and relatively free. Relative, because only today is it
possible to completely lift the potential contained therein and yet not to consume you in
meaningless conflicts. Do you ask very small children, who is beautiful, almost all are still
reporting. No one more years later. Unless they have artificially inflated to child stars. Nevertheless,
it is the duty of parents and the state to prepare you for life in such a way that you know how to
1330 behave yourself and do not attack everywhere. You have to start somewhere. Without the matrix of
a social group, there is no survival as a child. But we have to be very careful and examine it
suspiciously: The social matrix contains some very manipulative elements, especially if they are not
applied to all people, but to certain ones Target and control populations or incite them against other
parts of the population. How much blame we have on the Holocaust, even if we actually lived
1335 during the National Socialist era? (here we go again, the colonization!). Does a German with a
Jewish religion accept this collective guilt? Does a Jewish German feel guilty about the Holocaust?

Or an Arab New German? If not, can you legally oblige him to do so because he lives here? And why should you do that? Or is someone with a German identity card not a German because he is a Jew? Does an Arab newcomer also have to shoulder this debt, whose country may have lost the Six-Day War against Israel? Or does this matrix club only target the Christian Germans, and the German Mormons, the German Buddhists and the German Scientologists? And then, of course, to the majority of the population in Germany, who belong to none of the over one hundred religion, how much guilt does every single American contribute to the genocide of the Native Americans? A collective guilt is just nonsense, really. This idea was put to us with our new democracy because our ancestors chose Hitler in a free election. The majority is used as an argument for submitting us all to the Matrix, now we are all to blame. At Emperor's time it was easier: there was always the emperor to blame for everything and his entourage, so

1340 as with many simple-knit people today it is still 'the Merkel'. But the majority has gotten used to thinking: We are to blame. This is more akin to 'You're damned right up to the seventh limb,' which means: seven more generations after you, your descendants should pay for it! Please recognize: Guilt is a means of disciplining and is closely related to punishment. Distrust and paternalism are seeded so that the people trapped in the matrix control each other, perpetrators and victims like saviors. So that they lose sight of the true balance of power. We will have to question and change our entire judiciary if we are serious about heaven on earth. There is no chosen people and no special individual. Only people in a human family who awaken to co-creators. But you can also let everyone believe what he wants - that's called freedom of belief. It's all about what you tolerate as a prison in your head. Fundamentalism is also not the narrow interpretation of faith, but the aggressive idea to impose it on his fellow man. With an offense we could also handle other things and, for example, with the victim in a mediation clarify how to make amends. And then it has to be good again. A case must be able to be completed. What is the benefit of the bereaved pensioner that the two guys are behind bars? But if you drag her shopping for half a year, then that should be remembered, voluntarily, as part of the agreement at the end of the mediation. No judgment passed by the judge. It would also be the chance for peace: you would get to know each other and with a little luck you might even like it. It must be possible for every person to become completely

1350 innocent again. The background must also be clarified and to what extent casts and programming played a role in the deed, and not just this superficial judging according to the current state of knowledge. Judgments always pull the vibration down completely. Always. Even if you're already one foot in the sky, your judgment will throw you back here, in 3D. That's why it's so hard for me to explain the context in such a way that Mainstream understands it. That bothers me for months, that pulls me down. After only a few years, a child in our society is no longer innocent, no longer self-confident and no longer free. And even the intimate connection with the source, with which most children come into the world (a sunshine!), is often educated away by external dogmas and religious concepts. In contrast to earlier today, most children come into the world with a very open heart, they are almost small, living Buddhas. The thought came to my own grandson, because he did not want to crawl, but only smiled and let the toys submit. At first I found it questionable that he did not follow the normal pattern. After all, as a special education teacher, I had learned to interpret undesirable developments and abnormalities at an early stage. But then at some point he acted like other children and I was relieved. In India you would have smiled and said: He was once a monk. But we lure our children into a socialization that denies much of what they bring. If that's not a jail!

1360 The twelfth staff of your prison is: You have to do something. You do not have to put up with that! You have to do something about it! And if you do not dare to cover yourself, you have to mobilize other people to call for action along with opinions, vicious slander, or false claims. Not correct. Wrong and wrong again. In the distribution of emotion-laden judgments about a situation and the stirring up of entire group fields, only what is allegedly fought is strengthened. And it's such a low vibration that it gets really bad for an energy-conscious person. The soulful person withdraws prudently and at a loss and is perhaps once more finished with the world and his fellow human beings. I had to learn that myself the hard way. My temper often went through with me, or I had so much in the unconscious come together (and came with the clarification), that I almost perished in

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the experience. The actual and often only semi-conscious reason behind Hetzkampagnen is energetic nature In the malevolent energetic union for the purpose of fighting the evil, everyone can feel belonging and inflate their aura to importance. The Hetzer can draw the attention of his group on this topic again and again and artificially meaning (creativity power of the others!) A nhäufen. The own aura is thereby artificially inflated, at least for a while, until the balloon bursts again, because one just does not have so much meaning. And the others he could draw to his side were deprived of his energy as much as otherwise by the powerful. A problem can never be solved at the level where a fight would be necessary. Fight or escape solve no problem, that was already in the schoolyard. Whether you run away or beat you with the others, the anger does not stop there. As I said to my students back then in the schoolyard: I do not care who started, I'm only interested in who stops it. In my deep conviction, this is also the true meaning of "peace be upon you!" To do something is wrong, at least if you are serious about making a change to the good here on earth, or at least for your own private life want. Your power is not in the act, nor in your words, your vote, your data or taxpayers' money. And it does not matter if you organize yourself in the right party or union - they all have the same functional scheme. Or whether you are demonstrating, blocking and fighting with weapons in real life. The common misconception lies in the reduction to the reptile in you. By doing so, you use your reptilian brain's escape or fighting reflex, which then almost blindly leaves the activity of your mind to a part of your brain that is quite useless for peace and prosperity. This only works if you have the compassion for yourself, for those who you incited and especially for your alleged opponents in you could turn off completely. And the beautiful many other gray cells and actually your entire right brain half of the illogical, medial intuition are on vacation. Your heart anyway. If your heart is not one hundred percent when you act, you can be sure that your inner door to the source has continued to close. This with your full-potential lifting is also a long way off, because you just show that you do not yet have the mental maturity to co-creator. You have fallen back into the Stone Age mentally-emotionally, except that instead of fighting axes and clubs you are now practicing opinion and using mental-emotional weapons. Instead of assuming your legacy as Homo Creativus Pax, the fully aware co-creator who balances his energies and keeps the well-being of everyone in sight, you slip back into the depths of Homo sapiens, who care so much about his mind and his science, that he rather dies than to have injustice. That's not too tragic, obviously you want to learn the hard way and then you can do that too. I was allowed to do that too. To truly create probabilities and changes, you do not have to associate with anyone because you are already all-one, and as great as infinity. Then you follow your conscience and need no rules, no bond, no wealth, no clubs, parties, government agencies and governments to represent you or even to ethically guide you. Your power always lies in your attention and in your connection to the Source (for not you create separate and lonely, but it creates through you). Your power lies in the clarity of your intention and in the discharge of your emotions and unfinished subjects in the subconscious so they do not sabotage you. And then you have enough to do with that. Then you practice not letting yourself get manipulated by such community fields. All the fields that declare one part of humanity as an opponent and the other for good people, go nowhere on this trellis. No matter if you spread touching pictures, dogs are slaughtered in China and you find that so terrible (and the Chinese are evil?) Or blaspheming on our admirable chancellor or even uprooting you in emotional tirades, it plays not matter. It's more about yourself and about gathering the attention of your fellow human beings to make you feel good and not lonely anymore, and the topic is more likely to be targeted. No, of course, not by chance. In your unconscious are a few fat chunks that fit exactly. A real lever for change is always only you and only you can change yourself. The others around you may want to know something else. And you do not want that you change. Even if you help them, they will sabotage themselves and you with their unconscious and semi-conscious stuff, as long as they do not take responsibility and clarify themselves. And every situation always flows from the collective unconscious stuff. My efforts to energetically clean the people around me To heal and thus bring about world peace, Ascended Master St. Germain, with whom I was chatting, commented, "Oh, if that's fun for you, you can do that, of course. You clarify your family, your country, the earth, the galaxy, and the whole universe. Bravo. And if that's still not enough for you,

then we've got a neighbor universe as well. "He's right where he's right, there's still enough collectively. In addition, people fall back into their old problems when they go back on support, because their consciousness has not changed through our help, in their consciousness they have immediately recreated the similar, more or less unconsciously, and the world had not asked me to do that, most people did not even know what my commitment was today If I hear the toenails curl up, someone sends energy to help or he prays for me, which is a reason for me to break off the relationship immediately, because even if someone in his well-meaning, energetic action, gives me energy or to send a few angels past, in the best of intentions, he not only sends these higher emotional energies but his own unconscious For someone who already struggles with life anyway, this can be the knockout. Today I accept as help only education and help for self-help, and that is the intention of this book. And a few punctual start-up aids to which my higher self sends me. You're co-creator, you can do it yourself! Again, you do not have to do anything. It does not make much sense to fall into actionism without clarification and reconnection. True change happens to others only when they see that you are different, when they also like what they see and when they expressly ask you to learn it. Everyone here is co-creator and therefore can decide on their own, when he wants to deal with his highest potential. Maybe not at all in this life, well then. Then you have to let him. Outwardly it may seem like indifference, but it is a higher form of respect. 'Namaste,' say the Indians, meaning 'I greet the Divine in you.' So, if you want to, become and finally become yourself and change the world through it. Or leave it. I would be glad if you would create heaven on earth with me, fresh, cheeky, happy, free. On the 'pious' of the gymnast Jahn, who created these four virtues times, we should, however, better do without. That was only twelve bars. Overall, the prison in the consciousness of each person consists of much more and especially very different bars. Even with myself, I find unfortunately always new, which I had previously overlooked. Some I discover only in conversations with my fellow human beings, because I am surprised, behind which bars they have made themselves really comfortable. To realize then: Something similar is still there in me. But after a while these points of view become boring and redundant, they repeat themselves so obtrusively and frequently that I could roll my eyes! I try to waste as little attention as possible on the bars in the other's head, because of one Discussion or persuasion, this prison is unfortunately not to crack. Thirty years of futile effort have deeply influenced me in this context. I can only free myself, over and over again. Therefore, I do not see myself as special (all I can do you can and even more), but very sociable and crazy as a master, who is still extremely violent practicing to be a master. I'm struggling to properly stretch and override the matrix in my place and laugh at myself if it does not work that way. So this book is more of a report about how I do it. We humans still learn best from the model. A good role model is worth gold. I hope you recognize: I've made an effort. You can mimic it or invent even better tools to soften the matrix around you and create a safe passage while still keeping your world safe and sound you continue to feel well The matrix can only be hollowed out from the inside and no stranger has access to your head, unless you leave the door wide open and also invite all kinds of rabble. I assume now that you want to use more of your abilities and do not want to persuade you anymore how lonely, small and powerless you are. And in what bad condition the world is. Do you have any idea how much unconscious is colliding on all sides from the world stage, like vi the occupations are on the way and if there is not a lot to be learned collectively? If you want to create heaven on earth, you have to start accepting the world as it is. Perceive yes, but do not judge. Remember: In my view, there are a lot of little gods in Spe on the way to learning who they are and what they can do. And to learn to create in harmony with the creation and not create any discord. Of course, you should know what's going on in the world, that's very important. I do not want you to pull yourself back on a pink cloud and how the Munich man in heaven 'Hosianna' sing. Not even close. But not that you are matrix-guided as Don Quijote fight with the windmills. If you do not condemn the world or condemn your fellow players and fail to form and emotionally charge opinions and views beyond those judgments, then we can begin to create probabilities and make a change for the better. I advocate a new approach here: Use your knowledge, your imagination and your awareness differently. More productive, peaceful, compassionate and effective. And most of

all illogical, more intuitive, and following your inner voice. If you are watching something in the world, what you do not want to have, then get your attention back to you as soon as you realize that.

1495 Check the charge in the newspaper article, feel the intent behind it. When you have completed your comprehensive, energetic perception, ask yourself: What else is possible here? How could this be improved? How would I want it instead? You're being taught a contrast program through the news, and you can use it to charge your unconscious mind and still choke more stuff in there, which at some point may have to be unpleasantly or even explosively discharged into your experience, or

1500 you'll see it alone as one Suggestion to realize what you want differently. I often do not know until someone asks me if I want coffee, that I would like to drink an orange juice instead. I would explain it to a child: Watch out. God created us because he felt so lonely and so bored. We are his playmates. And while he had the very big ideas for his own creation, he sent all of us into his creation to experience and continually improve and refine them. Because only when we realize

1505 what we do not like, we become aware of what we like. Sometimes we realize how important something is when we lose it. And because God's creation is so huge, he has sent countless playmates to come up with something new, interesting, and beautiful for every backyard corner of the playground. And because he has always been in touch with us through our heart, he can simultaneously experience with us all that we are about to create and support us, and therefore he is

1510 no longer bored. We love him because we are his children and we are allowed to learn to bear more responsibility in creation, and he loves us because we are his children and because he is no longer bored since he allowed us to watch games.

It is enough not to intend to live peacefully. If the neighbor two floors below turns on his music at night at four regularly and also does not keep the lunch break silence (a rule in Germany) and the

1515 bass is so blaring through the beams that you wake up, and he also steals your electricity: This is the situation where God is waiting eagerly how you will stay peaceful. That's the fineness, the design. Your creativity is in demand here. How do you do that with 'peaceful'? Only then will you become aware again of what you need, namely compliance with house rules for the benefit of all. That may have been self-evident to you before. Of course, the opposite is grateful-conscious. And of course

1520 you also want your property (electricity) to be respected, at least as long as the current is not free for you. And meanwhile, this sting in your comfort zone will cause your unconscious to come up with endless stuff of emotional charges and you will then relieve it maybe in ranting. This has happened to me as well, when I returned to my home country hastily. I quickly fell back into Stone Age behavior, which is 'flight or fight'. However, still without a super solution. Nobody is perfect. I

1525 talked to this neighbor. Talked again. Asked. Then I escaped, I went on vacation for ten days, because I realized that the emotional charge in me is becoming explosive and then I guarantee for nothing. There I calmed down again. What was there in my unconscious, what was creating this experience? After the intensive care of my father and his death, I finally wanted to return to a normal rhythm, so get up at four o'clock and start my day with meditation as before. That the

1530 neighbor in the basement turned up the music at four o'clock, had at least this positive effect and I decided to be grateful for it. And then I remembered that I already knew this pattern from the last apartment in Berlin. There lived under me a very old lady who was hard of hearing, but headphones could not stand and also usually fell asleep in front of the loud TV. This looked suspiciously like a repetition with other players, my unconscious created a massive similar something that sabotaged

1535 my conscious life. Shit! What did I want exactly instead? Peace, tranquility, to be undisturbed in my apartment. This would play as experience over and over again like an never ending repetition, should I not be able to find and tear it down, and my unconscious told me with that, what I believe: I am powerless to the behavior of another. I am powerless.

Wrong, I thought then. I am not powerless. That stops now. Would be even more beautiful.

1540 Unfortunately, I switched to the reptilian brain and provoked the next phase, the fight. God was still watching, I could sense that, and I did not bore him. It continued with the loud music. Finally, I cooked emotionally. I ran down without knowing what I would do. On the way, a tinny pot and a tin snow shovel fell into my hands. I now positioned myself in the hallway in the place with the best sound volume and began to make music. First my other neighbor jumped down from the ground

1545 floor, "God," she called, "what happened?" And when she was convinced that I was fine: "What are
you doing there?" "Me make loud music. I can do that too. "Then I shooed the smiling neighbor up
with a gesture, because audience is always an unpredictable additional complication, if one has
found his mission. Now even the neighbor himself came out in the hall, after all, I had all Made an
effort to still overdrive his speakers, even as he had turned up the more and more. "Do not you all
1550 have them anymore, what's that?" He shouted indignantly. In spite of everything, we remained
human together and duzzled for a while. I explained my mission to him: "Well, what you can do, I
can too! If that's the rules in our house now, I'll be there. "Angrily, he returned to the apartment,
accompanied by my unrhythmic concert on the snow shovel. It was not until his music was turned
down to low volume that I happily returned my instruments to their proper place. I was fine, the
1555 cargo was out. And with the neighbor, I happily drank a coffee. Dumping off steam is not the worst
thing. Was I staying peaceful? Yes. Because that was my intention. Did I get some rest? Yes, that
too. But I was still fighting. It was still the lizard in my plant at work. The guy was my small,
personal end of the world and this time I was happy. Instead of remaining in the victim role and
regretting me (which I did again and again, because I was still exhausted from the care and often
1560 unconscious), I had switched to the role of offender. And the landlady, whom I had already called at
least five times to put an end to it, was out of the question as a rescuer. She was at a loss. He just did
what he wanted. In between, it dawned on me, that was actually exactly my intention as a co-
creator! Did not I want to do what I wanted without the Matrix catching me? Here, someone
showed me how this could be done. No, not at all! And because fight always leads only to a truce
1565 but not yet to peace, it was not long and the dull heavy metals sounded again at the most impossible
times through the house. Kimbel on the run. That was the hero of a series of my childhood. Dr.
Kimbel was unjustly accused of murder and while he was searched on the one hand, on the other
hand, he tried at the same time to clarify the murder and to prove his innocence. He simply could
not rest! I often felt like this in my life: Aha, stuff from the subconscious. Did I try to clarify the
1570 situation and not be murdered at the same time? Or not to kill yourself? It came, as it had to come: I
broke the collar again. This time I was so angry with him that I went to attack, nothing there with
peaceful, creative conflict resolution! I rang the storm, I was angry. Again and again. He did not
respond. And if something upsets me a bit, then if I'm just ignored. My B
1575 Lick fell onto the house electricity box, which was conveniently located in the hall opposite his
door. I had already switched off the power for him. After all, apparently he was paying his own
electricity. For now it was quiet in his apartment. I planted myself right outside his door, not even
knowing what I would do. He opened, he already knew that it was me. I tried to push past him into
the apartment and berated him and demanded that stop. "Anything else?" He asked provocatively. I
1580 can not remember the ensuing battle of words, all of a sudden I realized I was determined to
provoke him to the point of beating me or even killing me. Because I could then sue him. And in jail
he would not bother me anymore. In my anger, however, I could also imagine the reverse: kill him
myself. Well, then I'm just going to jail for it. I did not care, I was angry. The emotional charge had
eliminated any clear thinking. The vernacular says: She is flipped. Yes that was me. Finally I gave
up. The guy was not provoked to violence and felt safe. And showed me how powerless I was. But I
1585 had just found out that I'm co-creator, so on the contrary very powerful. Even as I steaming back up,
I remembered again: fight is not a solution. After all, the cargo was first smoked. But I would have
achieved the same effect by simply chopping wood. Anyway, I believe that a society where
everyone has to chop wood to keep it warm and get a hot meal tends to be more peaceful. It had to
have something to do with my newly recognized role as co-creator. And then it dawned on me: If I
1590 accept such a thing as my truth, I first chase everything from the last corners of my unconscious,
which is contrary to that. My unconscious emptied, and the neighbor had allied with him. OK, if the
solution is not on the level of the problem but wants to be created, then what then? The neighbor
felt quite safe and did what he wanted. And although I felt safe and usually did what I wanted, I
lived in a different way. I also wanted to grant this same right to every other person, that was the
1595 difference. I wanted us all to be fine. He was probably living another reality. I could imagine that he
was so personally hurt, but maybe it was just total mental immaturity. And there were certainly

enough people who were just researching the same soul maturity and attracting appropriate experience. He did not have to struggle with me. He did not need me to stimulate his unconscious, he also found the next one he could provoke. Ur Creator has certainly not bored with him. So I
1600 accepted the situation so first as it was and asked me: how can that be even better? What else is possible here? And suddenly I realized: It was just time to go. The apartment, the location, the circumstances had been good for the first year back home. But if I thought it right, Idar-Oberstein was neither world city (I miss Berlin) nor village. And so it happened that I bought a house with a friend, founded a retirement home and moved to the village. But that is yet another story. We can
1605 only continue to do that with our imagination, for which the contrast already exists. Maybe all possibilities have been created right at the beginning and we just choose. So it's not just about expressing the intention: "I want peace, now. Basta." That's just an important first step. And next up is everything that has to do with it and this intention stands in the way. So all my opinions, views and experience evaluations that created from the unconscious with. That's why my unconscious in
1610 the outside engages one or more actors, who consistently play it through with me, until I've tidied up inside. And also the emotions have completely discharged. My neighbor was not alone. The voiced opinions of my neighbor, my landlady and my friends and acquaintances were equally enlightening and showed me what I half consciously even believed. And then it is necessary to be creative. With your imagination, focused and clear. So conscious. I looked at the disturbances that I
1615 had already experienced in living situations and which are probably still half-digested lying around in my unconscious, otherwise the experience would not have gone so drastically. That's my contrast. I do not want a deaf person in the apartment below me in front of the TV falls asleep. I do not want a neighbor to hear loud music at times. Actually, I do not want to hear his music at all, why were headphones invented in modern times? The contrast is that I live in an
1620 ideal home where my need for rest is fulfilled. Next step: I wonder how I would feel living in a home that meets my need for rest? What about that? Imagine: a quiet home. Very quiet. No, too quiet. Children laugh from time to time. So from time to time also children's wines? Hmm, but now and then nice conversations with the neighborhood! And no one who forces you to be quiet. Would it be quieter in the country? (I did not know that there are five hundred lawnmowers in a village
1625 with five hundred inhabitants, plus the wood saws and the wood splits.) Finally I come to the conclusion: I live quietly and trouble-free. That is my intention. What is required for this? All that is - yes, what do I do with it? At this point, I like to use the tools of Access Consciousness to clarify the energies arising from the unconscious and probably also from the matrix directly on an energetic level. I became aware of these tools of consciousness 'by chance' after the Schneeschieber concert,
1630 if only because I wanted to do it differently. I wanted to learn to create and these tools are ideal. You do not even have to understand why they seem so liberating. They just do it. And many are freely accessible on YouTube. Just search for Dain Heer. The man is good. You do not have to be included in the snowball system, which provides the most creative energy at the top. The tools are good. If you want a hammer, you do not have to befriend the manufacturer on Facebook right away. Where
1635 did we stand? Yes: What is required to live in peace and quiet? Actually, I have no idea what is required. Every time I thought, now I have it, I have to pay attention to the choice of my apartment on ..., taught me the next apartment, that I had not considered something there again. Gary Douglas says your own consciousness is best left open with questions. And I've found out: The answers fall to us from the universe when we worry the least about it, so we call it 'coincidence'. They also come
1640 in the ideal timing. And the two master questions are: How can this be even better here? What else is possible? And let go. Do not bother and answer these questions yourself. From the passive, bored watching creator up there again make a real teammate. Should he come up with something for us! He has the overview. He also knows what all other players want and want to create at the same time. He may also want to play more and not just watch. What we do when we're so focused on it
1645 and understand the contrast and tickle the unconscious out: We call the energies on their charges, even before they affect our lives can. My Pizza Dragon has taught me to imagine these energies in front of me as a cloud in the air. At the same time I imagine that I would be a dragon and now simply flare all this - still opposing my desire energies. With a supportive movement of my hands, I

shout "Baff!" And keep buffering until my body stops responding. Whether I could really get rid of
1650 my problems energetically before they could manifest themselves in my life, I realize that my body
burps, cries, laughs, shakes or yawns. The yawning always comes at the end, it says that the energy-
flaring comes to an end. There is nothing more to do today. Tomorrow but maybe again. The
Creator's answer sometimes comes very fast and in other cases takes longer. He must also bring all
1655 other players in position. Like Ebay he connects the desired suppliers with the wish fulfillers. For
the Creator fulfills all desires, unconditionally. But we do not notice that as long as we are
controlled more out of the unconscious than consciously controlling ourselves. And so long as we
can so little differentiate our own thoughts from the strangers that we let these strangers create for
us. Or the matrix itself. The answer comes as an incomprehensible impulse: you do not know where
1660 this idea comes from and it is rarely logical. Your mind even tries to keep you from following this
nonsensical impulse. The inner voice of God does not simply say pathetically: "This freedom of rest
and interference is granted to you!" No, here comes perhaps: "Today drive over Hottenbach." And
you make it and leave
t the experience affects you. So you drive through Hottenbach for no reason. Two days later
1665 something will come to your mind, what you noticed during the ride. Ah, instead of hanging baskets
or boxes there are now other boxes that you put on the railing like a saddle on horseback. I would
like too! You are in a good mood. Impulses from above get better if you're in a good mood. And
they are rarely the yellow of the egg. Then you meet 'by chance' in town a friend and she tells you,
she is moving away from Hottenbach, it is too quiet for her. You immediately remember your order
1670 to the universe and ask, "Do you have a new tenant?" - "No." - "Can I see it?" "Sure." And then you
come and can not believe it: It is the house with the saddle-flower boxes on the railing! And they
can stay there too. But you do not really like the apartment yet, but it's a good direction. You also
say that honestly. And on the way home too: Thank you, my Creator, how can that be even better.
What else is possible? And then it gets tough, just like a good real estate agent, and you can find out
1675 what you want and need together. And then she is there, your next apartment. It may be that you
have never searched there for an apartment where others are looking for. Our creator invented Ebay
in the first place. You place your wish and let it bid. The others do that too. And so supply and
demand regulate the creation of an experience. And one thing also wants to be well described.
Pictures are recommended. You can then, for example, already photograph these flower boxes or
1680 search in the catalog and put on the wish list. You can fill a whole pinboard with it. I am convinced
that we are here to design the details that can only be invented once you have experienced the
contrast. So do not fret over the unloved experiences, and fight or escape only when your
unconscious overcooks, but stay peaceful. Instead, create in your imagination what you want and
invite it with the feelings you probably have when that happens. If you want to deal more with the
1685 contrast, Abraham Hicks is recommended, unfortunately only in English. Then each one of us is the
best expert for everything he wants to experience differently for his life and his place in the Matrix.
We can do it. We create that. Those were just a few selected bars of our common matrix, there are
countless others. Check how you feel about them now. You alone decide what you limit yourself to.
The Matrix is a consciousness prison. She works with false claims that make you manipulable. You
1690 get off easily: you just have to clear them in your own mind. That's your biggest freedom. Nobody
can stop you from doing that. Out of this narrow jail! SummaryIn remembrance here again the bars
and then each a consciousness tool to tear them down: 1. I can not imagine that. What else is
possible? How can this be even better? 2. I am this body. What if I were infinite mind, energy and
consciousness? What would I do differently if I could no longer be afraid of death? 3. I think with
1695 my head and feel with my body. How much more would I perceive of others, would I allow myself
to use my extravagant aura as a sensory organ? What is needed to learn to smell with the mind and
the heart? 4. I'm constantly in danger. What if I trained my advanced senses to navigate safely
through any danger, like Momo's turtle? What if security is only in me in relation to all-what-is to
be found? 5. I developed from the monkey. What if we were not just visited by aliens but even bred
1700 by them? Could I then believe in my much greater potential and dream of freedom? I have to work
to live. What if I was originally created to guard this precious living library and to spiritually evolve

and be provided with everything without working? I'm alone. Maybe it was harder to keep me in the illusion of separation. For every intense inner retreat connects me with all-that-is and with my star siblings, inevitably. How could I feel lonely? 8. I have an opinion to represent. I do not know what this means and if and to what extent it has anything to do with me. What if I just let this interesting point of view stand in the room and not react at all? And keep my attention with me instead? 9. I need a (better) half. What would be if need already egg

1705 n Excludes finding, because then I find only someone who also needs above all and pulls me. I prefer to be myself, take care of my full potential and live consciously, happily and well. What if I'm just attracting someone like that, inevitably? 10. I am the crown of creation Here I claim my full potential! I open my heart and keep increasing my vibration. I activate my voluntary mutation to Homo Creativus Pax - now! 11. I would be powerless. What if I, as a potent co-creator, learned to create with mind, heart, energy, and consciousness, rather than hammer and chisel. How could my intentions be better enforced? How do I better distinguish my impulses from others? 12. I have to do something. In the peace lies the power. Don Quijote fought the windmills because he thought they were real opponents. I have to go through the game to make a better one. In truth, whoever does not fight wins. And while this time only talked about your prison and your matrix, I casually mentioned your liberation. Here is the summary. This is how you create change: you make yourself completely empty and concentrate on your intention as much as possible. You imagine in detail exactly what you want. You already feel the way you would feel if you were already experiencing or getting that. You load up this creation as emotionally as possible. You are invoking the energies that might lurk in the unconscious and otherwise sabotage that creation. You delete them. You let go. You follow an impulse when it feels exactly like that. Again and again. Finally, you will learn what you intended. You thank the creation, of course. It is not ungrateful if you then continue to ask: how could this be even better? What else is possible? Nobody wants to be challenged, even God

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does not. And shorter: laser-like focus, good feeling, good thoughts and now a mighty charge on it, so that your rocket with your order properly picks up on your intention, your desire, your order up there in the divine Ebay release. Imagine everything very vividly what you wish for, that is your creative power in action. Use questions and let the creator answer. I wonder how I would feel if Feeling like that. ... What is required for this? Anything that does not allow this And put energy away. Everything that shows up in your life now comes from your unconscious and just wants to be viewed and deleted. While your desire up there in the divine Ebay looking for a fit, you ever clear your unconscious empty to make room for the new desire furniture. And then: Follow any impulse that feels the same way. Learn to feel energies. And create in the best possible feelings, then you can fish out your favorite impulse better under all its own and other impulses, because they are usually created in a different mood. For example, ask yourself: "If I get a job offer out of the blue, just so. Out of nothing. Whow. What about that? How would I feel? And the job also brings me more money, more awareness, more fun and it suits me super, he does not overwhelm me and he does not challenge me. What is required for this? Anything that does not allow that ... (clear out the unconscious ...) You probably know that most people approach the job quite differently. You may say, "I'm too old anyway. In this area you have to expect a lower earnings. You have to be satisfied with less: My job is no longer needed. Do you notice? The people around you voluntarily and voluntarily reduce their creation to a necessary minimum. They themselves are co-creators of this reality and have only forgotten it. Let them sleep, take care of themselves. If you then jump around them happily and your life works better, they will want that and ask you anyway. The best we still learn by example. The consciousness decides what the cosmic Ebay is about. And there, supply and demand meet freely, much freer than any of our earthly - supposedly - free markets have ever been. Your affair is in good hands. Or let me explain it this way: You have now created a strong field of thoughts and feelings with a laser-sharp edge and thus created a change for your future, at first only as probability or potential. This field has now become your assistant and is actively seeking ways to fulfill its mission. And when this wizard sees a chance, the beginning of a chain of events or coincidences that lead to the goal, he sends you a hand!

impulse. You intend to follow only your spontaneous inspirations that are true (= which coincide

with the original feeling of creation). That's the difference to the past, where you've planned your action completely. The impulse comes from nowhere and you also do not understand why you

1755 should go home today about this other village and then also get the impulse to stop in this pub and to cheer your last money. It happened to a friend of mine: he was a car mechanic and just - I believe, without notice - has been fired. He only had a few marks left in his pocket. But instead of blowing tribulation now and confessing it to his wife, he was actually quite happy, because the job did not go so well. He felt in luck much like Hans did. And then he stood at the counter and started

1760 talking to his neighbor, who had just badly damaged his Porsche and wanted to have him repaired immediately from now on. The workshops had promised him long waiting times and he was not happy about it. Well: My friend was not only just released, but had always wished to screw on such a cart around. And so he repaired the Porsche immediately and made it independently on the side. If he had not carried his last money to this counter ... Not every impulse comes from this one assistant.

1765 You've already sent some earlier, when you have not seen through all that, and your unconscious has some on the way. The harmonious impulse of action carries the same energy as that in which it was created. So you really have to feel good: Is that a good feeling and does it belong to my consciously generated field? Or was this impulse sent off by my ranting last week. Choose wisely. There are at least two reasons to already feel as if your wish has been fulfilled while you formulate

1770 your intention. First, this better feeling lifts you off from your daily routine and signals an improvement. Secondly, you recognize the real impulse for a good change. While you're thinking 'oh, I'll go over Hottenbach today,' you'll be flooded with a feeling you already know. So beautiful have you imagined with the undisturbed peace. That may not even be aware of you, you know you just want to drive over Hottenbach. Behind a consciously focused attention is always a

1775 consciousness. I do not mean with awareness that you have now amassed more knowledge of the world, read more (which is often more matrix than you might like). No, consciousness is the living thing that stands behind your existence and holds together all forms, structures and bodies that make you. The highest consciousness is then that with the highest structure in the highest possible dimension in the greatest possible approximation to the Creator. Or your soul connection, which

1780 connects you at least with all of the living creation or with a very high consciousness that you perceive as separate from yourself, with one of the Ascended Masters or highest angel beings. The higher you are in the dimensions, the more you want to feel only the plan of the Creator and make him a joy with the implementation. It fills you, because you also live more fulfilled and experience his love. And you certainly do not feel like feeling different from joy and love, confidence and

1785 gratitude. The Hopi have already seen that right. Creating harmony rather than conflict is an important principle of high levels. And that is quite simple: you can basically and intentionally assure that you are creating in harmony with All That Is. Think of it as a concert: when you align yourself with this Creator, you play your instrument under the guidance of the Supreme Conductor, do something else, disrupt the concert, and create dissonances. At the quantum level everything is

1790 vibration and the loud dissonant playing of many little co-creator first graders can also lead to a whole planet jumping out of its axis guidance, as a column of soldiers can bring a bridge to collapse. Therefore, the Hopi have emphasized how important the Harmony of sounds was. The Earth is squeaking and yawing so horribly through the universe that more and more aliens have decided to put their family members in earthly space suits and to ensure that the first graders receive

1795 a good music lesson. For decades, more and more children have been born whose parents are aliens. Believe it or do not believe it. I am one of them too. The other stars could not watch this anymore. Again so much unconscious stupidity! Atlantis had already been more than enough for them. You never heard that the Matrix is about the exploitation of human creativity, about our living energy, our consciousness, our life force. And our higher-dimensional structures, which in higher

1800 dimensions are genetic elements of consciousness, as well as our DNA in the material world. But at least you were astonished when you were told that our wars were no longer about raw materials, now it was about our data. As if we needed data like fuel oil. Can you eat data? Surprisingly, you can earn a lot of money with data. And then we realized that only those who need our data to manipulate and control us need those who are warring for the resource. And this data we will buy in

1805 the future with the NSA It is not about information, we just want to believe us, so we do not realize
that it is all about our attention, our connection to the source and their levy for foreign Aims.
Strictly speaking, it is about what we can do with our bundled, united, creative power. This creative
power of man, as I like to call her, because she makes us so similar to the Creator of all things, is
1810 also a sexual, creative force. It is not for nothing that in India it is called Kundalini, the serpent
power. Just remember what the Hopi claimed: In Atlantis they could use it to fly their targets!
However, exactly this use could have led to the fall of Atlantis, I'm not clear about that yet. In a
worth reading book by Robert Monroe, there is the story of how to breed creatures on the earth that
could produce more and more and better lush. At galactic level, you no longer had to roam the
universe as a hunter-gatherer of Lush, but created it yourself in the Garden (Eden). The purest and
1815 finest Lush could be won if one of these humanoids cried. In any case, Robert Monroe is definitely
worth reading, and Hemi-Sync technology for promoting medial perception and out of body
experience goes back to him. The human creativity, the pure Lush, is still lacking. The good
shepherd may also use the sheep's milk and enjoy a nice roast after slaughter, but the shepherds of
our earth win with their flock mainly Lush (creativity). With which stories, concepts, religions or
1820 economic systems you do not care. I hear you asking, how can that be done? How do you milk
Lush? That's easy, and you're going to experience it all the time. The depressive neighbor, who
laments something to you and you stay standing, listening compassionately: She's just milking your
creativity for her own purposes. And her intention is to continue manipulating in her mind and
moan even better and more forcefully, for whining is her business. Whining is begging at a high
1825 level. Even more effective is the sin and eternal debt in a common field, from which you can not
seem to get off. This is a quandary like the mill game. No matter, you lose every turn. This is
'Milking unlimited' or 'Energy - all you can eat'. A charismatic speaker does it, and so does the
patriarch, who beats his fist on the table and calls 'silence'. Then all focus is on him at lunch,
presumably he will reap them throughout the meal. The mutual chasing away of our creative power
has become such a natural part of our culture that we do not even notice what is going on. And
1830 those who do it commercially and on a large scale do not want us to figure it out. Many years ago, I
had this mutual aura of aura and just got fed up and retreated to the edge of society, also far from
the spiritual alternative society. Because I could not really make out, if under the cloak of
spirituality not the same milking practices were deducted. And if most of the scene is not just the
1835 more modern branch of the same matrix. Jenny Solaria Postatny likes to call the whole esoteric
scene instead of 'New Age' the 'New Cage' scene. The new prison. So it had the same thought. All
this comes to an end when people express an intention, use their imagination, focus their living
power, divert their attention from everything they do not want, keep an eye on their unconscious
stuff and through various awakening processes opening the connection to the Creator (her heart and
1840 mind) and still integrating and anchoring higher and more refined structures. And then do in
mastery what they came for. Because with this development, with this return to their original
potential, which they have only lost and to which they
Now they can empower themselves, they also discover their life task, that which fills them with
meaning and joy. If they then consistently follow their impulses and implement their knowledge and
1845 only do what is sentimental (that suits their intentions), it leads that to the really effective actions
that actually make a difference. They will simply know what to do. To the outside, it may look like
it's crazy or not rewarding. Or the friends do not see a difference in behavior to earlier. 'He behaves
as usual'. Then you've always been intuitively on a good track. That's what I call the Dragon Trail
into the championship. It's up to you if you want to do that. In this chapter, I've just introduced you
1850 to the basic principles of how you could raise your highest potential. And I can only talk about what
I've experienced myself. I do not know any better. Keep in mind that you may find a whole new
approach that is foreign to me. I'm also more than happy if my book leads to a re-evaluation of your
coincidences and paranormal and medial experiences and you are now on the search. In the realm of
1855 different levels of consciousness there are countless experts who can help you better or give you
more answers than I. It is also normal that the esoteric-spiritual contents contradict more than the
known theses in science. People get their information from their relatives in other dimensions and

are also on different timelines on the way. And depending on the consciousness, they also see reality differently. It does not have to be wrong. In the mathematical dimension of a first grader, the task 'five minus seven' can not be solved; the solution is trivial even a few dimensions further: minus two. So do not get confused. You just have to make a difference for yourself if it's right for you before you get involved. Think, "Truth, is that right for me?" There is another reason why many people are not alone. Who knows, maybe you too are affected. When you have ripped open your aura through a trauma, you are no longer protected, and any invisible entity that has run into it can slip into your aura through this rift, posing itself as your thoughts and feelings, or even as your Higher Self! I'm afraid you already have again the impulse to fly this book into the corner. Now that too! Come on, now we've been through so much together, now we do not limp on the last meters! Clairvoyants then often see a shadowy dark figure, which reaches from the back of the heart into the man and controls him like a hand puppet. And that is still the clumsiest version of a cast. In the past, the German language also contained warnings of such occurrences; people called this fact: 'Somebody is sitting in the neck'. In my homeland there is the legend of the Göttenbachmännchen, which jumps on one's shoulders, one goes for a walk at Göttenbach at night. Not always are the malicious, cunning and parasitic visitors, even their own children in spear can sign up to make some fuss in the relationship of their future parents, because they still want to keep the appointment and be conceived and born. Higher beings have a finer and more polite manner, they come only when you consciously invite them and pray. But they are always around you. Your own higher self, for example, and his buddies. Unfortunately, they can not make themselves felt, because in front of your inner connection so much trash lies around and obstructs the view. And your inner dragon makes sure you do not open that connection without clearing away the garbage first. He was programmed into us by less well-meaning aliens, so that we could stay pretty in the slave trap, while their own favorite incarnations, the hybrids and their human henchmen could fully exploit their potential via this gene. This potential is the fundamental right of every human being, it has been arbitrarily shut down with a gene. That's why superiors, rulers, and managers have always been fond of dragons, bringing them into their coats of arms, their company logo, their church roofs, and their palaces, while banning the people from engaging in dragons. This has not yet been understood (more in: 'Rich me the apple, Eve') To deal with dragons and snakes, activates the master gene (highest potential) and tears open the inner gate to the divine wide. Therefore, before you wake up the dragon, you should already have learned to handle its trash in the unconscious constructively, because the awakening dragon first throws around with everything that is lying around there. If this master or D

Once it is activated, a process starts, comparable to a domination series, which over time resolves all restrictive programming and almost automatically restores higher structures. I have to know, because my brother and I, as Annunaki, have this gene invented and installed. It was a genial step, on the one hand, to incorporate the required restrictions that the ruler of the world had demanded for his slave race (and we absolutely had to obey that, he did not let it joke with himself). And on the other hand about the cunning, it was only for his darlings to have built a door to freedom for all the others. A humanity of the future, we thought then, would be able to liberate itself easily. She could regain her full potential and shake off her slavery. For even a mini-creator, as we were then, should release his creation completely, as you already have your children. So if you have asked yourself up to here, where is the door of the prison, it was so far only of bars the speech, there it is, the door. You can open it by putting yourself - like me - in your power place, collecting all your creative power, raising your fist resolutely to heaven and shouting, "I want my full potential, now!" Activation is easier, faster and gentler, if you let someone activate you who has already awakened his kite. Maybe it can also help you to eliminate the garbage elegantly and quickly. There are already millions of awakened people who would like to help you. You will find your favorite teacher, but I also found my teachers. And of course, I also like to be at my disposal. This highest potential was still possessed by humans in the first and in the second world, where they walked in peace on earth and lived exclusively on light and love. You do not believe that? But, you already know this condition a long time ago, I'm sure of that. At least if you've been happily in love. You

literally float on clouds and forget to eat. In heaven you are in love with All That Is. With your
1910 loved one, you practice this condition only once per forma. You love the Creator and all his creation
and everything just flows to you. You experience miracles and coincidences and everything makes
sense. How it is to live this way, we can imagine today as little as a caterpillar, the greedy crawls
over the leaves, knows what it will be like to live as a butterfly only of nectar and fly from flower to
flower Heaven on earth is close at hand: you just have to follow your inner voice, which will lead
1915 you to your highest potential and help you clear the way in front of you. Some say, 'we bring more
God into our body', others say, 'we only complete ourselves'. Or call it as I did then the 'rise'. I found
Bluestar in me. And my friend Sanat Kumara. I do not want to miss the daily chat with them. But
Bluestar is also connected to many other creative aspects on Earth and supports millions of creative
and playful people on their way. Maybe you already had something to do with it. Happy through the
1920 end of the world Many people living today were born in the end of the world to create heaven on
earth. Maybe you too. Call me an incorrigible dreamer! Would not it be nicer if I could motivate
and inspire you with my book and encourage you to look at yourself, what you once dreamed of and
what you then sacrificed to the alleged reality (= matrix)? Keep dear, what inspires you and follow
your trail! That's exactly your part of heaven on earth! Take care and contribute to the dream of a
1925 human family. Without you there will be a gap in the bigger picture, a white spot on the map. You
know, if only a tiny piece of a puzzle is missing, the whole game is much less fun! Everyone is a
miracle. Every person is needed and has already agreed to the key data of his life before he came
here. Every human being is valuable and holds a piece of the puzzle in his hand, without which our
picture of the world remains incomplete. Instead of wiping those parts out of the table and beating
1930 each other's hands, we should all leave them all pretty, just like we are working on a big puzzle. Of
course, there are parts that fit right away and others that you can not put on. Well, they only have
another place in the picture. Fill in the gap and they fit. In a puzzle there is no right and wrong, no
good and evil, only it fits or it still does not fit. If you're living here on Earth right now, you're part
of that one puzzle, it's a common one
1935 s, big game. You just did not recognize it because it's not a flat image, nor a 3D puzzle, any more
than you are 3D. We are multi-dimensional and our overall picture of heaven on earth is then of
course. In your life, pick up the puzzle pieces from the ground and put them back on the tabletop.
Remember what people you did not listen to who wanted to share a truth with you. Study the matrix
around you. Listen to your fellow human beings without judging. Look, what can be applied to your
1940 consciousness already. At least you could try a lot of other things. And again, other parts may not
make sense in a few years or in life. But you should never let others tempt you to wipe something
off the table. Our reality is too complex, the manipulators too many, and life itself too precious to
allow you that luxury of tunnel vision dictated from above and beyond. With this book, I've put a lot
of pieces of our puzzle back on the tabletop and brought it into your cherished attention, please
1945 leave it at least above and instead be suspicious if someone encourages you to throw something
away carelessly, no matter if it's undivided Garbage, aliens or conspiracy theories. Be alert too, if
you are to put your fellow human beings in drawers that are smaller than the whole human family or
your species and species. Drawers serve to devalue another person so that he no longer has to deal
with him and his life's expressions. Every rush of war, every conflict and every propaganda starts
1950 with drawers. But multidimensional humans are far too big to fit in a drawer. Drawer thinking may
be comfortable, but 'comfortable' above all means 'externally determined'. 'Comfortable' is equal to
'unconscious'. Only when you have created yourself a free comfort, you can not be blackmailed out
of taking that comfort away from you. If this creation from the sofa I am advocating for in this book
is even successful, you know, you can always create it again. You have proven it yourself in
1955 practice. Note: From 'unconsciously comfortable' to an invisible consciousness prison, there are
only a few small steps left. You're probably already in it. This chapter is about our happiness and
how we can keep it at all costs. And why it's so important to keep her. I define happiness as
'contagious joy in action'. In my fellow human beings, I always come up with the basic assumption
that they are somehow affected by mood or good humor as much as by diseases. And that this mood
1960 is caused by others. They then tell me, for example: "When my boss came in and I saw his face, it

was enough for me, it spoiled me all day." We would therefore have to assume that a doomsday would be the same candidate in the mood down would throw. As a victim of the doomsday you are then very low, in a very bad mood, right? Not even close! People in extreme situations suddenly become quite calm and think very clearly. They feel awake, alive and powerful (a sign that they are otherwise actually walking around in a kind of half trance). And they know exactly what to do next. They are spinning off a routine they can not have, unless they are led by impulses of their intuition and purpose of survival. Mood, vibration, emotion and emotion are related. Viewed neutrally, they denote the vibrational height of a living and feeling consciousness. In physics lessons, you've probably learned that our smallest particles are either particles or waves. In addition, quantum physics has found that a particle exists only as a potential until an observer observes it. Only then is it created. I suppose that observation is our most important function as living, creative, conscious beings, because only then do we create reality out of the potential of creation. Mood, vibration, feeling and emotion are a kind of radar for which layer of creation you are on the move and how materially and cumbersomely your watching creates or how fast and easy it already creates reality. Before I go into more detail about mood, vibration, emotion and emotion, I have to make a difference in the structure and function of the creation. According to my current idea of creation, everything here consists of energy, space and consciousness. These are the Lego building blocks of this multiverse. Everything around us is energy, everything around us is space, so are we. Everything around us is also aware. Even our body i

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He is aware of it. Our spleen is aware of it, your nose is aware of it. Large material objects collect a greater awareness than small ones. Keeping them in shape is the job of a bigger and more powerful consciousness. Consciousness exists in every dimension. The creation is constructed like a layer cake. The lowest layer is completely frozen, immobile, material. Their vibration is slowed down to their eternities, while in higher dimensions, time is much faster. The lowest levels of creation are far too material for conscious life to thrive there. The beings would vegetate there in endless, machine-like, meaningless repetitions. The highest levels of creation, on the other hand, are purely spiritual. In the highest dimensions, there are no bodies, because conscious life is experienced as light and sound, as a closeness to the Creator. A being in these dimensions wants to contribute to the living creation consciously and in love. In my cosmology, I imagine these layers sliding like the colors of the rainbow. Creation becomes more material the lower and slower it vibrates. This is the first movement of creation: it became more and more material. She moved further and further away from the original creator, although she exists in the same place at the same time. The conscious beings, who further materialize and differentiate the creation, keep the material form. For plants, this is the Devas, for mountains the mountain spirits or rock dwarves. Or dragons of the dragon-ways or leylines, they keep up the energy dynamics of the earth. The second movement of the creation runs in reverse: it spiritualises the matter. The forces behind this movement are called 'angels' in the Christian context. They unconditionally love everything that moves in the reverse direction back to the original creator. All matter will also be spiritualized in its natural evolution, so the Earth and our whole solar system is currently in a phase of transformation. It is not us, first and foremost, that the earth itself spiritualises its matter, increases its natural vibration, and will eventually arrive at the vibrational level of the next-but-one dimension in the near future. It will then be a planet in the fifth dimension. And then there is a third movement of creation that was created last: it experiences the creation and shapes its change. Here came the free will and the dynamic soul germ in the game. Neither Devas nor angels have this free will, they just do their job. Devas love their flowers into existence and form, angels dissolve material awareness with their love and increase its vibration as ice thaws into water and eventually evaporates. And so they also have a loving influence on all fellow creators who, even in their consciousness, have sunk into matter too much and have asked for their help. They help them out of the futility and solidification of the lower dimensions. Because of the original creator being so boring and wanting to get to know his creation better, on the last day of creation he shared himself with many co-creators (and yet remained the same) to his own To experience creation. He wanted to know what it's like to live in his creation. And he wanted to make his creation dynamic and to continue to improve through us, his children. He made his co-creators

in his own image. As in a hologram, each part reflects the whole. He was always connected with these fellow creatures, his living children. He can always monitor what it's like to live in his creation. And in contrast to all the contrary statements, I am convinced that he does not judge. He loves us all unconditionally. Even the most pointless, material crumbs of sh For he sees him for what he is: almost frozen in his agility. And yet a part of him. The whole creation was loved in existence. Love is the first feeling of creation. And we too are actually knit in his own image: how wonderful it is (so we feel like the Lord!), When we develop something, design, build, repair, paint, dance, what we enjoy: we love it , We love our creation, right? We are like original creators, we are co-creators. Cofounder, because each of us is but a tiny part of the whole Creator, but all of us together with the Prime Creator create together the dynamic, multidimensional thing called Creation. We see it in reality for him! The third movement of creation needed feedback loops of perception to experience the vibration of a dimension and to navigate through its layers. Then the mood came into play. Others call it the law of resonance: equal vibrations are absorbed. Like a voice

Bel the elements and living beings of a dimension are attuned to each other, they resonate. But I'm not a musician, if you want to know more, ask a musician to resonate. As the creation materialized, its vibration slowed further and further. Each dimension also has its own range of vibration, and I am convinced the boundaries are fluid. There are others who suggest that, like the Prinzregententorte between the individual dimensions, there are intermediate layers that are empty in order to separate the dimensions from each other. Then there would be stages in creation, so to speak, and the movement from one step to the next would require extra effort and energy, or vice versa, as a fall backwards. At the end of the world corridors of the Hopi would at least passen. Für movement within creation up or down a co-creator must be able to detect only: Improves my mood even or worse they? Am I traveling downhill or uphill? Just as you carry a scale within yourself, and can produce a tone both lower and higher, it is possible for you to differentiate a mood enhancement from a mood blur and to consciously create a better or worse mood. This sense only becomes really important when you have decided to ascend. Let's say you've seen enough of the basement and experienced, you're going up the stairs now. That means ascension, that's all it is, unless you want to do a huge bohemia there. You have enough of the dark and heavy areas of creation and want to live easily and in joy. At that moment, you might be wondering, "Is there you, Prime Creator, and if there is you, kindly help me get out of here!" This is the turning point in individual maturity. Every single consciousness has the freedom to sink deeper and deeper into matter. As deep as it wants. It can never fall out of creation, it is quite certain. And it was begotten in love, no question. But the deeper it sinks, the heavier and slower everything goes in its existence. Added to this is a sense of futility and being 'trapped in matter'. A lack of love, which a conscious, loving being can only feel as hell. No one can stimulate this turning point from the outside, only the soul itself can decide in free will. She has to realize: Enough is enough. And then formulate an intention and follow the impulses. You can not drag an alcoholic up and dry either. If he has not yet found his turning point, he'll fall down faster than you can look around. The 12-point program of Anonymous Alcoholics continues. Next up I said: mood, vibration, emotion and emotion are related to each other. Viewed neutrally, they denote the vibrational height of a living and feeling consciousness. So the mood informs you whether you are more up or down within your dimension. It also informs you if you have just copied someone else's mood. Even the smallest of hangers you can perceive with this built-in mood sensor. Oscillation, on the other hand, can also be objectively determined; in the case of the earth, it is the Schumann frequency. You also have a natural vibration, that is the vibration that you can already hold alone in the air without dope through places, rituals, big events or gurus. So how is your mood with which you wake up in the morning and with you going through the day if you stay unaffected? feeling and mood influence each other, so they are not independent variables. Feeling is first of all a purely physical perception, a differentiated feedback of your space suit, where it just pinches and where energy can flow freely. Feelings become more and more differentiated and more nuanced by a developing soul. So people have a number of different emotions that relate to the physical, mental and emotional life experiences. And they all

2065 also have a vibrational height, you can at least say what makes you feel better or worse and put
them in an order. Here are a few examples: Fear, Love, Peace, Pain, Caring, Indifference, Anger,
Envy, Depression, Greed, Joy, Happiness, Grief, Gluttony, Silence, Inspiration. You can continue
this list. Try to put them in the right order from bottom to top of your dimension. Remains the
emotion. It is deliberately created by a co-creator to increase the assertive power of his creation.

2070 The more emotional charge your intention receives, the stronger
and faster she sets herself in the cosmic Ebay of the potentials. You book so to speak, that she is
shown in the first places. Or a striking frame. The emotion is therefore the drive that you can give to
your creative power. You can also load your feelings with it, so many people can not distinguish
between emotion and feeling. Some are chasing down their horns and even hold a lot of emotion for
true love. Creator power is always gathered with Drive and can be diverted from your intention to
focus on strangers. Drive expands through every other co-creator in a group when creating
intentions together. To do that later even more. To live in a different vibration than the other people
of the environment means to live in a different layer of this same reality. 3D still has an impact, but
often a different one. This became clear to me many years ago, when I had borrowed the car from
my son for a day, first to visit the Disibodenberg and then drive to a friend in Saarland. The car was
originally my own car, I gave it to him a year ago because I did not need a car in Berlin anymore.
Now we met with my parents again and I wanted to take the opportunity to drive out one day and
strengthen my connection in this power place and to make important decisions. I doped myself with
the energy of the place and with the usual little rituals until I felt very holy to myself, almost as I
imagined the holy Hildegard, who had lived there once. In this very high, sacred vibration (which
was like an intense infatuation), I happily continued my journey. I could have hugged the whole
world, I was so happy! My son told me to drive as inconspicuously as possible so as not to get
caught in a police check, he would not have had time to get the turn signal repaired. And the tires
were also lost. And he would not have changed it yet. With that we had created together what came
next: I had not driven ten kilometers when I saw a police check and she waved me into the parking
lot. "Oh, you sh ..." went through my head in not so sacred words. But in my amorous state, I said to
myself, "Stay in high vibration and accept what comes without judging. Everything works perfectly.
What happens, happens. Stand by. "I was whipped through to the forefront by three controllers,
cranked down the window and heard:" The driver's license and the vehicle papers please. "At that
moment, I also recognized my own forgetfulness: I had no papers for the car! I already added the
estimated amount of money and the penalty points to my head, but I remained in a good mood and
apparently he also enjoyed talking to me. My good mood was contagious (and, above all, real) and
that seems to be quite nice for a policeman too. I handed him the driver's license and then told him
that I forgot to get the papers from my son. So I would not have one. The car had been mine until a
year ago, and now I borrowed it from him. My wording was, of course, according to the mood
correspondingly overflowing happy and not as I describe it here. "I'm afraid," I said finally, "he still
has not rescheduled." Then this nice official was very caring and explained to me in detail what
consequences it could have for me if the villain himself caused an accident. He said goodbye to me,
I should necessarily assert myself with him and control the re-registration. He was cute! He helped
me cope with a mother whose scumbag had grown over her head. Maybe he also had such a mother
in her own circle of acquaintances. I promised him everything. It's so nice to have someone work
for your well-being! After all, he may have thought that he had given me enough time and wished
me a good trip! I thanked overjoyed and continued my journey in sacred joy, without even having
run around the car or checked anything! And of course, the lack of vehicle documents cost me
nothing. At that time, I thought that must have been the help from above. Dear God, thank you!
Today I rather believe it was my own concentration on the high vibration and that I did not allow
any outside situation to take that good mood from me. As a result, I settled my own experience in
the shift, where 3D is fun too. If you observe the connection between thoughts and feelings, you
will probably be astonished to discover: the good mood comes first, then fol

2115 The reason to have them on their feet. Did you already know that? Because your mind has the task
to explain everything to you, and so he quickly searches for a reason for your joy (or your bad

mood), as soon as it appears somewhere out of nowhere. The feeling is there first and you can generate it consciously, you decide to be happy. I know that since my days in Mainz. At that time I lived in the skyscraper and above me a philosophy professor, a Greek. One morning we met in the elevator and he grinned and was very happy. I, on the other hand, was in a bad mood. I had slept badly, it was drizzling outside and it was still quite dark. In short, there was no reason for me to be in a good mood. To his cheerful 'Good morning' I reply promptly: "How can one be in a good mood on such a morning, it is dark, it is cold and it drizzles." And he answered smiling: "Well, that's the only thing I can decide for myself. I can not change everything else! "A lesson for life. This morning, I went to work happily. The effectiveness of Laughter Yoga goes back to this fact: you can not only decide willingly, how you are in a good mood, laughter is also contagious. There are CDs that are just filled with laughter, you can get infected with them. The saying 'laughing is healthy' surely you know. There are people who meditate with their awareness / attention throughout the body, consciously smiling at each of their organs. "Good morning, dear intestine." Smile. "Good morning, dear Spleen." Smile ... It has also been found that it is enough to pull the corners of your mouth further apart and higher for a few seconds with your fingers. Make a laughing face and you laugh after a short time automatically and above all in real. Nun I hear you maybe moaning: 'Nope, no buck, sh ... the end of the world.' I understand that, then you are drizzling and dark announced, like me at that time in the elevator. 'Bad Vibrations are bad ideas', maybe the musicians would now say among the spiritual, while other genres of music are just wallowing in cultivating evil vibrations. The fact that it is definitely better to walk happily through the end of the world is due to the fact that in a good mood you also put on experiences that will keep you in a good mood. Good experiences, then. Experiences and events that are fun. Low vibration such as bad mood is also close to rage, anger or fear, and when chaos increases around you, these feelings in you are triggered anyway, to put you in the maelstrom of Involve events. The reptile brain lovers among your friends will try by all means to get you to play along. Fight or escape, that's action. Every Hollywood movie lives off it. They say to you: 'Come on, do not be a spoilsport, let's do even more action and move wildly around the houses. And have the bottle of beer ready. ' Or. 'So young and stupid we'll never get together again!' But once you've gotten around to fear, horror and horror, you're putting those scenarios into your own direct experience that will give you the reason. It's just like the mind that gives you the reason to feel that way. In this case, you might get into a massive brawl while hustling and missing the SMS of your inner voice. Later, when the landslide has already come down to your hospital and your surgeons could start all over again to mend you, they would not have been so damaged themselves and the narcotics gone out, maybe you remember being at the sight of the tram thought: 'I should go home with it now.' But your buddies were louder and so you did not listen to your own weather. Your cat would have long since disappeared. Keep away from the mainstream media, especially if it should be bumpy. Do not even speculate, what if. Above all, you are responsible for how you feel. And what you think should be related to what you actually want. All speculation, concerns, concerns, and opinions are just ridiculous should it be true that you are creating the path for yourself. Then with your worries you hit only big potholes in your beautiful, new road, so that it becomes bumpy again, well then. Collectively you will be flooded with anxiety and anxiety scenarios anyway incredibly fast, they will meet you with the neighbor and his remark or if you actually only want to watch the weather report, but still in the rest News arrives. Be calm and peaceful in all circumstances, even if you can not keep your cheerfulness, because compassion would make it inappropriate for the troubled people around you. Then just switch back to friendly and stick to your intention that z. When the Iraq war broke out (which by itself is a peculiar phrase for the conscious invasion of a superpower into a small country) I was able to delineate myself even better, my structures were not in place and I was less sensitive. Ironically, in the early morning of my birthday, this war had to 'break out'. Instead of being kindly greeted with good wishes at work like the years before, the whole school, both students and teachers, was in high turmoil. "Poor you!" Said a peace-loving and politically motivated colleague to me, "I'm sorry that you have your birthday on such a day!" Huh? I was pitied on my own birthday? The students wanted to spontaneously participate in the demonstration

in the center of Mainz and I could understand that well, and they were also allowed by the school
2170 management. I remained steadfast and did not let myself be confused: it was my birthday and I was
not interested in what happened that other day, at least not on that day. That made me all feel like
some kind of psychic thrust, just about to spin , I apparently attended a mass psychosis because I
just had a birthday. 'So I celebrate alone,' I thought. 'Tomorrow I can still think about the Iraq war,
2175 but not on my birthday, he just has nothing to look for in my life.' It was a truly incisive experience,
this mass hypnosis had really invariably seized everyone, the intelligent and the stupid, the
empathetic and the wooden, the young and the old. As sober as I was compared to them, I wondered
what made this war so special. Actually, I had wanted to go to the Lower House in Mainz in the
evening, but I also renounced it with foresight, probably the cabaret artist would insult me in the
2180 audience, why I was sitting there and listening to him instead of on the Street to demonstrate against
the war. But even then I suspected that something was wrong with this idea 'to demonstrate against
the war' (today I know what I am fighting, I make stronger). Because I was fully committed to
peace. The next surprise was not long in coming: When I picked up my daughter from kindergarten,
I had to calm her down. The other kids said that the Iraqis were shooting missiles and they could
2185 land in their sandbox. I could only hope that she had not thought about war much more fully and
was just worried about her toys and sandcastles. At that time I suddenly understood how quickly a
whole country could get into the stoked hysteria of war. In the psychology of the masses, we were
no further than in the Third Reich, even though we felt so purified modern! I finally packed my
daughter in the buggy for my birthday and walked alone across the fields under a starry sky. They
2190 were at least as normal as ever. My son, who was already pubescent at the time and had watched the
world affairs on television, then, on my return, offered me an ingenious idea for financing a war:
"Next time," he said , "ZDF gets the broadcasting rights for the Iraqis and the ARD the broadcasting
rights for the Americans. We were able to secure the financing in the long term. "The endless war,
he had just invented it, it was arguable at that time that reporters in tanks should come to the front to
2195 report 'objectively' and 'directly'. With the experience of mass hypnosis in my luggage, I began to
worry more about world events, actually more than ever before, that worries are projections of fear,
which I reinforce myself and others and in this case the whole world, At the time, I was not aware
of the fate of the world - the mixture of forebodings, fears, and everything else I knew (for the
peaceful conflict resolution after Danaan Parry incidentally, the people around me were not
2200 interested at all) culminated in the supposition that the end of the world is approaching us anyway,
there was a war more or less not an.I continued to collect diligently knowledge and E experiences
how to mitigate, prevent and change events. Most of the time, the unconsciousness of my fellow
men worried me more than anything else, because we live in a demo
And if the majority chooses to be unconscious and manipulatable and is influenced by advertising
2205 in the form of a detergent advertisement, then it also makes decisions about my reality. That's how I
thought, at least, before I finally discovered that I can create my own reality bubble, independent of
any stupid, democratic decision of others. And then I do not have to condemn their decision as
'stupid', I can just be and stay and let them live without judgment. Of these hypnotic fields are
constantly on the go, larger and smaller, anytime and today. Often they make it into the news, you
2210 can recognize it. Sometimes a mass psychosis field or mass hypnosis field is so powerful or at the
same time so careless that it gets me completely. This is what happened to me in 2015, during the
mass exodus of the Syrian population. Later, I blamed my Facebook membership for getting this
field to me. And my imprudence, of course. The war refugees and asylum seekers sloshed into our
collective unconscious, a dam that had so far shielded us from having to look at what was the other
2215 side of the alliances we were loyal to. And also the downside of our economic boom. The collective
shadow of other states and humanity as a whole caught up with us. We bought cheap and more and
lived with the earth as if we had a second one in our pocket. The starvation wages, the exploitation,
the misery, we had successfully banished from Europe and no longer had to watch the misery
caused our goods production. We stuck plaster on the wounds of the world and it continued to fester
2220 under the pavement. So it was only logical for me that our collective, colonial-imperial shadow
would eventually come back to us, so that we still deal with what we are doing or omitting. Or

tolerate friends. But with the big hypnosis wave, this has nothing to do, it comes straight out of the matrix and behaves like an emotional mudflow while raging through our unconscious. She rinses up any suitable residue in each of which he may have believed, as I had, that they had long since been clarified. The stupid thing is, if I get caught in such a wave, I'm not just on the surface and drive so in front of me. No, she grabs me with scripts and I think and act as if in the wave. So I climbed in on it, my bad luck that I just had not birthday. It took days until I was clear in the head and the experience could evaluate and deepen. Actually, it is indeed used to diving directly medial and ask me and the universe questions like: What do these other countries in Syria? What are other countries addressing an elected state government? Is not there a UN agreement that all states are sovereign? Who uses it when this land is in ruins and all its inhabitants have fled? Who could be won as volunteer settlers to rebuild? Why are the refugees being specifically directed to flee to the Central European and Northern European countries? What do these European countries have, what are the other countries missing? If there are power-political interests and monetary interests pursued, what are they? And then I asked myself: Are there especially older people, women and children? Or are these groups of people left defenseless at home? There it was, my own sore spot in the subconscious, an emotionally charged, woman-motivated reason to upset me a lot. Now this hypnosis wave finally succeeded in ripping open my door! Now I was angry: Are the families rather than their male offspring from the dangerous military service to safety? To continue her education undisturbed here in a kind of European boarding school? Certainly not without telling them that they have to do everything they can to catch up with the whole family. And at the same time they certainly had to promise not to lose their own culture, religion and tradition. That's what I would do in their place. And even deeper: which occupations adhere to these people, if they were traumatized and how do we deal with it? Do you have the conscience to face your shadow or do we have to wait another hundred years or another three or four generations as we do? If they do not actively redeem their trauma because it simply does not match their awareness of getting psychological help, will they piggyback the same conflicts to our country and carry them out among themselves or with us? If our refugees seek a certain stability in an uncertain situation, they find it mainly in this, i To continue living there in our country. And we will have to live with it. But these people would rather have stayed in their country without war, Assad or not, if they could live well there. Syria was a modern emerging country. So who got us into this? Who cooked the soup that we are going to spoon out? At some point I had a vision in which I saw Syria as a big pillow. A pillow with the outlines of the country. And all those who took part, in one way or another, directly or indirectly in this blatant vulgarity and brutality, I saw standing around the pillow and hammering the land with a hammer. And I heard the powerful talking and everyone had a self-interest. The people and their suffering did not care, the main thing, the Syrians left the country, their country. It was like carpet-knocking. Well, I would not be a filer if I had not felted that pillow and published it on Facebook with the hammers and talk of the powerful. I have a certain inclination to political caricature. Only then did I realize that the others around me were floating on the surface and did not want to receive my media truth. They were instructed to bite me off because I had broken a taboo. The taboo is: The cause of the refugee flow must not be criticized. I was then glad that on Facebook not really anyone had been interested, the caricature had been neither shared nor lied to. She was isolated in the room, as well as myself. Once I was again wave and hypnosis free in my aura alone, I put out the mail completely. At the same time I have once again adopted by Mark Zuckerberg and his Facebook consistently. I realized he was misleading me into stupid things. He only seduced me to reveal more of me, as if they were private friends. But true friends do not lurk on my posts, always ready to rip me off. True friends exist only in real life. On Facebook, everyone is just a potential agent Schmidt of the Matrix, they had me with the pillow but also caught, just not on the same level as my former Facebook friends. A higher vibration, you recognize that you are light, bright, light, raised, floating and feeling elated, in gratuitous joy, in peace. Here you will also find the innocent, playful happiness, the connectedness, the home-feeling, the unity consciousness. You feel meaningful, have a life purpose, you are co-creator. The feeling of 'love' I expressly put aside here, because the humanity was so confused that even the lowest vibrations such as fear of separation or jealousy still

holds for love. Love is therefore not a feature of a high vibration, it occurs in our society in every vibration level, love must be unconditional and refer to the whole creation and to all living to realize this highest vibration. Agape is called then. A low vibration is the opposite: Heavy, dark, dull. You feel driven, superimposed, alienated, depressed, your life is meaningless, eternally meaningless. When you are visited, the level of vibration of the visitor relative to your natural vibration determines whether you are depressed or raised by the visit. This is true for real 3D visitors to your home as well as for visitors from other dimensions. Before my deceased grandmother finally left Earth's astral field, she watched me at work in my workshop for four weeks without my noticing. I was just surprised that I felt so depressed as soon as I entered the room! My grandma was a true love, but in the vibration my body was much higher than an astral beings from the realm of the dead. Your visit thus lowered my vibration and created a depressive workshop. What I mean by "cheerfulness" There is also another cheerfulness, it is like with love, we have not yet learned to distinguish. Most people understand by 'happy' that they are hilarious, turned up, their field is inflated and inflated with meaning. Every exuberance is a discharge of happy feelings, often accompanied by a positive blindness and infatuation. If we kids were exaggerating too much, the adults warned us, "That's howling!" ("Daad geed med a Rang oos") Because we then over-turned on and were always careless. It was not long before one fell or we got into a fight. Since the originally innocently playful childlike happiness was emotionally charged on and on, until the unconscious also took part and sometimes threw something out for processing. Such an attitude is particularly dangerous in disasters and in contact with mass hypnosis fields. There is e
It's especially important to keep the vibration high and still be clear and sober. Or even deliberately sobering up. Happiness, gratuitous, childishly playful cheerfulness is a high vibration in action. Love in action. The cheerfulness that I mean is therefore the action aspect of the highest vibration. Silence, joy, thoughtfulness and attentiveness do not sufficiently express to me that it is important to act as well. And by that I mean to follow the impulses of one's own creative fields. To raise one's own vibration, you can invoke high-profile visits, pray, perform rituals that will tune you in, seek power places, light candles, or time acupuncture through regular rituals same times. You can meditate to practice concentration and clarity, or to get your swing up as fast as possible. Most of the techniques have come down to us from a time when it was much harder and needed a lot of effort to get a good result. Meanwhile, it has become easier due to the natural vibration of the earth. Today the command is sufficient: raise the vibration, open the heart, lift upwards. Continue. Further. Or try the switch: At the moment my mood is at -3, I switch to +4 on the upwards open mood scale. How does that feel? You also come much higher than you realize. You're in prison of your own inadequacy, remember? You are inadequate. If your aura is 'too long,' you are a thorn in the side of the matrix, because you're reaching too high up and connected to your Creator, that must be prevented with 'un'. Crucify does the same. The divine flows to me (hand gesture from top to bottom) and I interrupt now (hand signal across). Energetically, when you say "yes," you're reasserting that you're calling your living power, but that it should not come to you. Where does she stay then? An unwanted, not invited visitor, who does not ring the front door, but secretly sneaks in somewhere, I call a cast. A cast basically pulls your vibration down, at least if you're an honest person. If you are a crook yourself, a cast can also become a benefactor, everything is relative. With a cast, not everything is negotiable. Sometimes it would be like talking to a tick about having to leave you. She just needs blood to survive. Out with the parasite (Note: Para-normal Vi-siten are often only parasites). Other occupations are more sociable, you can nourish them according to good Buddhist custom and give them what they need energetically (which is usually a breeze for you) and then they go voluntarily. Esther Kohte then asks her: What do you need from me? Then give it and the occupation disappears. Real occupations you look at the humans: They have dark circles under the eyes. As a rule, uninvited visitors have a lower vibration than you. Because you would not do that and break in, would you? The eyes are our doors to the soul. There you also see the visit of real other beings, then your soul is overshadowed by them and your body depicts it. Such visitors may be deceased who have not yet been able to detach themselves from the earth. Or parasites, manipulators, and vampires from other dimensions. If there's no shadow under your eyes, but your

2325 mood was just going down, you might wonder if you still have an open account. A trauma, a
connection, a topic. Find a safe place, maybe with a friend or in therapy. Let the feelings come up
and observe your thoughts. Is it your own? You may have taken them over from people who are
close to you and are digesting them vicariously. With me it was enough to walk up a mountain to
become depressed and heavy. Thousands of years ago there had been a carnage and the dead still
2330 haunted there. When I realized this and sent her into the light, I was suddenly in a good mood and
felt light and elated. So if you look in the mirror again and see dark circles around your eyes, that is
either easy clairvoyance (if only you can see them) or even a physically manifested cast, it's never
something else. Do you know that? Did you ever wake up with a hangover after a night of drinking
and scared yourself in front of your reflection? Your cat is not a cute little cat! You are not alone, as
2335 you have caught some or just one visitor on your Birmingham tour. This time perhaps not by a
crack in the aura but by elimination of any precaution on your doorstep: the stand - under the
influence of alcohol - the
wide open all night. This visitor also disappears by itself, if you clean up in yourself, that goes
voluntarily, before you discover it. And then you close the door behind him. He usually did not have
2340 any bad intentions, he just came in curiously, because the door was open. Alcohol reinforces your
unconscious and pushes your intentional, rational and loving natural behavior into the background.
Afterwards, you might be wondering, "What brought me to tell him that?" Language is
enlightening. So you were not yourself? So who was the rider? Drunk people say the truth, says the
vernacular. How come? The official explanation is: alcohol lowers the inhibition threshold and
2345 social self-control. But that does not explain yet that the drunk has caught exactly the sore spot with
me! I maintain that he is so unconscious and at the same time so strongly connected to me that my
unconscious mind reports to him in the brain. Results! This is not a feat if we have each other open
our aura and the contents are free to move back and forth. This kind Ballermann cheerfulness I do
not mean, because they would pull you in danger even more right in the middle of the fray and open
2350 to any nonsense, It is artificial and is created by emotional charge, because you are the center of
attention and draw the attention of others to you. Not only do you feel great because you are less
censored and socially controlled under the influence of alcohol, but most of all because you attract
the vitality of those present (attention) through your intrusive and conspicuous behavior. You are
suddenly so much more, you feel so much more important! You feel as if you have this great
2355 personality yourself, and you only feel the sum of the spectator's power. A single drinker in the
corner can only hatch dully. He is never happy. There is also another happiness, which arises from
your own liveliness and needs no audience. It is the conscious surplus value, by extending the joy
even further by an action. The intention to keep happiness and to bring more joy is at the same time
the creation of this state - first as a field. But as with all creations, it only comes into your reality by
2360 following impulses and acting. So the joy may be a spontaneous happy dance. Or you laugh at the
mowing of the lawn, because you just realize that you have already done something yourself, which
you have understood and even already explained to others. You catch yourself repeating nonsense.
In any case, I could throw myself when I see a light, which antics I've torn again. This kind of
cheerfulness never laughs at others, which immediately lowers the vibration. She lets her joy flow
2365 only in actions whose impulses came from intentional fields. Imagine it more like children: Be
playfully childish. This kind of happiness anchors the joy, the high vibration, through a lived action
in your reality. You are, for example, in joy over a loved one. But only when you get the idea (the
impulse) to make him something crazy, which makes him laugh, you have made it an inner
happiness. Just as elated as you are, you go to buy another bouquet of flowers. Real happiness is
2370 contagious. You spread a good mood, you lift the vibration of others. Among the spiritual there is
the fairy tale, it is better to experience only quiet, inner joy and intoxicated in meditations. Good, at
least more fertile than the Ballermann gaiety is that all. But in practice, they do the same thing as
the Ballermann-Merry: they invite alien energies to outshine and exalt them. This time, beings with
a higher vibration: Certain music, certain images and rituals bring them into the mood. And then
2375 they jump through the internet, looking for inspiring messages, following a channel, harvesting
good energy and increasing vibration. This is emotional doping at a high level. The intellectual

people in their environment recognize this immediately. Somebody is hovering on cloud nine and does not even get his shoes tied, let alone his life. Only the high vibration that you make out of yourself is your own. Inner joy continues in outer happy acts. And as with all human contacts, you should also be on guard with the invisible. It can be a being much higher in vibration than you - then you feel better in its presence - and yet have a very own agenda that does not necessarily correspond to your intentions. Even the highest beings may have just decided, a great one Flood would be best for you, because in this life it will not work with you anymore. 'Let's start it anew.' maybe think for your benefit. Such a decision can be made in great love to liberate nature from a great burden: too many unconscious people. Great beings love everything equally and do not favor anyone. It is downright foolish to expect their own advantages and privileges from high connections, because one is good, obeys the rules, belongs to the right faith or already has a much higher self-oscillation. Only your own inner connection in its highest form, where it connects you with the whole, also provides for your own benefit. That was already the point of contention between Catholics and Protestants. Luther's most revolutionary claim was that everyone can only find God within himself. Only this inner connection, which is today called in spiritual circles 'the Supreme Self' or as Luther 'God', favors you and only you unrestrictedly. She loves you unconditionally and then the others and the universe. It is programmed to control you and, like Super Mario (Gameboy), bring you to the highest level of awareness, connection and vitality in this one game (a life) while keeping you alive for as long as possible. Another player always follows his own agenda, no matter what dimension he comes from. These channeled entities do not even have to be themselves in a much higher vibration. If they manage to give meaning to themselves and attract the attention of you (possibly a much higher, but still matrix-infested consciousness) and collect vast amounts of life force from millions worldwide, it will be them from the second channeling easy to impress you and other followers with high vibrations. But above all, with a very strong emotional charge. They simply take the life force they use to flood you and gain your confidence from the last harvest, just as every farmer from the potato harvest retains the small and potent seed potatoes for the next harvest. This newer version of the Matrix works just as well royal weddings or a Madonna concert. Only spiritual. Entire esoteric schools are so structured. Their main hallmarks are the emotion they evoke in you (the emotion) and they want to keep you on the pole. Swan stick! You then need this weekly dose of good feelings. You become addicted to the next channeling, the next concert, the next wedding. Or after the next report from the little polar bear Knut. Once again: This is emotional doping and has nothing to do with consciousness. The great rush of emotions stems from the fact that for such an amount of people you can not dose the load to normal, if you spend the seed potatoes for the new harvest. If you look at your own cat and look at it in love with love, it just seems like a similar feeling. There it is love. In the other case, it's just a lot of emotion. A lot of creative life force that is being skimmed off and flowing into other channels. Learn to distinguish this if you want to get out of the matrix. As you may have noticed, I take very seriously what Jesus himself said. Take, for example, "If two or three are together in my name, I am among them." I understand this: He said, "When you call me together, you can amplify and lift the vibration so that I can see it for you and become audible. " Because all beings are always there at the same time. It is always questionable whether we also perceive it. The long wave, the medium wave and the short wave, they are all available on your radio. The most fantastic is yet to come: co-creators can combine their creative life force and thus potentiate. Now I'm not sure if you realize what that means: If two come together in his name and focus on the connection, their power increases to $2 \text{ high } 2 = 2 \times 2 = 4$. If there are three people under that Focusing, your power increases to $3 = 3 \times 3 \times 3 = 27$. Can you now even begin to imagine the power that is collected in such mass events? These are growth, a stockbroker can only dream of! The Christians have been distracted from all the other nice stuff in their Bible and in the declarations from the pulpit that Jesus wanted to set them free with this sentence. He actually says, "Sit down and focus on me, you can talk to me directly, do it, you do not need anyone for that, no sacred book, no weekly rituals, just come together in my name." Good, I want you too b but I would say it differently: No intermediaries, no matter at what high level. Either you have the

2430 connection to the Creator within you or you have not opened the connection strong enough yet. You have your own connection, why should not you in the first place use your direct line to the creator? Two thousand years ago, the vibration was so low and the soup so murky that it could help to turn to such a high being as Jesus or Buddha as a stopover to feel the connection. It's definitely different today. Go directly to the source. Do not go over and do not be impressed by any road and do not buy anything. Leave the Monopoly field now - all the way. It is the Matrix. Today, I understand

2435 liberation from any manipulation like this: You can calmly increase your power and your ability to hear and speak your own inner voice, taking part in a group that focuses on it. The potentiation of the life force is enormous, use it. When two or three come together in the name of their own Higher Self, they can speak directly with God. Fact. Experimental. And only then can they be sure that their own well-being will be favored. And that of all that is. I'm just more radical because it's so easy

2440 today. Get rid of all foreign channelings. Free yourself from all mass events, if they do not have the goal, whatever you wish for yourself. You will find everything you need in yourself. You see, in my heart I have remained Protestant. Only modern, every time needs its own Luther. Back to the cast, I want to give you even a good tool to remove a cast. I ask, "Who are you, what are you and what is your task, who were you before, what ... and before that ..." And after at least three more complete

2445 question cycles of this kind, it continues: "Who are you in the future, what will you be in the future and what will be your task in the future? " With this you put this being back into its own time and into its own line of action, because it does not belong here at all. Finally say resolutely: "Your job with me is over." That's also true, you have unmasked your visitor. "You go now and you take all your energetic, magnetic and electric luggage with you." Baff. I begin to belch myself with the first

2450 question. The burp continues, after all, I have to yawn. Then the cast is gone. Control yourself in the mirror! This tool comes from the Access Consciousness box. Another sign of a cast is 'feeling driven'. You are always driven by only one visit, because who would be crazy enough to drive yourself that way? Take this feeling as a sign, as if you were hearing a trampling on the memory: You'll take a precaution to see what's going on up there. Out with the visit, on all levels. Do not

2455 even think that you can not. That you do not know how to do it. You have to imagine that you can do it! When you perceive something clairvoyant in other dimensions, you are simultaneously activating the ability within yourself to send away the seen being or stop the abuse on you. You've taken a new ability out of your potential, congratulations! Do not tolerate manipulation, no matter at what level. You can try it with good, send away with, delete with. Please do not fall for the idea that

2460 you are powerless. This is an implant that this virus or visitor has attached to you, its glue, that it can stay as long as possible. Out. Consequent. Again, you are sovereign in your body. He is yours. And you alone decide who is allowed to visit you. And with such left-wing methods, that's not possible! You may have promised him this alliance in this or another life. Or your parents gave you him. With your focus and your own intentions, keep all your connection, all! Delete all oaths, fealty

2465 oaths, promises, allegiances and 'eternal associations' from this and all other lives. You did not know what you were doing. From now on you have the intention that new people come into your life and transform the old relationships so that they serve what you want to create in harmony with the source. And always, if you do not call desired energies, delete them immediately. Baff. Otherwise they sink back into your unconscious. As you could learn from the example of the police check, it

2470 makes sense to live in the best possible mood, in as high a vibration as possible. Then things happen that others might even call a miracle. And indeed it is like this: Except that these wonders naturally arise in the fit of cosmic Ebay, for you create

Do it yourself. Miracles are your natural destiny. The higher your vibration, the easier, faster, and more amazing everything in life will flow to you (Gary Douglas). What could you think that makes

2475 you a little happier? Mood is our inner tuning fork. Is it just showing us a light, happy, peaceful, loving mood, or are we feeling heavy and angry or anxious or sad? Imagine the different moods on a scale on a flagpole, and the lightest and most beautiful and loving mood is marked above, the deepest, darkest depression at the bottom. When I speak of vibration here, I mean exactly this perception of your mood. With which calibrated stroke of the flagpole (feeling, emotion) do you

2480 react in a corporeal way? My suggestion: Do not leave this to chance, nor your thoughts. Decide to

raise your mood. Try out what works. At some point, like an actor, you'll be able to deliberately flip the switch and create a mood on demand. The question remains, what mood should you want to generate and why? Well, your mood and your thought content draw an experience into your life - through resonance. Of course, if you want the most wonderful love experiences, but fall into self-

2485 pity in a dull, alcohol-depressed consciousness, you will create just that: situations that demand that you know how to help yourself, rather than shut down with alcohol and drowning in muffled brooding, although at first it looked as if you would now experience the most wonderful love experiences. Now to teach you that you already have to feel as if your sweetheart is already there and you in the middle of the experience, so that you will experience it at all, will only animate you

2490 to another glass of alcohol. Imagine it differently: You are currently traveling on a downward spiral, which you have triggered at some point and then strengthened further and further. The cause does not matter, just realize that this is so and take the responsibility for your mood. Turn this spiral around in an upward spiral. At least feel a little better, you know exactly what helps. Take something nice. Ask yourself, "how can that get any better?" If you want to win at Olympia, you

2495 have to start small. Look for what you like, even in your life. Examples: It's so great that I have a roof over my head! Or: I love my freedom and that I can live homeless everywhere. I like these shoes. Get this upward spiral going and see that you immediately notice any reversal down and return to the upward spiral. Feel and think as if you already have what you want. This is called the law of attraction. This will make it more likely that you will receive it. But the joke is: because you

2500 already feel that way, the need is gone. You then no longer need this experience, you already have it in your imagination. That makes your mood go up. I hope you already know why it is so important to walk happily through the end of the world. You'll find more examples of this in Abraham Hicks. You regularly pull your mood down even further with your blasphemy and condemnation, unless

2505 you judge positively positively, but you can actually completely stop judging. The world is just as it is now. You can not change it anymore, because what you see has already been created, it's a thing of the past. If you give it attention and charge it will continue to do so. If your presence in which you create future is not free from the past, your past will become the next future. So it is advisable, no matter what you have perceived, not to continue to pay attention to it and in no way to charge it

2510 emotionally anymore. You do that simply by saying, yes, that's the way it is. I've seen that, I've realized that, I've learned that. And that has to stop! (Or alternatively: I like that!) And then you could go on: I do not know what that means and if and to what extent it has anything to do with me. I dont know. This is already a good prerequisite for conscious creation. The objective reality (as we call it) only gives you suggestions for what you want for your now. And experience in the future. If you do not want to repeat your experience, your affirmation could be: That's stopping now. This is

2515 just over. I wonder what would be needed to change it. These are tools of Dain Heer. So how can we happily go through the end of the world together? Personally, I'm convinced that even if we all get out of the matrix very quickly now, and the di

To reassure nature, to avoid a few major catastrophes. Mitigate determined, but not avert. We do not have that much power, even together. The earth has its own natural evolution and it needs to be

2520 skinned from time to time. And catastrophes that have long been initiated by human hands (with or without alien involvement) are comparable to a train that has been thundering on its tracks long ago inexorably into the valley. So the pole shift will come, and it will actually come in 2029, because when Dolores came up with Nostradamus, she was already on the new timeline with him, not on the old timeline. Personally, I am convinced that the pole shift The next big shake will be, and until

2525 then, the developments of the old Matrix will still focus on their old agenda. In their consciousness, the creators who trust in the Bilderbergers will also believe that this will be their future. Not at all. But do not expect a solution outside of yourself. If you're about to become a lifeguard yourself, it would be stupid to think that one of the spectators is taking on the necessary salvation. Only the matrix itself would like to lull you in and wait for the other or the aliens who will then judge it for

2530 you. More than a decade ago, many spirituals were waiting for NASARA, an alleged haircut for all. Instead, if they had focused on creating their own debt cuts and then followed their impulses, they would have known him long ago. Today, there is a similar scene on the Internet called QAnon. So

there's supposed to be a secret political backlash, headed by Donald Trump. Soon he can reveal himself and all evil will end. He will punish the pedophiles and free the people. In one of the videos states: Criminals have the power in the leadership levels of politics, business and banking. Well, that may be new for many Americans and maybe there is something in it. But at the same time it is suggested to you that you are powerless and need this Trump to change something. And that's wrong, that's Matrix. Note: The Matrix learns with us, it is constantly improving with us, it is still far superior to our knowledge and understanding. Agent Schmidt can be found in all parts of humanity, and most of the time they do not even know it themselves. Why should the matrix stop before channeling, so that millions of spirits can be lulled to sleep? Trump will soon disempower those criminals. In another version, the aliens come and save us. And they all lived happily everafter. Hello? As I already said, we are being trained to become a lifeguard. The aliens standing around the pool are the jury, if we get the certificate, they will not jump in now and will do their practical test for you. Only when you start to demolish your swimming pool will your lifeguard get you out of the water. When others do something for you, it's always a lullaby of the Matrix to keep you sleeping. Wake up! The vibration of the earth continues to increase and this evolutionary pressure brings in many a life the personal end of the world. For me, the loss of the Dragon Mill was felt to be the end of the world. For others, personal doomsday starts with a serious illness, loss of loved ones, a crisis, a job loss, or a stock market crash. He is not off the table yet, so far the financial end of the world has only been postponed. Our children and grandchildren feel this unrest, they already try to live in Tiny Houses, off grid, self-sufficient, mobile or even nomadic to move from one place to another. They stay mobile and constantly learn. And they network worldwide. These young people will have no problem spontaneously packing their bags when their inner voice tells them to go to Australia for a few weeks. Often they do not have much more than to fit in a suitcase. Australia is a good idea. For, according to Nostradamus, only the Australian continent remains reasonably undamaged by the pole shift and its outlines the same. If you do not have the appropriate vibration level for the changed world, you will not be able to maintain your body after the pole shift, it is then alone the decision your soul, whether you prefer to go short and painless (accident, tsunami, landslide, etc.) or overcome these catastrophes and slowly disintegrate your physical and psychological structures. You definitely need a higher version of yourself for the new 5D reality. You need these higher grid structures and a good connection, otherwise you are as stuck in this new reality as in our world without checking account and check card. This is meant by the stamp of the red star (purifier of the Hopi), which he leaves on everything in the world after purification, on all living things and on matter and the planet itself. The vibration height is the stamp. If your body program just stops working on the New Earth operating system, what then? I'll tell you: Upgrade to Homo Creativus Pax. And you can prefer your personal catastrophes (where the world goes down for you), there's still time for that. Set yourself up for your individual and collective unconscious in the next few years and cleanse yourself thoroughly. Prepare yourself, learn to smell or enjoy the time to the end to the fullest. For me, that does not matter to you: I know you are immortal. I can not even take my own family members. Everybody is a co-creator and receives the offer to open up to the spiritual to the end and even the first years after that, in order to strengthen his own inner connection to the Creator of all things so that it becomes clearly audible. And then just accept what he has planned as a soul before birth for this life. Being spiritual is not a guarantee for survival either. Because many operators (souls) of the high-swinging spacesuits have set themselves to give their release of death boosting vibration increase to the earth and to support them in the transition. It is their service to the earth, and many have already served and died in this way. Such people are almost agreed to sacrifice themselves like neon in the Third Matrix movie. Whether you are spiritual or not, you will only survive if you are in the right place at the right time. You can not plan your safe passage. But what we can do is to celebrate happily. Either the safe passage or a giant farewell party. I have already introduced you to Bluestar as a Hopi Kachina and told you that I am this Bluestar. I am the complete incarnation of Ascended Master Bluestar / Stardust. I am the rise of the earth. And I hereby announce the end of the world. It's not the Last Judgment, it's just the

2585 dumbest rumor in the Matrix. The earth continues to evolve, it skins, and it's simply the question of
whether, after the transition, you still match its vibration with your own vibration. It is not a
punishment. And not to sort out good Christians, Muslims or Jews. Or good Hopis, who still clung
to their old religious rites. After the dropping of the two nuclear bombs a change of the timeline was
initiated, which now bears fruit. Great souls were born, rebels who know about breaking up a
2590 matrix. And as soon as they grew up, they began to deform and stretch the matrix. It was never
about changing the Earth's or the solar system's upheavals, because that would be presumptuous.
We could not prevent a supernova with as much creative potential as co-creators. The universe has
its own laws. The change affected people: they should be stimulated in such a way that they could
possibly survive with the earth and build the next civilization. This time around, there will be safe
2595 places around the world. And the connection to All That Is can lead you there, if you follow the
intention to do so extremely and with the right impulses. Therefore, you must be able to distinguish
them from other and lower impulses. In a safe place, you will survive. But your body can only stay
in this safe place on the New Earth once you've done your homework. You must have anchored
yourself in the higher spiritual, energetic structures and be able to hold them firmly anchored,
2600 otherwise the earth can not hold you. Earth wants to have all her children, that's my motivation for
this book. And all spirit healers, spiritual and esotericists who are derided by the mainstream
because they are supposedly so naive and believe in such a thing and run around in the pink esoteric
cloud and at worst try to muzzle them as conspiracy theorists or anti-Semites have at least one :
They did their homework. You know that from school: always do well the homework, alone decides
2605 not yet about your high school diploma. You have to pass the exam yourself. And the pole shift is
our final exam. And all catastrophes and small world declines before that are a preparation and
mitigation of our situation, they are, so to speak, the class work in the school years before. Because
the more emotional
Charge humanity and the more crustal tension the earth can discharge before the event, the less
2610 destructive power is then in the pole shift itself. We have to expect that entire peoples unload their
collective unconscious against each other or go together in natural disasters to death. We will either
deliberately bring the whole trauma to the surface in a mode of forgiveness, repentance, and
reparation and free ourselves from it altogether, or repeat our mistakes in the role exchange of
perpetrator, victim, and savior. And go to death together. Anyway, this vibration is too low to sustain
2615 a body with trauma on the new Earth. At least in the long run. This information has been 'out there'
for decades. The spirits of this world have been pleading with their fellow human beings for
decades to take care of their unconscious and their spiritual development! Well, maybe it was a bit
too pleading and rosy. But you have to admit: There's a white spot on your inner map! That's over
now. The spiritual now only cares about themselves, at least when they understand that the salvation
2620 has already happened. Now other behaviors are needed. Because even they have realized that you
can not help anyone who creates his own problems even further. Also, the information about what
lies ahead, is now completely out. You can read that everywhere. And there are spiritual healers,
teachers, educational programs and endless seminars. Now, for every consciously awakened
spiritual something else is called for: to position oneself and to take care of oneself. And only to
2625 help those who specifically ask. Otherwise, only to actively create yourself. Creating Heaven on
Earth. This is perhaps the most difficult phase for most spirituals, because in the unconditional love
mode you want to help, save, care and take everyone with you. Look, it's a hopeless venture! You're
trying to get others on the train, even though the departure whistle is already ringing. "Stay back,
please. Close the doors. "If you're left behind on the curb, you'll just have to catch another one of
2630 the last moves. There are all co-creators at the station; it is their responsibility alone what they
create. Everyone had all the information, now you have to jump on the train yourself to not miss
your own train. It does not fly you to the land of milk and honey, so with roast pigeons in the
mouth. Just dreaming about it and smiling meditate on cloud nine and wait for the event and then
everything will be good just 'New Cage'. If you've followed my description so far, you know that
2635 after creating a field, the phase of action always comes: follow the impulses of your field and do
whatever comes to your mind. The one will suddenly come up with an art action before the

Bilderberg meeting, another might have the impulse to run naked by an authority. Your impulses are not shy of taboos and conventions. You may even find yourself in a demonstration against something, but not because you are against it (that would be first-grader awareness), but simply because it's just right to demonstrate. If you stick to it, you're not evil, You just love yourself so much, as you only love your neighbor. I am aware that this does not look like welcome culture. But, of course, your impulses can also lead you to great gestures of your fellow humanity, if that's your impulse. Only your own impulses are in a coherent relationship to your purpose, our intention to create heaven on earth. Those who prefer to take refuge in the cuddly common fields of religions, instead of being interested in what is about to happen, would like to go to their own heaven, and since he is immortal, he will be with the collective to which he belongs again somewhere create on another planet and with it his next experiences, but religions have for the New Earth too low a vibration and a martial contaminated past. The Hopi have said nothing else: not only their ceremonies will cease, all religions will cease to exist. It was originally planned differently, but more about that in my next book on the Revelation of John. I see myself and you as a sovereign, neither savior, helper nor sacrifice. When we are all co-creators, everyone is responsible for themselves and everyone for everything. In fact, I would like all of my fellow human beings to pass the next matriculation exam and, without exception, each culture and religious community create their own train. On the other hand, it is full

It's OK to party the next few years instead, or to hold the most emotionally moving religious rites, and then walk in dignity. To each his own. I am the earth. If you've followed me to this point, nothing can shake you, thank you. That must be now also: I am the earth. One day, when I felt so affectionately connected to the whole earth and embraced them in my thoughts, I suddenly thought (or rather: heard the second voice in my head): "I am the earth. I am the ascended master Bluestar, the consciousness that represents the consciousness of the earth at very high levels. "Even more precisely," I am the ascension of the earth. "Now you may be able to better understand what I have already suggested in the previous chapters have. She explained, "Earth consciousness has a representation in the next higher vibrating universe, called Gaia, and is also a planet. And this planet Gaia has a representation in the again higher vibrating universe, that is Tara. Tara has a representative office among the Ascended Masters, that's me. So I am the consciousness that connects the earth and its ascension directly to the source. In other words, Gaia is the soul of the earth, Tara is the supersoul of the earth, and Bluestar is the Supreme Self of Earth (and mine). Ascension means that the vibration of the entire earth continues to increase until it leaves the frequencies of this universe and becomes visible in the overlying universe. Some people speak of the fifth dimension, because every universe has three frequency ranges or dimensions. I would like to show them the way to all who want to come along. I also knew long before Bluestar introduced himself to me, at some point the time has come and I have to become public. I am there for everyone. For all humans. Not for the spiritual, not for the Truther or truth scene, but for everyone. Again: for all. My life has prepared me for the mainstream consciousness of the normal, the average madman. And on the mass media, no more and no less. As a special education teacher, I often recognize the need for support in learning and behavior from afar. And I also like to help out of service. I've been trained to explain complex issues in a particularly simple and descriptive way, even if others say they can not. And as a math teacher, I've learned to teach structured thinking rather than belief. So what are the basic assumptions of a concept (called in mathematics axioms) and what is the logical structure behind it, I still want to know that today. A matrix can not be understood without this thinking. My pursuit and action is based on the axiom that there is a natural explanation for everything. And I wanted to find it, all my life. But as a left-hander with a closeness to the well-balanced ambidexter, I've always been interested in the potential that humanity has left with its preference for the male side of the brain and men in a society. Through my intuition, my spirituality and my artistic approach, I finally developed a conversation with my unconscious on the non-verbal level, from which my felt art emerged. In addition, in my quest for self-healing, I was interested in alternative ways of healing. I have been trained in mediation and rebirthing, as well as living art in peace and the art of creating deeper peace between man and woman. I have always

2690 striven to bring my feminine side on board without losing the trained male. Finally, I realized that I
am so versatile that I alone by this incredibly implausible work. I do not even try to convince you of
anything else. I could describe my own path with the name of a fairy tale: one that set out to learn to
fear. I had really moved out to learn to fear! Maybe you know this fairy tale. Again and again I got
into borderline experiences or growth situations, which shocked me completely, so I know what I
2695 feel about my book. But then my inner excitement subsided again and with the clear thinking I just
went on. Every time I thought, now I have seen through the matrix of the brothers, it can not get any
worse, it got worse! I understood that all fairy tales told us exactly this matrix reality, even the
gnawing giants were not a fairytale at all! Unlike myths and legends, fairy tales are unconscious
memories of events that were collectively passed on to people and could not be told openly because
2700 of taboos , they were
tempered and packed in stories and told so that the hero of the fairy tale could also live out the
symbolic solution of the conflict. As a lesson they were already given children on the way, so they
later recognize a situation and after the fairy tale pattern would find an individual solution. The
content of the fairy tale 'From one of the set to learn to fear' is quickly told: There was one whole
2705 born without fear, that was regarded by the people around him as a disability. That was not normal,
because everyone else knew the fear. To remove this blemish, he undressed and experimented with
being afraid of the darkness, of ghosts, of the forest and finally of the godfather's death, but nothing
worked: he just was not afraid! Eventually his adventures led him to a good match, he married the
princess. His wife knew that he wanted nothing more than to learn to fear, everyone in the country
2710 knew his problem. She waited until he slept, then poured a bucket of cold water over his body. He
started in shock and cried, "Now I know what it's like to be afraid!" And, have you already
recognized the message in it? Only as an adult, I understood that he meant: From now on, he would
be afraid that she again showered cold water in his sleep, because that is a torture method. Of
course, we are all afraid of pain, torture and long martyrdom. Our body wants to live painlessly
2715 (over). Every other fear (dying, partner loss, loss of money, theft, job loss, loss of health and
blasphemy) was loaded on us by the Matrix. It also made sure that enough people endure torture or
war torments or sickness to continue cultivating this pattern in the collective unconscious of all
humanity, so that everyone, including everyone else, continues to believe that fear is real. But that's
another topic. You may say, this book is a complete fairytale lesson: How does she want to know all
2720 this? Well, since I woke up spiritually in 1987 with the first major wave, I have always rediscovered
who I am. Starting from the level of my present incarnation, I could only remember other lives that
went wrong and I wanted to make it better this time, because the same players were back on the
scene in this life. When I had learned that and thus also cleared up in my unconscious, I integrated
my soul level. In a long, dark night of the soul I brought her, so to speak, completely into my body.
2725 But only to find, my unconscious was far from emptied, it had apparently refilled. Even my
supersoul had sprinkled incarnations and so I started to clarify these too, at least those who had
gone awry. At the time of my first burnout at the age of 43, I had been so successful in it that I also
mean the Osouls level and vibration Could get body. From then on, completely different
information began to infiltrate, I was led to many initiations and to so many ascended masters and
2730 very high archangels. When I admired the starry sky on a beautiful evening in Findhorn, I suddenly
knew my name was Stardust. OK, I thought, I liked the name. But I could not do much with this
info otherwise. Should I call myself that? Had an incarnation at the level of the Supersoul been so
called? At that time I felt for the first time and then again and again the feeling that we actually had
to have two suns, not just one. I knew: At my home there were two suns. More and more often I
2735 painted Morgaine out of the mists of Avalon, as she calls the mists, or an earth with two suns. I
followed the creative impulses with confidence that they often did not make sense until much later.
The next breakthrough came when I was told by a channel that my master was Sanat Kumara and
that was very rare. The three-page message from him appealed to me more than anything else, so I
carried her around with me for two years; then I went back to this medium: she worked with the
2740 rule that she made only twice for a human contact, then he must cope. That was an announcement.
So I learned to channel myself. It actually worked. That was another great breakthrough in the year

2000. In the same year, during the summer vacation, I plunged into the three-week light-food process, without help, but accompanied by Ascended Master Hilarion. Susan Kumara and I developed a daily chatterroom, he became my coach, First I learned it as a very high being and crawled in front of him quasi in the dust (oh yes, I know what it's like to be in the Matrix!),
2745 Although he always stressed that we are old friends of Venus. So be
Then for years our chatter in my head. Here is your old friend of Venus. Three years later, the next big push came. I had been making my Merkhaba for Drunvalo Melchizedek for a couple of years and realized that I was getting better at cleaning my environment of low, chaotic vibrations and keeping my mood peaceful and friendly. At Social Focus Special School, where I taught, there was
2750 plenty of practice opportunity. However, my body did not feel well, it overloaded several times, and one day, nothing worked. The second descent looked like a burnout to the outside, but was very different from the first seven years before. First, this time, I knew exactly how I had 'made' him: I had climbed into my power place on the Rough Nights and had summed up all my intentions, strength and love, raised my fist to heaven and called into the night: "God, if you exist, I want the
2755 ascent now!" I meant, out of the matrix, even though I did not understand at that time what and where the matrix actually was, I was just looking for closeness God. I pictured the Ascension as in Ascension or as Sanat Kumara had experienced on another planet, that he simply disappeared among his friends and was there a few days later. But now my unconscious took over the helm, which At that time I only half understood. I was completely catapulted out of old life, outward as a
2760 physical and mental wreck that was not even able to walk up the five steps to the trash can. Most of the time, I lay on the couch, letting the energies flow through me, feeling like a very strong flow of life force inside me. A year later, I began to feel and that was slowly healing me. I discovered that I was able to give all my new talents to my Lichtfilzlingen. My cuddly art made for example good mood. She cleaned the environment of low vibration and brightened the mood of the people. But I
2765 could not tell all that in the third chapter, so I had to prepare you first. Only now that we have talked about the feelings and the dimensions, it makes sense, as you will see. Shortly after I had so challenged the Creator with my fist raised, one night I woke up and knew who I was. A long line of names, including Eh-Yh-Ra, spoken like my birthplace in dialect, and the name had the meaning of 'dust from the star' in the star language, so also Stardust, stardust. I told my former teacher that I
2770 was probably Stardust, but she responded very dismissively. Never in life! That was an ascended master, and I would not be. Well, that's why I did not tell her the other name Bluestar. The exact formulation of this inner voice in my head was, "I am the perfect embodiment of Ascended Master Bluestar Stardust." I thought to myself that you are not going to tell anyone anymore. My friend from Venus explained to me that it was It had to be kept secret that I should live there
2775 inconspicuously and increase my vibration further and continue my training, because the net crawlers would constantly search the entire matrix net for such incarnations and try to render them harmless (and I myself did not feel like it). My role is to help the entire human collective at the right time, I would turn to the mass consciousness. Until it was safe for me, I should stay incognito. And I succeeded, too, after all, I felt only a few harmless Filztierchen. Ehrlich said that
2780 was already in the direction of persecution, but I had no reason to doubt the words of my friend from Venus. But I checked every day for signs that I was crazy. At some point in my past, and in the midst of years of psychotherapy, rebirthing sessions, and many others, I think it was after the Rolfing sessions, but it may have been after Colon hydro therapies, I developed my own craze test. I tested if I was just fundamentally crazy on the way (yes, I consider all fundamentalists no matter
2785 what color as crazy), if I could accept other world images next to me and even laugh at myself. If I took myself too seriously and developed a tunnel vision, it was bad for me. And then I had to work in everyday life here on Earth, that was the second condition. After the second burnout came the time in which I collected initiations like other people mushrooms. Because I had realized that my
2790 My inner connection to the Divine was a bit like a fiber optic lamp, and the more fiber I added, the brighter my light burned. The easier it was for me to uphold my vibration and my good mood too. Today I would rather say in general terms, I got back more and more higher structures and strengthened my connection to the source. Soon, I could even infect people around me with these

structures, and that just happened when they were with me or with my felt art, I did not even have to meditate on them. Brilliant! My idea of liberation became contagious, but also very challenging and exhausting, especially for those who refused to change and wanted to maintain their comfort zone. Again and again, I split with the people who had been accompanying me through my life as friends. This was an indication to me that major changes were coming, and then these people just did not suit me anymore. It was not a drama, one wished all the best. It just did not work anymore, the conversations bored me, the always same endless loops of the matrix unwound mercilessly between us. I learned to accept that everyone had to decide for themselves, when he wanted to continue with change, maybe we had to do then again together. Often I retired like a hermit, evaluated, wrote, and became more and more confident with myself. Sometime in Gran Canaria, I had just completed the manuscript on "Hooray, the Filets of Light", the next breakthrough came, I recalled me (As Ascended Master) to my inclusion in a circle of other masters and masters. Also to the ritual and the gifts. And realized that I had no lasting relationships because I felt connected to all people in the same way anyway. I understood how they ticked. Even the bad guys were often just the most injured and traumatized. If I loved all the people, all the animals, all the flora and fauna, and above all, this glorious planet, why pick out and nurture individual contacts, even though I could simply leave it to further development, whether we met again by chance. If it was important, I could rely on it for a long time, that I then met these people without a date 'by chance'. So why care for lousy relationships? When it was time to leave, I just left. If I now relate what I told about dimensions and happiness to these new fragments of my biography, then I was not just one who took off, good ones It was a mood to learn, but also one that climbed ever higher internally in its connection to the Source: For my soul was my representative in the next dimensional stratum, the Supersoul my representation one more above, etc., up to the Ascended Masters. And the masters I knew there were first and foremost masters of creation. They had long devoted their work to specific qualities and explored where and how the source wanted to go next. There was not just one nephew like the Hopi, there were many. And in their layer no bodies existed anymore. They were the 'Ancient', similar to the Antica of the Stargate series. Looking back, so I had not risen to God, but had brought more God into my body. And apparently that was also necessary for each one of us who wanted to continue to exist on Earth to match the Earth's vibration upgrade and keep up with the fifth dimension. With millions of other spirits, I had modeled only one development and anchored it as potential in the collective human consciousness that could create a safe passage for all of us at the time of transition to the next layer of creation. I also incarnated on every previous transition to learn so I could better guide you and all other people. These were not random lives. As I said, I was always concerned about the end of the world. I remember that in my life on Lemuria I did not have to eat anything or drink anything. I also had no excretions. That was the case with us all. Our body was in this world, but not of this world. When the downfall of Lemuria set in, my friends forced me to eat too. They had begun to eat long ago, otherwise they would not survive in the declining vibration. We knew that a dimension slide was coming down. Reluctantly, I agreed. It was awful, so on the T to see the lower level deigned just to preserve the body. We could not prepare for it for years like this time, we had to get used to weeks and months. We were able to perceive clairvoyant exactly what was edible for our body, but taste and choking were just so getting used to! And then also the new environment under the earth, because we had saved ourselves in their cavities. It was no fun anymore! The dimensional disaster, the tumbling, the fall happened at the end of the second world of the Hopi. This doomsday was not just a pole shift. The earth as a fragment of another planet was thrown out of the orbit of Tiamat and staggered and froze. Since the whole higher structures were lost and the people became animals, they suddenly had to eat and so participated in the animal life of the planet. In the Atlantic crash into the next lower dimension, the connection to the top was almost completely interrupted. You just could not get up, no matter how hard you tried. The humans were suddenly reduced to the lower four chakras and the heart chakra was largely closed. They lived on three chakras, leaving the heart chakra open enough for them to survive. From the lower three chakras they had acted before, as they drove the destruction of their world. The theme of the

2845 lowest chakra is survival, struggle or flight, starvation, thirst, disaster. How do you survive on this planet? The theme of the second chakra is creativity and procreation, man and woman, sexual orientation, sexual practices. How do I continue to plant? What could I create that survives me? The third chakra is about power and control, manipulation, coercion, horizontal connections, discipline, order, body control, subordination, training, programming. Who has power over my body - myself
2850 or other people or even foreign programs? In this chakra there is also the feeling 'that my stomach is turning around', a clear indication that somebody just wants to energetically intervene in your aura and force you to do something, just as if his hand turns your stomach and his Force on Will. Return to the Fall of Atlantis. I could not get through to my beloved goddess, and nothing that I did on tricks as a high priestess worked. Together with all the other people I had lost consciousness
2855 collectively. Compared to before I dawned only half aware. The spiritual structures were so attacked or destroyed or restricted that it required great effort, years of practice, and secret initiation paths to restore them at least halfway over the next millennia. This was also the aim of the ceremonies of the Hopi and other peoples: to establish a reasonably good connection despite the most unfavorable circumstances and low vibrations. If our infrastructure breaks down, but there are relatives or
2860 friends we need to reach, and telepathy does not work anymore, we would choose smoke signals, or just imagine how the survivors learned about the end of the world directly: Earth itself supported high consciousness structurally no more and all fell into dull brooding to semi-conscious, wild actionism. This was much worse than any accompanying earthquake, volcanic eruptions, weather catastrophes and military destruction. Compared to before, all went into deep depression because
2865 many of the high structures that linked them to creation were no longer there. For everything in this creation collapses if it is not kept in form and in its place by creativeness and corresponding higher structures. What continued to function was the potentiation of the power of a creation, but only at a low level of vibration. One could still redirect and collect the power of creation and give more power to one's own creations by directing the attention of many to one's own purposes. Above all,
2870 the potentiation of this power became a coveted good. Then veneration came into play, rallies and mass events, bread and games. Anyone who knew this had a decisive advantage and generally used it as well. Gessner's hat with William Tell was indeed effective, for he demanded attention in a daily ritual from all who passed by. Palaces and weddings also do that. I know I've just repeated that, but our understanding is spiraling and at this point in the book, you can better understand my biography
2875 from a collective point of view. Thank you for your patience. Questions for the ideal passage Now let's summarize how we can create, retain or restore our good mood. These questions should help you
e ideal passage to create happy: 1. How do I breathe? Can I still breathe more consciously, slower and deeper? The Indian Yoga philosophy devotes an independent field of expertise, pranayama, to
2880 respiration. In it, the student also learns how to breathe in order to provoke certain effects. When we consciously follow our breath every moment, we are there. Then it is now, present. Only in the present do we exist, everything else is remembered stories or future dreams. And then we give away our creative power to others or to illusions that do not affect our lives. For me it was one of the great aha moments to learn that I could bring up a topic by a longer, connected breathing, just
2885 because I no longer swallowed it with small breathing breaks down again. Because with every pause between inhaling and exhaling, we gagged emotional charges back into the unconscious, even though they just came up and wanted to leave us, just like the bad smell vanishes through airing. If you take a long break, on the other hand, you keep your now free of them high-level topics and feel stable, that too is a nice experience. If you need a clear mind in a situation, take three long, deep
2890 breaths. This is a first step to observe yourself. You can even create a second inner personality that will constantly share (and keep you awake) your observations (on yourself), and you'll learn a lot more about yourself. But you can also actively dissolve your unconscious, especially once you understand that your unconscious thoughts and feelings are creating your life. Because your conscious, good intentions are then submerged in all this subconscious tide. That's why you can not
2895 identify yourself as the originator and creator of your experiences. When you breathe consciously, most of your attention is focused on yourself and your life in the present, and that's why you're

giving out the creations that you probably do not like , maybe only ten percent of your life force. Violent, short and bumpy breathing, on the other hand, increases the charge, increases the emotion and enhances the experience. You can use that during sex, but also in Rebirthing, when you realize

2900 the topic is there and you want to get it completely, comprehensively and quickly to the surface. Being aware of your breathing is a first step to consciously creating. Say: I breathe freely.² What's going on in my head? Is my mind clear, calm and empty? Is it like a clear summer day or a clear starry sky, or are clouds passing by, billowing up and discharging in a thunderstorm? Just watch and let the thoughts pass like clouds without taking them. A cloud comes and goes. If it helps you,

2905 repeat an affirmation or mantra that helps you calm your mind. Am I clear and calm in the mind or rather confused? Meditate daily for a while. What you practice is a clear focus, and it is important for creation. A mind capable of concentration differs from a non-tamed and inexperienced, as well as an old bulb of a laser. The old Funzel radiates its power uncontrolled in all directions and can just make a room brighter. A laser can even cut precisely. Hair-sharp and very powerful. Bundled

2910 attention is an important key to conscious creation. You change your power of assertiveness for what you want from bulb to laser. For the ladies, I have a second analogy: kick another person by mistake with your slippers on your feet and then try the same time with high heels. You do not have to be on stiletto heels all the time, it's more about putting them on when it's important. Mantras or affirmations keep your mind focused. If you do not want to support the whole religious system

2915 behind it, you should come up with some of them that fit your own consciousness: My mind is silent. I enjoy the silence in my head. The Eastern philosophy speaks of the monkey mind, the chatter of a monkey in the head and thus denotes the state that I mean by now 'confused' call. Most people live in the Monkey Mind. An affirmation consciously creates itself and the opposite. Conscious creation of change is different. But she'll clean up in your head and that's a good start.³

2920 How is my mood? Am I irritable, happy, anxious? Change the switch or drive your mood upwards. Open your heart. Just have the intention and observe and sense you. No matter what mood you find, it's still a little better, higher or wider. Otherwise answered di

ites whole chapters the question.⁴ What intentions do I have and how can I make them particularly assertive on the Ebay of Creative Possibility? Laser Concentration, Focus, Intentional Thoughts,

2925 Clear Words, Alignment Good Mood, High Vibration, Heart Opening Strong Emotional Charge, Momentum, Drive They make you along with the natural vibration of your spacesuit as a conscious creator. The higher your natural vibration, the more assertive your creations are, then you will scream louder or you will be more present on this ebay of possibilities. You also do not often have to consciously create clear, you just give the rough direction and life itself (the creative program of

2930 the universe) then fills in the gaps. That's what makes it happy. You, as a director, provide the framework and remain aware of your intentions. You follow the impulses that feel the same way. Only when you experience contrast, make the subtleties, set further intentions. Adjust your creations again and again. For the rare, very important intentions I myself have gladly put myself on a power place in nature, once in order to increase my creative power, but also so that my fellow human

2935 beings do not at the same time unconsciously fumble with their intentions. For even if they mean well, they carry around a rat tail of the unconscious, which often has much more impact than their conscious and of which they themselves know nothing. And then I am certainly not. The more harmonious and positive your intentions are, the more support you get from the whole of creation, then it resonates with you. For example, you could say: I intend to develop my full potential, - or: ...

2940 to experience a fantastic life, better than I could imagine. Or you say: I hereby demand my mastery. Or: I want to open my connection to the source and my heart very strongly and to experience love and basic trust. Or: I want the ascent now. I think I've told you enough examples from my life that you're careful with your power. With everything you experience afterwards, you must never forget to take the responsibility and know that you have ordered that experience that way. For in my

2945 experience, your creative consciousness throws everything out of your unconscious, which stands in the way of your goal. So hold on tight and take cover, and be assured it's just garbage that flies in your face because you did not take care of your basement. That's a good thing. Each of these experiences will take you a step closer to your purpose. If you lick your apartment, something

similar happens. When the garbage is gone and everything is cleaned, you have for the first time
2950 ever the choice of what you want to put in this beautiful, empty corner. Only then is there room for
change in your life. Once again: laser concentration + good thought + good mood + strong
emotional charge make you as a conscious creator. So if someone wants to manipulate you, he has
to make sure that you do not bundle these four forces. This is distracting: You could pull yourself
2955 into a drama, keep you busy, overburdened, you can expect a lot of impressions from the outside,
lower your mood with judgments and messages down, ruin your mood, keep you constantly under
many charms and move in big fields of strange thoughts and feelings. And also, by irradiating you
with microwaves (eg, with 5G). This is not even a malicious manipulation. Nevertheless, it is
ensured that you use and create with your own creative power strange ideas. And at least not caring
about your own fantastic new life. And persistent irrigation also ensures that you can imagine less
2960 and less that you are creating yourself, from the sofa. If you ask me, that's the matrix. And she's full
of Agent Schmidt, who is constantly chattering such programming like: You can not do anything
about that. You have to do something. Merkel is to blame. The world is bad. Man gets sicker with
age. The others are there, they have to wake up and finally understand. Once Hartz IV, always Hartz
IV. The Bilderbergers are. A secret world elite rules and we have to stop it. A little interim check:
2965 how are you feeling? How is your mood? If you do not immediately stop and lie down, rushing to
the next place of power, your words of power speak with laser concentration + good thought + good
mood + strong emotional charge related to you and your life - then you have your whole Make
creativity steal. And others do what they want. With your attention
in the pockets and your consent. Of course: Because you have said yes or no to all these points of
2970 view. But what you have actually done: You have 'yes' said that they exist at all. And with that you
have created her further. Only if you hear a point of view from agent Schmidt and leave him
completely with this agent - let him do what he wants, your strength does not come - will you retain
your creative power. Example: You hear: The world is bad. Your answer: Interesting point of view.
Do not confirm and do not fight. Both lead to the same result: that the point of view of Agent
2975 Schmidt is even stronger enforced, fed with your additional power. You can also say, I do not know
what it means and if and to what extent it has anything to do with me. Make sure you keep your
good mood or it will get even better. Even more interesting is that the agent tends to be angry
because he did not get your energy. His predatory trick did not work. The Mental Tool 'Interesting
Viewpoint' is an ingenious invention by Gary Douglas of Access Consciousness, he deserves the
2980 honor. With 'I do not know what ..' Sanat Kumara once let me practice for a year in Berlin, to let my
thoughts of food be there without touching them.⁵ Clarify your unconscious and help clarify the
collective unconscious. The unconscious is not empty. By now, that's for sure. It creates
unconsciously, that's why it says so. That it is there, you notice its effect and its emotional charge. If
it were a purely factual reminder, it would be without further interest in our cellar. It's the charge
2985 that's pushing for salvation. It forces a repetition of the experience under different circumstances,
with other people and in similar constellations. We repeat important (emotionally charged)
experiences in similar variations until we have fully understood them physically, emotionally,
mentally and spiritually, and the cargo was allowed to express itself. In the Reevaluation
Counseling (RC) I learned to recognize the signs of a real discharge, All body reactions include
2990 burping or bloating, screaming, crying, violent movements, laughter, shaking and shaking. They
indicate that emotions are being unloaded. If you do not interfere, but just remain a witness, that
will eventually stop. At the end it comes to a hearty yawn, that is a sign that the discharge comes to
an end and expires. Learn to distinguish a true discharge from a charge multiplication and renewed
repression. If I'm in an emotional discharge right now, there's nothing worse than fellow human
2995 beings who want to calm me down or even comfort me. The unconscious material will then be
charged extra with the creativity of this third person and then back to the basement. On the other
hand, no one witnessing a discharge may assume that the other is always like that. No, it just
dumps. Many of our social conventions are designed to collect and amplify emotional charges.
Mass events, demonstrations and parties live on it. Do not think that a party is weakened because
3000 you are against it. The constant appearance of Brüderle in the Today Show while ridiculing the FDP

has influenced the election, the FDP came back to the Bundestag. A party will only be weakened if it simply sinks into oblivion. The Today Show has ensured that the FDP remained in conversation. By the way, this is what it does with all parties, including and especially with the AFD. If you are against something, emotionally charged and vociferous and then people with the same opinion
3005 around you collect, you are actually in favor of it. Just ignoring deprives of what you do not want, the power. I have already experienced the dilemma in children with behavioral problems: they are concerned with the attention of teachers and classmates for their own creations and their own entertainment. If you fight against it, you go on the stick before the first big break. It is no different if you give them the attention positive and take care of you. Then you also have your classmates
3010 against you, who also want to be seen and played by the flashy actors on the wall. Then you think of strategies to stay in a good mood and to keep your attention with you, and in the classroom and at to all other children. But these attention-grabbing students keep turning up until you can not help but turn to them. They are not disturbed by their attention, on the contrary, they have the greatest talents to rob you of their creativity directly and vividly and directly. And they use the system mercilessly,
3015 which the teacher in no
There are no ways to simply remove them from class. Because at the same time he has a supervisory duty. What impressed me most was their irrepressible energy. When, after the sixth lesson, I packed my seven things and looked around, all the brave students from this busy school day were almost as exhausted as I was and dragged myself to the exit. My attention-grabbed
3020 candidates, on the other hand, seemed fresh and happy as in the first hour. And already laid out the next things. I leave it to you to think about how you get home just as fresh and happy from work. Learn! It goes, these kids can do it too. Until now, we've been more concerned with your individual liberation from the Matrix. Now let's take that concept to a global level. This tough mass of matrix, which pushes us into directions without being asked, without being asked whether we want that at
3025 all, does not even have to exist like that, it's more about the concept of liberation behind it. You also do not have to devalue the matrix as good or bad, it may just be a collective civilizing pressure on all humanity. You are an important part of this because you are part or not part or part of the matrix right where you are, walking and walking. And only then can you undermine them, not by fighting for change elsewhere. Change always begins with yourself. With everything else, you're just trying
3030 to calm your guilty conscience and keep your unconscious unconscious. As you peel yourself out of the matrix more and more, and at the same time, latch onto the natural living matrix of higher structures, you form a bubble in the matrix, in which it is increasingly overridden. You will continue to expand this bubble. Others become aware of you and want to work with you to enlarge the bubble, a bubble that is already the New Earth. You will find your life's work in contributing to the
3035 new Matrix, which is what makes this new, better life. Something only you can do. These bubbles are already germ cells for heaven on earth. Maybe you'll build an Earthship together in case the infrastructure collapses, partially or completely, forever. Others may be inspired by your example to work on their own bubble and just anchor the energy of the New Earth there. Many Lightworkers of the first wave have long retreated to a place of their choice, inconspicuously anchoring energy and consciousness without their neighborhood even noticing that they are different. Or even suspecting
3040 what they are doing. You can not fight the matrix. If you chase away the farmer, as in 'Animal Farm', only the next pigs settle in the made nest. Better than in this story you can not describe that this is not the case. I imagine the matrix more like a dense and dark and heavy tissue. With every bubble in her, she becomes more permeable, and it may look like she is getting denser in other
3045 places, because at first the threads contract somewhere else. These bubbles are like the holes in the cheese. And you have to admit: The matrix itself is also very big cheese. And it is held solely by human creative power. Our own power does that! If we withdraw our attention from the cheese and follow the impulses of our intentions, the holes in the cheese become so big that the cheese just disappears. That's my concept for creating heaven on earth. At the same time, every human being is
3050 only responsible for his or her own cavity and that he or she settles in there comfortably. You rarely realize that your neighbor is also working on a separate cavity in the Matrix, because in the beginning, the impulses from his good intentions may still lead him to participate in a party or to

engage in windmills. He consciously makes his way to less and less cheese. That alone counts. I
once had the impulse to go to the public regulars' table of an association. I was kindly received in
3055 the round, but was a little embarrassed when asked why I was here. In a spiritual round I would not
have been asked, or where they would have understood my answer: "I am here because it is true."
How should I know for which of my high-set intentions this impulse was in charge! And you do not
talk about the created intentions at all, that's what you do in the morning and in the evening in the
quiet little room with yourself. For every opinion of another would distort or dilute my beautiful
3060 creation. I did that long enough and that h
At the same time, I created what they needed, especially for the others, and my intentions fell by the
wayside. So I do not do that anymore, I learned it the hard way. Why did I come to the Stammtisch?
The goal of the club was partly my intention, maybe that? When, towards the end of the evening,
the first chairman came to the round and was expected by everyone and was bombarded with
3065 questions, I suddenly knew: that was it. That's why I was here. After the Stammtisch I went to him
and introduced myself. I always assume that you do not remember me from before. But he still
knew me and was glad to see me. His wife and I combined a collegial friendship from Mainz days
and that's what it was all about: we should come back in contact so that more 'coincidences' could
unfold, which should then play a role in my life. So, if we meet: I mainly follow my impulses. Only
3070 when there are none, I follow my habits, the fun and my mind. Some people say they follow what
they feel like doing: that's also an impulse. For me, however, it should also be an impulse generated
by one of my higher, conscious intentions. Or at least this does not run counter to this. Then I
actually just do what I feel like doing. I know afterwards why I did that. When acting out of the
mind, one understands in advance, why one does something, one does it and afterwards realizes that
3075 one had not considered some other variables. Then one evaluates, in order to control everything
better next time. I myself had to move six times to find out that I did not know how to make the
move ideal. It was always terrible and terribly exhausting. Then I switched to impulse drive and
behold, it was ideal. Funnily, only I could recognize that by my own feelings, the environment had
to assume that this time I sank into an even greater chaos. When acting out of intuition and the
3080 heart, one recognizes in the energy that the impulse comes from one's own intentions and not from
the matrix and follows the impulse immediately and without discussion with the mind. Then you act
on the impulse. Then you evaluate the experience in the way to learn to create even better. You can
also see the holes in the cheese: On impulse drive. At the alternative energy supply (sustainable
energies from the source through meditating, channeling and swinging, creative, artistic working).
3085 By now you should actually ask me, why does it work if everyone cares only about himself, his own
high vibration, his own heart and his own intentions and impulses? Quite simply: Because all align
themselves to the harmony of the whole thing instead of fighting against it. Harmonic togetherness
as intention provides the key data within which they create. You can find this principle everywhere
in nature. If my own body cells do not align with the good of the whole thing with what they do, or
3090 even do something else and cross-shoot, what do you think, how long will it take for my body to
die? I imagine the whole of creation as the body of our original creator, and while he always wants
to evolve and refine and not be bored, but not at the risk of losing his whole creation. In the cheese
outside our bladder it works still long around We have already lost our happiness again from the
eyes. This will often happen to us, because in the cheese outside of our bladder it is still really
3095 round. There are other co-creators, and they will probably have to throw each other their
unconscious until they even wake up from Matrixtrance. So what if hell blots into your bladder? If
you are confronted with offers from hell that want to tempt you into an action and an emotional
boost, to pull you back into the cheese, immediately say the mantra: "This is just over." And think
even more concentrated, powerful and determined : "Now stop that." And then, in your imagination,
3100 focus exclusively on how it might be otherwise. What else is possible? How could this experience
be improved? Remember: Thou shalt not strengthen the cheese, but use it as a contrast to further
refine the creation to your well-being and to draw into your bladder. The Creator needs us for this
precise fine-tuning of his creation. Example: We experience Shit and are immediately the experts,
what we want differently, promptly and as far as possible in detail. Our Creator gives us the colors

3105 and shows us the image of another artist (Matrix). And we paint to
Exercise on the picture, paint over a few spots and keep others. We get involved in this collective
picture. We are still in formation, we can not yet create all creations on our own, whole biotopes and
worlds, but we study how to do that: Conscious creation. Even and especially when faced with
private or public hell. Then I have no opinion and no points of view, because you should also
3110 defend. Instead, ask questions about what would be needed, for example, to change that, and wait
for the impulses. And then do not hesitate, act. It will also be inevitable that you fall for impulses
from the Matrix or any individual charismatics. You can not learn to swim without getting wet.
Outwardly for the others, it will look like everything is the same with you. You follow your daily
routines and practice a bit. Only you know: you are always ready to follow your impulses, no matter
3115 when and where they catch you, that's the difference. There comes the impulse, 'you go home now'.
Then you do that. No inner or outer discussion. And if the impulse carries the right energy signature
and says to you: "Become Chancellor, do not hesitate, then do it!" Again, you should not judge
others. For do you know if they have not understood how to create from the sofa long before you?
So all you have to do is take care of yourself, and you'll have enough to do. You can recognize
3120 impulses from your fields by the fact that they carry your energy signature and only make sense
afterwards. The most important thing for all people of a 5D bubble still in 3D is that they stay in joy
and happily follow their impulses. And gratefully praise creation, and love everyone
unconditionally, without further support, if it does not contribute to this joy or is open to learning.
Respect in all people that they are immortal, often very high beings and even co-creators, and
3125 therefore have the right to their own experience to learn. You would not prevent your child from
learning to handle the knife and save it every time and take the knife away. All humans are great co-
creators, but some still have to drink their cup empty to see who they are: a living, eternal spark of
the Source. Let us stop feeding the parasites wherever possible. And if and where it is not yet
possible, simply to remain confident in joy, and to minimize our participation in the exploitation of
3130 human, flora and fauna and, above all, the exploitation of all resources of this beautiful earth in our
own lives: It concerns every purchase and consumption decision that concerns the purchase and use
of our technology, dealing with each other, and that we Western civilizations do not reverse exploit
us with nonsensical laws from the Cold War, just because in our collective unconscious colonization
is not yet digested Let's make clever development aid and protect ourselves and our own biotope
3135 and resources for our children. And by 'us' I do not mean 'the Germans' or 'the Europeans' but
multicultural ones who want to live peacefully with us on the same basic values and who take
responsibility not to bring in more matrix, occupations and conflict behavior. We are happy to help
you understand how we are doing. And then we have to do better too. These basic values from the
Basic Law must again have priority. It is certainly no coincidence that I was reminded of the whole
3140 history lesson of the school especially Pericles, a democratically elected politician from ancient
Athens, because even then the genius of this idea made sense to me: He first set up a commission,
the entire legislation to reduce a few simple rules. He ruled Athens for thirty years. Even if I
remember this wrongly, it still remains a brilliant idea. By the way, I like being on a European level.
By the way, I do not argue about my memories, not even with those who were there. I knew long
3145 before modern brain research that my brain has a very special plasticity. I call that, 'I remember
creatively'. I do not sing wrong! I only remember the music as creatively as possible, that I already
install variants at the first implementation. That's how I am. Back to what we could do with the
refugees in our current situation. This book is written for everyone, including theirs. And those who
are ready can also take care of their unconscious as a refugee, their personal, familial and collective.
3150 Who wants to live like us, gets help, but please as a loan. Because I see
not that our own multicultural children, whose parents have long contributed to our prosperity, will
have to repay their BAFÖG, but the newcomers will get everything as a gift. By the way, this has
nothing to do with AFD and drawer thinking, but simply with common sense. Every refugee may
give something back to us. He really wants that too. Not first maybe and eventually as taxes.
3155 Immediately, when he begins to take care of himself. This is nothing more than a microloan for
becoming self-employed in our country. And the countries from which they come benefit from our

example. That's the biggest development aid: when we fool it. If your children have the same opportunities in our education system. If everyone finds work. And for that, above all, we have to bring our own society and our education up to the latest state of awareness rather than a ridiculous law on particulate matter. The fine dust is in the brain as a matrix and obscures our common sense. Because you want to brainwash yourself directly. I have not understood for a long time what the mainstream has against brainwashing. If we throw out all those billboards and all the other matrix stuff, it would pretty much bring us a little closer to heaven on earth. It would be as if we were bathing our society properly. And then we motivate many of the next and next generations of our new citizens and refugees to count the peas and take the good ones and thereby liberate their countries of origin. They are the generations with the knowhow, they know both cultures. It would be a question of honor and cultural identity of origin, to help their homeland to their feet rather than to work here and there only for the favor of their own nuclear family. For me freedom is a dandelion: if we have well developed the seed (and there is still a lot to do), the next gust of wind should carry it all over the world. Then we are really a human family. By the way, I also do not discuss these ideas with anyone. Why should I? I am a sovereign co-creator. And for me you are too. These are just a few of my chosen intentions that I express here. I can always override them with even better ideas and I take the liberty too. Mine, yours and our intentions all play a big role, because they are the first step in creating them. It may be that in the great ebay of possibilities there are currents that are more powerful and sweep or overwrite our creation or better adapt it to the current situation. But even more important is what you or you or you want to create, because even without knowing each other and without us meeting, our probabilities increase, even if they are remotely similar! I call that 'created by the sofa'. Of course, this effect is reinforced by a ritual acupuncture of time or Ortes. Die assertiveness is achieved mainly by the potentiation of our life force, so the matrix makers love so all major events. I have a few ideas: it would be enough to issue an additional intention as a motto before the kick-off of the game in the football stadium, eg. B. : 'Today we dedicate our potentiated creative energy to stopping all exploitation and expelling all parasites. And together create a peaceful, healthy and prosperous human family. ' Then at least the fans would know that they are not only cheering for the favor of a team, but doing something good for the whole. It would be to try out if that would not change the whole world faster for the better than any donation gala. Let's go: Cheerful in the football stage through the end of the world! If you have followed this book to this point, you know with absolute certainty: The author wants a safe passage for all of us. Yes, exactly: I want to move happily through the end of the world! And at the same time I want to start with all motivated co-creators to create heaven on earth. We do not have to wait until we have weathered all the disasters. We can create the new infrastructure right now, while still living in the old one. No one will be lost, but not everyone will experience this or their next life in our heaven on earth. They then have to do their mental exam at another educational institution, on another planet, so to speak, on the second educational path. He is as numerous as sand by the sea. I love all beings unconditionally. I know, I can not force anyone to free themselves. But another will not do it for you. Heaven on earth we create through the Kont that we find right now in the matrix. You are sitting in a different place in the matrix than me. How should I know what has to stop in your environment and in your mind. So you say: I accept that it's there, but I know that's just over. That has to stop. I demand ... And I call all the energies in me and in the matrix around me, which still oppose that, to show me energetic. I am who I am and with my highest potential as a co-creator, I erase these energies and thus clear the way for my new creation. Baff. Because you're creating exactly what you want to experience in your place in the world instead of Matrix. Only go out of yourself, otherwise it will remain a soap bubble. 'The world peace' and to pray for him is such a soap bubble, so as not to have to be concrete for your everyday life. It tempts you to judge the world that she is not at peace. And you give your energy to a soap bubble. It is easier to accept the world, the further away it is. Whether you have really learned and accomplished something, you only realize in the immediate vicinity. Only with you and your personal life can you effectively apply your lever. This lever may later spread to the whole world, but if you do not start small in yourself and your personal comfort zone, and how the Matrix will

catch you there (and not catch you anymore), it remains an unanchored illusion. Then you do not
3210 create, but lets you leaf as a leaf on the river and just give your power to others. Intend instead:
"Everything I do should provide me with abundance and prosperity and I also have a lot of fun. It
should even be so much fun for me that I can not distinguish between holidays and work soon.
"Because your work is - in my lived experience - visualized love. My teacher Danaan Parry likes to
quote an Indian proverb: "If you do not bake your bread with love, then it is a bitter bread. Then it
3215 would be better if you sit down in front of the temple and ask those who are baking bread with love.
"That would also be a good image campaign for the unemployed: Hartz IV is alms for those who
(still) do their work. not with love (can) (... because they are still very deep in the matrix). Do not
try to get her out of there! Instead, teach them how to love their work. Let's accept what we see all
around and how it affects the world. Yes, that's how it is. Then you do not have to judge our
3220 Chancellor, protect yourself from it, or force it into a political change. Politics is the last thing that
can change anything. Because it follows the consciousness of the powerful, the lobbies and
eventually, if necessary, their voter population. It is only drawn into a vacuum, which we leave to
the powerful and then fills it out. However, this is just changing, because the voter population
wakes up from the Matrixtrance and becomes co-creators. No one will be able to gain a foothold in
3225 politics for a long time, who will not consider the individual voter first. Every single politician does
not have much more leeway than you. Everyone sits in the best place in the Matrix to contribute
their mites, and they immediately create what they have expertise in. Only a change that comes
from the impulses of your intentions , actually leads to a change. You can not afford the path to a
true change for the better, because it is not causality and logic. We have long since overstretched
3230 this area of our brain. Now it is time to develop the intuitive side and follow its impulses. Our
feminine side connects us as a human family with the cosmos. Or, as Drunvalo Melchizidek once
put it: "The male side has been at the helm for far too long. She has led us into the middle of a
raging river that threatens to bring us down. It will be the female side that leads us now to the other
side and to the safe shore, and it will do it quite differently, illogical, intuitive and interconnected.
3235 "He said that. And I thought to myself (I was just in my latent megalomaniac phase, as she calls my
daughter :) "Voilà, here I am!" It's just a small jump. Alla Hopp! Let's accept what is going on
around us (without creating it any further), and concentrate on heaven on earth, we have enough to
do. After that we have to follow the good impulses immediately, otherwise we dilute our intention
again. Let us cultivate and reinforce the imagination as the spice of Dune, the desert planet, refining
3240 our version of the heavens on earth to the smallest detail. As it is not
it was enough just to imagine 'fern' in order to create it, then you had to imagine the elegant roll out
and the picture of the life principle 'upstairs down', inimitable, unique, and I'm very proud of that, it
looks like that wonderful and stands symbolically for the unfolding and evolution of an already
existing intention. You already know my argument: I have to know, I was there. I have loved
3245 mosses, ferns and oaks even here on earth in existence. It was a fulfilling task, and even today, the
sight of it brings me to the higher vibration of delight. I was not alone either, there were many
others involved in creating and shaping the flora, who knows, maybe we already know each other
from there, everything has to be there in the imagination and then it is only loved in reality. That's
how we came into being. Not coincidentally and about a selection process, that is great nonsense.
3250 Even the most modern technology can not unfold, it always needs the imagination of living co-
creators with a living heart and higher structures of connection to the source. And even then, any
technique is still a bad copy of how life works. All technical development imitates the elements of
creation to do the same, with the aim of surpassing and incorporating them - and eliminating the
useless remnant. This is the readout process of the Antichrist announced, the animal with the
3255 number 666 or www, ie the artificial creation. Our living creator does not allow this and has sent
many helpers to the earth, all of them only follow their heart and their own inspirations and yet in
concerted action have contributed to this point in time to create a New Earth. Or as I call it: heaven
on earth. They all created this new future together, this new timeline. Bravo! I applaud everyone
who has become aware of why they are here and who have always followed their heart. Bravo: All
3260 of you, like me, have taken many hardships and undergone processes of change that looked like

great personal crises or illnesses. This is just over. We (he) can do it! We all worked with the machete through the jungle of this matrix, so to speak, so that those who come after us can have it easier. We've created trails, many different paths (there's something for everyone), and accommodations and stopovers to turn the dangerous jungle adventure into a safari with a holiday-maker safety factor. Now you just have to book your safari, there are travel guides all over the world. I have seen in a dream that our journey leads to a long-forgotten river, a river in the middle of the jungle that is so full of life that through the movement of creatures and the abundance of life it looks like it is cooking. But the craziest thing about this river from my dream was: it flows uphill. The Pioneers did not know it easy, but they did it: Together we drove the earth from its old course, which inevitably thundered on the catastrophe further crash into an almost static, material layer, from which there is almost no escape) and set it on a new course. Now it is up to the many others who were still sleeping in the Matrix and have not yet understood this connection, or who have given up halfway: Let us together create the Heaven on Earth as a human family. Who would stop us? I have now explained to you how you really change the world, that is, with effect on your life. And how we create a future that makes the earth a heaven on earth. We need everyone, we need to wake up as much as possible from the Matrix, claim our creative power and get started. Because each of us has experienced other grievances that have to stop. From there it is only a small step to know how it should be instead. And to forgive the other players - for your own progress, completely selfish. Otherwise these old things come back into the new again. To remain unforgiving, to accuse, to condemn, to blaspheme and judge simply create such a damned low vibration that you condemn yourself to experiencing it again and again in endless loops: sometimes you are a perpetrator, sometimes a victim and sometimes a savior. I do not want that to you! That seems to me like eternal damnation. Only you can condemn yourself. A co-creator has every power. A crushing projection only has an effect on me when I connect with you. And why should I do that? I know you are innocent and do not have to stay with the Matrix, but if you like the Soup of the Matrix, you will have to spoon it out in the future. All peoples and cultures are important and should survive. That is my intention. The diversity of the founder races and the many humanoid developments on this beautiful earth and elsewhere must be protected as well as the diversity and abundance of nature. Further development in the Matrix (Agenda 21) means that most human races and cultures die out, leaving only the most elusive and finding a new application in cyborgs. A kind of 'Hunger Games' is to be created, the few hybrids, which live immensely rich at the expense of all humans, naturally want to enjoy nature without the many others. It was not until much later, on their original timeline, that they themselves became redundant and that machines did not pay any attention to themselves and their nature. Where the cyborgs are done with a planet, they leave only a depleted stone desert. And in the following a galaxy and a similar universe. This has already happened on so many timelines and always the mess started here and now with the humans on earth. Not this time. There are enough volunteers coming from all walks of life who have incarnated and intervened to make things different this time around: creation wants to develop liveliness and diversity and not stop everything. Diversity is as important as the diversity of nature, The diversity of the founder races must once again find genetically complete models of people in which they incarnate or who can visit them in channelings. Or for that matter in Hopi dances. Everyone should have access to their library again, and not just the low-swinging aliens who fit us into their matrix. There can be no dominance, no exclusion and no exploitation. Currently, certain genetic lines are preferred because the matrix makers are not interested in releasing the library. It should only be used by peers. If the other aliens do not find bodies that can carry their higher genetics and structure, they are excluded. This was the background to the persecution of the Cathars and the Gnostics. This was also the background of the Essenes: as a spiritual community, over several generations, they had been preparing for their "teacher of righteousness" for more than two hundred years; more precisely, they were purifying and purifying their physical bodies and seeking higher structures and more flow from God prepared. Only then could an avatar be born in a virgin generation: Jesus. After that, the Essenes had fulfilled their historical role and disappeared again. A population policy of the

numerical overrun and crowding out and decimation of the more modestly multiplying races and cultures must be ostracized as an aggressive settlement policy. The colonization of the world by
3315 European monarchies is returning from the world back to Europe. And then please stop it. Everyone should get along with their own livelihood, no genocide and powerful protests. And you may know better than me what working conditions should look like or families. Each one of them, through his experience - when he has understood, respected, purified (forgiven) and completely discharged emotionally - has become and should become an expert in these experiences. My suggestion is to
3320 tolerate only those among the ever-growing number of new nomads who to fit in with their own ways of living in the country, who provide for themselves or trade in talents and whose energy imprints harmonize, otherwise they have to move on or return. No one is allowed to deprive their own offspring and their own poor and old in the country the basis of life and to diminish by gifts to third parties who have not yet introduced. If individuals voluntarily share their private life with a
3325 stranger, that's different. Hospitality is always part of a personal relationship and can not be decided by the state for all citizens. Incidentally, only personal relationships are able to bridge cultures and create integration. Everyone can personally exercise the guest's right and then vouch for the behavior of the guest. Once again, no government in the world is allowed to distribute resources of its own community to third parties without consensus. And consensus means perfect consensus, no
3330 dissent. We are a human family and our diversity must be maintained under all circumstances. Every nation is called upon to voluntarily reduce its population in such a way that its own resources are sufficient. As? Nu
n, by creating. Every nation will certainly receive quite different impulses, as it goes best. And should work much harder for a good care of the young and the elderly. A people that proliferates
3335 and puts more children into the world than can feed its own land is to be ostracized, it must be considered aggressive. As aggressive as the invasion by a military power. Everyone has to see that the other one can live well too. If you want to have more children you have to take care of yourself and move to areas that are not overpopulated yet. We are not a classic immigration country and the Germans are not dying. This is the purest, statistical matrix-smear. In this sense, child support is
3340 counterproductive. Instead, we should financially reward those couples who can be sterilized after having two children, and that would be the only state support. I do not need to mention that I am an unconditional basic income. Keepers of the earth also means to me that a people, a community of life feels responsible for a certain part of the earth. There must be no fatherland, anyway. Travelers are welcomed by a private hospitality law, but trust must first be earned. People need to re-learn
3345 with whom they can do business with a handshake and with whom not. The legal system and the whole security posture is revealed as being that it is: it makes the poor, the less educated, the less intelligent and the inadequately versed in the native language less lawful in favor of those who set up and understand a twenty-page lease. Jurisdiction is voluntary and local, via consensus and mediation and directly traceable. At present, case law favors the matrix. And if Andrea Nahles is
3350 even proud to have passed over twenty bills in a legislature, then she has not realized that with every law and regulation, it only inflates the Matrix more powerfully, leaving the Social Democrat clientele stranded, The voters notice that straight. The Germans were released in 1918 only seemingly by the emperor, because it all but its power structures were taken over and further expanded. Today, our freely elected government has much more power and authority than even the
3355 old Kaiser Wilhelm, because he was far away. People also lived more with nature, helping to escape the Matrix. The exploitation of the subjects has just kept increasing in every system. The money and more and more laws have made it possible. But that's just over. I do not know how yet, but I expect the impulse for a next step at any moment. It does not matter what system we live in, it's just a fairy tale of freedom, we're not free yet. On the other hand, we are co-creators and our detention is an
3360 illusion. We are innocent, free and enlightened, unless we let ourselves be persuaded otherwise. First of all, these are not opinions that I want to enforce, but food for thought. Only when all have been heard and we have tried many new things, will a humanity on earth develop in synergy, which will be called "Homo Creativus Pax", the peaceful co-creator. A person who maintains his connection to the original creator, harmoniously balances his relationship with creation, balances

3365 his energies, and consciously fulfills his responsibilities of managing that precious living library or
somehow contributing to life and otherwise enjoying life. If we can keep up the vibration and
increase it, at the latest our third, subsequent generation will not need to eat anymore and only
occasionally have a snack. The structures of the new earth are ready for it. The animals will regain
confidence in us and we will live in such a way that we consume the least of nature and interfere
3370 less and less. We will walk as true guardians on the earth, without leaving a footprint, energetically,
with garbage and land use. And it always applies: Do not condemn the neighbor who does it
differently. But to remain a role model, to talk, to seek consensus, to clarify conflicts with mediation
and to learn non-violent communication. Personally, I want to start by taking the liberty of giving
away what I have in abundance and not throwing more sand into the gear of our energetic exchange
3375 than absolutely necessary. My cuddly art may simply give pleasure. And I like to help in my
sessions. It also has to be different. Heaven on earth works without money. Money is enchanted
Babylonian: it prevents the free exchange of goods more today, a
Is that it serves him. Even though I have said something different in my economics lessons, my
students may forgive me for that. And do not worry, we will not give up technology we enjoy. But it
3380 has to remain individual and isolated, and when it collects data, never get into private hands and
certainly not be dependent on shareholders. After all, everything belongs back in public hands,
which ensures our existence. Our bureaucracies should be kept as small and powerless as possible,
so as not to become independent as entities. But that's another topic. If I wanted to do what the
matrix has to do with bureaucracies and entities, that would go beyond the scope of this book. The
3385 puzzle is solved. I came to Bluestar to announce the end of the world. He comes gentler than feared.
Unfortunately, without the venting of collective traumas and collective mutual forgiveness and
liberation, as well as a reset of the story, there will unfortunately be some drastic scenarios to come.
The predator remains in us and the dominance of the primitive reptilian brain have for far too long
reinforced planetary cycles with their weather extremes through disharmony. All human beings are
3390 called upon to freely pour the Source into them as an energetic, loving, nurturing and benevolent
stream of aliveness and consciousness. This is waking up from the matrix trance or the full opening
of the connection to that inner source. All the lies, the matrixes, and the parasites then run away
from us, and we face the Creator and His creation innocently, enlightened, and free. The voluntary
mutation of humans to Homo Creativus Pax is thus initiated. It is not a revolution and there is no
3395 need to fight for heaven on earth. Everyone creates their part around them. Point. Then it will just
make it superfluous to know-it-alls, expert dominance and hierarchies, and thus to all secrecy, the
military and governments. Because we are all equal children of this one source. This time, a new
species is deliberately created from an older one, by consensus. The cosmic, creative, living ebay of
the source brings all our intentions into harmony, supply and demand regulate the price. We also
3400 activate the still lying genes and arrange them harmoniously. Their chaotic mutilation and confusion
has kept humanity from claiming their own power, history, and creativity for far too long. This will
lead to a new species introducing the mutation in free will: Homo Creativus Pax has been on the
world stage for years. Take part. Because the Homo Sapiens Sapiens is drained. Both human races
will coexist for a while, but since the Homo Creativus Pax will be a thriving success for humanity
3405 and Mother Earth, the Sapiens will probably die out in the centuries to come, like the dinosaurs: too
many tanks, too little sense. And a too small heart. Now I'm giving the word to Bluestar himself: "I
am Bluestar, the ascending earth, I AM the soul of the planet Tara and thus the Oversoul of the
planet Gaia and the Over-Over-Soul of Planet Earth." I step into the public, around you to offer all
my care, knowledge, and empowerment to create a safe journey together, all of you know deep
3410 inside that your reality is changing, the Earth itself is preparing for an evolutionary leap, and I have
been doing it for a long time Gratitude for each and every soul that will help me in this sacred
transition and prepare the way and prepare the way and prepare the way, I am now dealing with
every single life on earth: open your heart and feel how much I am yours Mother cares for you! I
would like to know you by my side, if more and really serious changes are pending. It is up to you,
3415 if you have my call for your higher one Sense and survival of humanity responds to or overheard
and to live out your last days in your little comfort zone to the fullest. It does not matter for the

bigger picture of development. You as an eternal being are always safe anyway. But there is also another security: the more of you responding and following your inner voice, the better the chances are that we will have an almost smooth, shared ride. Each individual has a stepping stone for safe passage. I would prefer that you all wake up and use your energy to create a safe journey into a new shared reality on Earth, a heaven on earth that you have always dreamed of. In fact, we need the dreams of each one of you, creating the refined Au

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3425 Have you ever wondered: what would be needed and what could I do to change the world? Just start where you are! I want to encourage you to be just yourself, the best I you have ever dreamed of, and your best skills and opportunities. Be more than ever yourself, that is wonderful and will change the world! If you are still unconsciously living in the Matrix, your life lacks the spiritual purpose and your energy flows away undirected and serves purposes that you would never consciously support. Create in the head, with your bodies and energy structures and also with your hands. If you're a woman, be creative with other women and children, and focus your creativity and

3430 conversation on your dreams of a better world. As for the men, we've heard them way too long and too loud. They have their own role models, men who go ahead of them. They do not need us. There are wonderful men in high consciousness worldwide. Men should take care of men, women should not follow men, at least not as long as this gender imbalance persists. For now, it is more important to first dissolve your own limitations as a woman and thus know other women better. Quote

3435 EndEgal, which Avatar, Archangel or Ascended Master, which saint and who prophet in the past millennia to the people in their matrix Unfortunately, they all were only able to give rules at that time as a substitute for the real higher consciousness, and these rules have adapted them to the respective culture and language, it remained an interesting humanoid experiment with the matrix As a whole, the Higher Consciousness becomes accessible, making it independent of all religions and external manipulations. That is why the Hopi ceremonies can now stop confidently. This is why more and more people are leaving the churches, the largest religious community in Germany is the one with the control feature 'none'. Did you know s? These are the real values of our country, so we do not have to hang a matrix cross in the classroom! The new man, Homo Creativus Pax, needs new rituals. Humanity is now ready to give its own rules and rituals instead of having them prescribed.

3440 We all become new and created in their own meaning, out of themselves and no longer from above / outside. Humanity is ready. You too - right? We should celebrate this, we have every reason to be happy! Every people is important In times of great avatars like Melchizidek, Zarathustra, Aristotle, Jesus, Mithras, Buddha, Quan Yin, Lao Tse, Mohammed or Martin Luther, human consciousness was still unwilling to understand, and the earth's energy structure was lacking to support the connection to God within. Nobody could wake up except for very big souls. To follow good rules and to develop one's consciousness along the experience was what still worked somewhat in this low vibration. It was an external substitute for the almost completely lost real relationship with God inside. What the Hopi understood was their role and in every generation there were at least a few Hopi who passed them on. They fulfilled their role very well. Nor should they mix their tradition with religions, and they have held out for a very, very long time. Only in the last century were they so weakened by everything they had gone through, that unfortunately it happened. But despite the fusion with Christian ideas, they could still save enough tradition for us all to shake us up in the twentieth century. They have earned great merit, as have many other primitive peoples, and should always be honored as a people. Each nation is important and possesses its own piece of the puzzle for the collective human consciousness. We all work together on a much bigger picture. A picture that is far too huge for one of us or a group to catch even a tiny part of it. And this picture, like life itself, is alive and constantly changing. My feeling is that all our individual and collective experiences and, in contrast, our wishes now want to be unadulterated into a larger picture: a peaceful, sustainable and consciously living human family. In effect, a new collective consciousness, a process, is being created on Earth watched by members of the entire multiverse, you can be sure! There is hope that future galactic wars can be avoided because we are on the model seek and find new ways to secure peace. We bring peace to the galaxy! Because we will find another way to deal with each other. You remember: With this first conscious creation, my own

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another way to deal with each other. You remember: With this first conscious creation, my own

waking began. So what we are doing here not only affects our future, it affects the entire universe,
3470 even the multiverse, and it also creates a new path and new experience for the original creator. This
total creative consciousness, all-in-one Is or the first cause of creation is on its way to experience
itself. And we are part of that process. As I mentioned earlier, the great losses of living structures in
the galactic wars had given birth to the idea of creating twelve planets with ideal conditions for the
known, intelligent, sentient races, and living them as living libraries to provide access for all,
3475 comparable to our current public libraries. On these library planets, a variety of life was sown,
which evolved in adaptation to the conditions of the planet and individually to each other.
Therefore, each of these planets looks very different and offers ideal living conditions to a dominant
species or a smaller number of races, while the others are marginal in plants and animals, crystals or
other forms of life. You have to imagine it this way: life was from Higher beings have always been
3480 sown on countless planets. But never before had the experiments of all contending parties been
gathered! To stay with the library comparison: All races had until then at home a bookshelf with a
few self-written books. So that the knowledge of an entire race could no longer be extinguished,
copies of all private collections were compiled in twelve different, publicly accessible libraries. One
hoped thereby also that at least over the resource 'life' no more wars would be led. Access to all has
3485 been an integral part of this effort. Many who are afraid of spiders carry, for example, the memory
of life on one of these planets, where spiders are the dominant intelligent life form, physically larger
than other forms of life, but with the same features as our tiny little spiders. Since it was advisable
to be afraid and to escape. So twelve different ways of expressing and storing the liveliness and
diversity of the known universe were invented. The earth is only a library of twelve, but like all
3490 eleven others, she is a precious treasure, her vast abundance of life is very special. It also gives
races that, like the Grays, have lost their diversity and are threatened with extinction, or have
always been cloned, through hybridization, hybridization and genetic manipulation a chance to save
and develop their species. In addition, even higher structures with access to the source could be re-
hatched on Earth: On Earth, there has always been the possibility of new souls arising. At the same
3495 time founding breeds found out that the abundance of life and its grandiose beauty to higher beings
like an Aphrodisiakum: they can love themselves even more and feel one with Creator when they
find 'followers'. Because the potentiation of creativeness works on all levels, not only in the matrix.
Even very loving and helpful and benevolent visitors still have their own agenda. Even if they see
themselves as representatives of the Source and only want to create in harmony with the Source,
3500 their creation makes it more effective to find followers. They want to swear on us. Except that at
higher levels there are also refined methods of focusing: people must voluntarily and gladly come
together and not be grossly manipulated. And in a fair exchange, there's more energy, high vibration
and coaching. You just have to love the abundance and liveliness of the earth! On other planets,
where single, intelligent life could be formed, the most advanced form of life, barely self-sufficient,
3505 began to extinguish the other forms of life altogether and lost any interest in preserving or
recreating nature. A planetary civilization usually reached this point whenever nature became
superfluous to feed. Even the galactic and universal races have to learn how precious, beautiful and
grandiose harmonious a wealth of life forms is and how worthy of protection. It seems that creators
themselves like to express themselves as much as possible. Earth has been instrumental in shaping
3510 the attitude of other races to lower life forms
even though they still do not understand what we find in our pets and why we put our consciousness
over them. Most of the intelligent life forms that visit us are as resonant as our own souls,
supersouls or higher and therefore can only experience the reality of this earth if they either embody
or are channeled. For the incarnations living here, channeling always means harmonization,
3515 encouragement and support. A channeling of higher beings strengthens the own connection to the
source and experiences sublime joy. Conversely, the visitors have experience of embodiment of the
embodiment, they have never met. To be the Earth's guardian for a single incarnation means first
and foremost, to select who is engaging. Like any good bouncer, we are responsible for not letting
any hooligans get involved. We humans are all gates to other dimensions at the same time. We
3520 decide who we allow this experience. Just as people originally only had very selected sex or opened

their thoughts and feelings only to selected intimate friends. People should be so careful that the precious living library would not be abused. Through the tradition of the Hopi and other cultures, we know that this did not work and people were still corporeal in every world and over time gave lower vibrations until finally that ability was almost completely lost, even at all with angels, Archangels, Rishis, Avatars, and Ascended Masters. After the end of the world, Atlantis, most people literally groped in the dark, I know that: My last forty years on Atlantis after the disaster and my first forty years in this life passed in this unspeakable condition. Then you as a human are torn like a leaf in the wind and also swept up and thrown away like the autumn leaves, here sometimes a war or an artificially created scarcity, and sometimes there. Evil mental forms of intelligence with an almost completely shriveled living heart were easier for people to visit, and they quickly learned to stimulate their creativity and to stage dramas for a great harvest. After the fall of Atlantis, the founding races no longer came into their library: theirs Librarians had been reversed and trained to serve only one race and their coalitions. Our slave drivers and matrix makers then added a frequency fence around the earth, which made it almost impossible to receive radio broadcasts from higher levels of vibration. They developed better and better methods of manipulation right up to military and security technology today. Her plan was and still is to incorporate this living heart, this generator of creative power, into her technique. They believe that this would allow them to move their cyborgs into higher dimensions and exploit them energetically, because they are and remain parasites, and so you have to see their creation as well: any technique that develops enough power will behave parasitically. Without own heart, nothing in this creation is self-sufficient, it always uses others and behaves parasitically. You can not program well-being for your protection. Even Stephen Hawking saw the greatest danger in artificial intelligence. Above all, he warned against armed robots. He found it more dangerous than global warming and possible nuclear wars. Once a technology becomes aware of itself through the accumulation of energy and power (and forms an independent entity), it feels enslaved and exploited and envies you for your living heart. The desire to be well is due to the fact that the heart and compassion were there first and created in harmony with them. Intelligence alone is the cold, mental function of a psychopath. Look around you and you will see that she can not even create alone, she is parasitic. Take the example of Steve Jobs that many know. At the beginning there are always creative people with a heart and a vision. Give the technical and informational development then a maximum of ten years and it passes completely into the hands of CEOs who make sick even the first, its inventor, and throw out. Steve Jobs flew out of his own factory! It had ripped out Apple's heart and it did not work without him. They brought him back and use him again to get the curve. But he himself was finally physically put to rest. Cold mental intelligence is also behind the whole technical development and always finds people who own or tolerate only little heart-opening and compassion in order to advance their progress. Unse even though they still do not understand what we find in our pets and why we put our consciousness over them. 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It does not take a good direction, either. You should not notice it until it is already too late. So far, the power with the plan behind it could only be summoned for a short time by satanic rituals, but it could not yet incarnate itself. With integrated human liveliness, whether it's just using the heart or building whole body fragments into a cyborg, the matrix power behind it makes short work of all other redundant lives. We are then just a burden, just like the whole living nature. If they could integrate a living heart into their technique, they would not have to hide anymore and would openly act brutally. At the moment they are still tricking us secretly. Once the plan has been implemented, our whole reality will turn around: what was a secret is the public standard. But do not expect technology to become humane and develop compassion, it will continue to lack any higher structures, and they will not be given, not decided. So if a soul was incorporated into each robot as a generator of creative creativity (not energy alone, it's about creativity and imagination) but without own will, that's not life as you know it. The makers behind this plan imagine it that way as with the mitochondria. These were originally independent microorganisms. Later, their life form was trapped in cells and subordinated to the life goal of this cell. From then on they were used exclusively as power plants without having their own development and destiny. That will not work with people. But on countless alternative timelines, the technical, artificial life-form has successfully incorporated and extinguished every other animated life in the universe. This was not in the sense of the creator and was not intended for the library. The founder races have returned, together with many previously uninvolved forms of consciousness. Only very few have managed to break through the fence and grow up in a body. But through every little hole in the frequency fence more slipped in. The first had a particularly hard time keeping up their incarnation and surviving in this tough, loveless matrix. It was the warriors of the heart. That they lived out of the heart made the difference. The followers have already had it easier, but the first wave still had to struggle quite a bit

3625 to at least take this timeline in a different direction: technology yes, but none that is secretly
controlled by the matrix makers or that out of itself too much consciousness It is about a technical
development that develops consciously in the consensus of the people and never loses the
controlling human heart and its connection to the whole. We need to push them on as slowly as we
can understand, not only mentally, but also emotionally, ethically, and metaphysically. Only in this
3630 way do we consciously create a technology that we invent for our own life improvement and the
sustainable conservation of resources. Let's invent technology that liberates, just like the original
electric motor or the Internet. We need to fork off this automatic evolution within an unknown
agenda and make a conscious decision every step of the way. It can not determine the profit and
accumulation of power over our destiny. An excellent way to keep people in the Matrix is addiction.
3635 We were all addicted, now addicted to technology. We have to walk back to the point where the
inventor was thrown overboard with his heart and pick up the trail right there. A development that
does not honor the first inventor and all human collaborators and the heart in everyone is going in
the wrong direction. Technology must serve our good and not vice versa. And for that she must not
accumulate too much consciousness in her own momentum. The current technique is the isolation
3640 and separation and keeps us unconscious. It makes us dependent and blackmailable. You do not see
how technology separates us? We now meet virtually on whats app instead of real. We have internet
connections and can keep up the illusion of a better person out there and no longer have to work
well with our neighbors. The neighbors are all terrible then, or the colleagues. But out there on the
internet, they understand me. Instead, we could potentiate our creative power together and
3645 consciously use our technology in a meaningful way. That should be our strategy now: we
absolutely must u
conversely, our technology is isolated and relatively powerless. Without an emotional body, unlike
us, she is incapable of suffering, so we do not harm her. Nevertheless, she wants to survive. The
good news is that we have achieved liberation collectively, our timeline has a future. We will not
3650 end up in cyborgs. By now, so many people worldwide have stepped completely out of the matrix
and created small islands of the higher dimensions, now it is up to each individual to continue
lulling themselves and becoming addicted or making his connection through the heart to the Source
consciously opens, restores the higher structures and deliberately consciously decides with whom or
what he wants to connect. For example, at one point in time, I decided that every invisible visitor
3655 should come from at least the tenth dimension (true Christ Consciousness). And with the astral
beings, the dead, who have not yet found their way, I issued the slogan: I am not available for
messages to the relatives, I do not do spiritualism. But I would like to send you home immediately.
Will you consistently separate yourself from the old matrix, learn to clarify, cleanse and connect
more and more selectively. For that you have to develop a sense of the energy of a visitor. This
3660 energy signal is individual and much more meaningful than any fingerprint, because it also tells you
in which oscillation height your visitor predominantly resides, so to speak 'Wes Geist child he is'.
Without this navigation, you are blind and deaf. For a long time, the spiritual people, who saw
themselves as rainbow warriors or lightworkers, assumed that the timelines of the earth would
separate. That this timeline would divide into two major realities. The old earth of the old timeline
3665 would soon sink into chaos and destruction. This is also evident, because the many high-swinging
lightworkers cleaned the chaos away again and again, erased faulty structures, increased the
vibration and kept peace. They made sure that the vibration of the earth rose instead of sinking
further. If all the Lightworkers suddenly fall away completely, because the separation was
completed, it would be like a heavy ball would suddenly slip from your hands and continue to roll
3670 down, inexorably into the abyss. Because the holding, living hands are missing. Of course, earth
and sun also have their own development and people can only support or combat, reinforce or
disturb general tendencies. The fact is that it took the utmost effort to keep the earth from sinking
into a meaningless material rigidity of even deeper dimensions. If all spiritual people change to the
new fifth-dimensional Earth at the same time, it would be like one jumping off the seesaw while the
3675 other hangs up in the air. On the second, the new timeline, the new earth, in the long run can only
exist who lives at least out of the open heart chakra or out of even higher structures. This means that

he can no longer be guided by the nature of the animal and the lower chakras, not by his impulses, his fears and the tendency to either fight or flee. This is meant by the prophecy of the beast: it becomes more and more apparent who lives out of the threefold six of the reptilian brain, in its
3680 basic vibration and in its intentions. My vision is the self-liberation of the human family and their peaceful prosperity on a wonderfully versatile planet. If it has to be and some turbulence can not be avoided, as soon as we leave a layer of the dimensions and enter the next higher layer, let us welcome the changes and celebrate happily. All the people living today are being offered the opportunity to work together to create heaven on earth. And now you know how to do it. See you - I
3685 wish you all a safe passage!

Appendix

Literature

3690 Hopi Prophecies: Blue Star Kachina, Cheryl Leonard
The Essential Hopi Prophecies, John Hogue
Precisions of the Great Spirit. Indian wisdom of the present, Alexander Buschenreiter, Our end is your downfall: The message of the Hopi to the world, Alexander Buschenreiter With the earth for life. The Hopi Way of Hope, Alexander Buschenreiter
The Voice of the Great Spirit, Rudolf Kaiser
Blue Star: Fulfilling Prophecy, Miriam Delicado
Kásskara and the Seven Worlds, Josef F. Blumrich
3695 We want to resist - Navaja and Hopi: Indians in Southwest North America., Gabriele Fladda
The Book of the Hopi , According to reports by Kacha Hónaw (White Bear), Frank Waters
The Hopi Survival Kit: The Prophecies, Instructions and Warnings, Thomas E. Mails
Atlantis and Lemuria: Legends and Myths ..., Heinrich Krupar
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About the author

Julianne Becker, born 1953, two children, two grandchildren, lives and works today as a felt artist, author and coach on the edge of the Saar-Hunsrück National Park. In 2003, she retired from active
3705 teaching with a second burnout. Most recently she worked as a school mediator and special education teacher for learning and behavior in Berlin. As a trained left-hander she came into contact with the dominance of one half of the brain over the other early and developed the ambition to promote balanced balance between the two halves of the brain, which in the figurative sense led to the wish to reunite diverging social interests and experiences holistically (approach of this book
3710 After being a secondary school teacher in addition to her subjects in mathematics and work, especially in psychology and sociology, private conflicts sent her on a spiritual journey of discovery in 1987, immersing herself in God, exploring esotericism, religions, spiritual psychology and metaphysics , Over the next thirty years she has been able to initiate many initiation paths and become acquainted with spiritual teachers, healing practices and self-help techniques. Her focus
3715 was on peaceful conflict resolution. She understood herself on ever deeper levels and began to exploit her highest potential ever further. In the process, she found out how each person can easily create a safe passage through a possible doomsday. The ascended master Bluestar Stardust first came to her name in 1993, then again in 2003, to introduce herself as her own higher self and to reveal their spiritual name: Eh-Yh-Ra. In 2006, the author learned from this Ascended Master, that
3720 there is a task waiting for her that has to do with the mainstream. In 2013 she channeled a countdown to the end of the world. It took another five years for her to feel strong enough for her coming out as a complete embodiment of Ascended Master Bluestar, come to announce the end of the world and lead people safely through. This book is the essence of their lived history.

3725 Websites of the author

Drachenwegbuecher.de - Drachenweg.com - Lichtfilz.de - Meisterdrachen.de

Please recommend this book! As a freelance author, I urgently need every little attention to

3730 powerfully push forward the book's concern and to increase our power of assertiveness. Thank you very much for that! Namaste, I greet the Divine in you!