

Earth Awakening

Messages for You from Ivo of Vega, Ashtar Sheran, Adama of Telos and Athena

Sharon Stewart

Published by Sharon Stewart

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Channeled by Sharon Stewart

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Prologue

This book encompasses channelings that are messages passed on by divine Ascended Masters, some known, some not, as channeled by Vegan Lightworker Sharon Stewart.

It reflects the later stages of life on Earth, as Gaia's vibrational frequencies increase and our world and all upon it are transmuted into crystalline beings of Love. As the Age of Aquarius ensues on the heels of all that is occurring now, messages between higher dimensions and our own take on noted importance.

This is the time of teaching those upon planet Earth what in fact they have been missing through the waning Age of Pisces, who they once were, and what their future will hold.

So much change is in the works right now and the divine messages from higher realms are guiding, leading and comforting us in a time of great turmoil upon this planet. We know earthlings don't do change well, and reassurance is needed as we traverse the choppy waters of this dimensional transition.

Leaders in this transition of great importance are the starseeds and lightworkers (collectively referred to as lightworkers in this book) who take on the stresses, strains and the joys of transmuting the negative, embodying the higher energies, and helping all to follow in their footsteps. We lead the path to this new age on Planet Eden as crystalline beings of Love that humans are, as the race evolves from one that has only known pain and suffering as a way of life for many.

Homo Sapiens (the third dimensional carbon-based human) will become extinct while Home Divinicus or Homo Universalis begins to predominate upon the planet.

Embraced in all of this is the subject of Disclosure, the Disclosure of benevolent extraterrestrial

races, our galactic cousins, who are already leading us, guiding us and loving us as we become more and more aware of their presence in our growing multi-dimensional state.

Sharon's channelings encompass all of these topics and more, some of which she shares with you in this collection of her favourites.

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January 20/20 - May we all learn to see clearly this year

Ivo of Vega: Lightworker, This is Who You Are

This is Ivo and I am from the Vegan star system. I work as a commander with the Galactic Federation and currently am working to free your people above earth's atmosphere. Part of my mandate is to help to initiate lightworkers into their work on earth. With that in mind, I have this message for you:

You didn't come here to learn. You already know.

You have to UNLEARN what you have been exposed to on earth to remember who you REALLY are. You are here to fight the Darkness on behalf of the Terrans living here who ARE learning, and who are stuck. That is why those who are awakening are moving away from your Matrix world... finding a space where they can be who they REALLY are, to remember that spirit. You may already remember some of it because you have been acting out values that do not seem consistent with the world around you. For example, being other-oriented.

You come from worlds where this is the norm, but on earth it seems out of place. You try to adapt to "dog eat dog" values and you cannot. They tell you you are codependent - only to the degree that you neglect yourself. Beings of higher vibration often come to earth and behave dysfunctionally because your higher energies do not sync with the systems around you.

Now the time is coming where you can be yourself again and give that gift to your world. You are a teacher; not a student. You are the cavalry.

You are the master, not the slave.

You are consciousness, not a physical body.

You are free and self-sustaining, not dependent.

You are a creator, not a consumer or dependent on your systems.

You are the warrior, not the prisoner.

You are free, not a victim.

You are powerful, not weak.

To the extent that you think of yourself as any of the latter is the extent you must dig to find out why you think you are. Because you are not. You never were. You were deceived into thinking so and you continue to deceive yourself in turn. To free yourself of those bonds is some of your contribution to humanity and the earth.

You say you are Arcturian, or Sirian or Pleiadian – you are not even that. You are consciousness and you are all one. Sharon remembers being at this level of consciousness where there is only bliss and no separation. These are labels you take on, roles that you play in order to make your way back to Source. They are vehicles for learning, no more than that. The fact that you can be born on any planet in any race bears that fact out. It is your consciousness that decides where you must be born, which experience you choose to learn what you need to learn.

You say then, Ivo you are contradicting yourself. You said I am not a student but you say my body is a vehicle for learning. My dear Lightworker, I will tell you that you have been in higher dimensions. And if you wish to look at it linearly, going from the bottom to the top, you have been at the top, or the middle or somewhere in between and now you are back at the bottom. But WHY you ask. You are in such pain here on earth!! Why do you have to be here?! You know you are more than this! You feel it in your bones!

I will tell you that YOU ARE MORE THAN THIS. Much much more! And you have come here to this earth to help open the cages of those who are stuck on this planet! You are doing much of the work for them... to get them back to a place where natural cycles can be put back in motion. And we

galactics are helping with this. We are helping to neutralize the evil, the negativity, AS ARE YOU.

How you do this is you take it on... it may be as an abused child, or a rape victim, or a victim who “just keeps attracting the wrong people!” as you lament. Why do you attract these people?! How can you stop it? You must dig. Dig within yourself to rid yourself of the negativity that attracts these people to you. When you release these frequencies, this energy, you will stop attracting these people and you will stop serving the earth's population in this regard. Your work is completed; part of your contract finished.

But there are more tasks, many more. You have chosen so many because YOU ARE STRONG. You are the cavalry. You need to wake up to that and do your work consciously.

Lightworker, it is not your karma. You do have a contract – you promised to do so much for the earth before you came here. It was all arranged. But if your contract is not completed, you may need to come back to complete it; that is why so many are having their contracts annulled. Do you have so little faith in yourself?

Sharon said we have it all wrong. She hurled insults at Ashtar and I when she was in pain. This is fine. She said she took on too much. We do not believe so. We can see the big picture; she cannot. Her ego tells her that it knows who she is. It does not. Neither does yours, lightworker. We know who she is. She is only BEGINNING to realize her potential. For example, as she begins to dabble in alchemy, she realizes she has done it all her life. You have as well. WAKE UP!

YOU have the choice to create Light or Darkness. It is up to you. You create what you believe and where you put your energy is what you create. We ask that you put it into the Light. WHAT you do and HOW you do it are important. Do not dismiss WHY you do it because INTENT is very important as well. Do you help your friend out of caring for them or do you help your friend in order to gossip and backstab as soon as your conversation is finished?

What you will find, of course, is that as soon as you change, those you live around will begin to change as well. Some perceive changes that have happened in the long term; those lightworkers who have been here longer. DESPITE the negativity that you are bombarded with, there is progress. Much is still not noticeable at the physical level but as we galactics help to remove the perpetrators, things will really begin to change for you. In the physical.

We ask that you become more conscious of where you work, where you spend your money or even THAT you spend money. Sharon has noticed that since her awakening has been progressing in leaps and bounds this year, that her need to spend money has diminished.

She laments that her grocery bill is high. Yes, the foods she requires for her evolving body which requires better sustenance, are expensive. We suggest she learn to accept it. Until food is free, this price gouging will continue. This also gives a clue as to what others are eating and it is not good. Be grateful that you can afford this food. That is the correct way to deal with your food bill woes.

YOU BELIEVE YOU HAVE COME TO EARTH TO LEARN because you are being forced information from the beginning. You go to school and you sit and they teach you more things. I will say to you that if your minds (and your DNA) had been allowed to progress unhampered, you would be accessing all information available at your third, now fourth, dimensional level of the multiverse.

However of course, this was stopped and overlaid with programs designed to make you much less than you have the potential to be. Your job is to dissolve these programs' effects within yourself. This is how you fight the dark on a personal level.

LIGHTWORKER, YOUR JOY COMES IN HELPING OTHERS, not in helping yourself. You may have learned to help yourself on earth but that is false learning. Yes, you need basics for your physical being. Do not believe that you need someone else to complete you because this is also false. The ego tells you this. You are a complete being who does not need another to make up what you lack. You lack nothing. You are even comprised of the divine masculine AND the divine feminine. You can

balance yourself however you wish. Learn to work with your energies.

YOUR JOY COMES IN FORGIVING OTHERS, not in holding a grudge. What joy can be had at being angry at another? Do you think you are hurting them? Most likely not. You are hurting yourself more! You are creating and feeling that pain. You are taking energy and giving it a negative charge when you could give it a positive charge by forgiving. And you are hurting the earth in doing so, and everyone on it. You are keeping the vibration down.

Learn to forgive. This does not make you a sucker. And of course your societies tell you otherwise. They are designed to keep you from seeing your Light. If you wish a direction, I would loosely instruct you to make choices opposite of what your societies instruct, then at least you would be going in the right direction.

All emotional pain is resistance to Love.

Your societies are a composite of the collective creation of all who live there. If you want to see change, change this in your mind first. What do you wish to have materialize? It is created in the mind and then appears in the material world. However, if you hate a particular thing that is low vibration, you are enforcing its existence. You are reinforcing it with this low vibration. You must love the opposite or whatever it is you wish to see take its place. Have a vision of what you wish to manifest and love it! That is how to create material and non-material change. It is all energy.

YOU ARE BEING GUIDED. Know that, day in and day out, invisible forces are helping to guide you throughout your day, to prompt you to make better choices. Why do you think you have such a large subconscious? You were designed that way. The human being is expressed that way in 3D reality.

As you ascend in the fourth and to the fifth and beyond, conscious awareness grows; your subconscious shrinks. So many are having things happen that they do not understand. They are increasing in consciousness. They are becoming galactic humans.

As for being led, know that WE WOULD NEVER LEAVE YOU ALONE. This is simply the way a human being at a lower vibrational level is arranged, shall we call it? You are not just a physical body. You are high consciousness through all levels of the multiverse, along with a complement of spirit guides, higher self, extraterrestrials and angels and other “otherworldly” beings who are simply part of the collective consciousness of the multiverse assigned to help you. THAT is what being human is. Not a body with a brain that only uses one of its sides!

Do you see how you are duped into not knowing who you are? You are not just a you, one person. You are a collective of people coming together to help you operate on earth. And the lightworker certainly has more than its share of help to do the tough work it does.

YOU DISLIKE IT ON EARTH....YOU DO NOT LIKE YOURSELF. You may be depressed. Much of your upset is due to the fact that you do not remember who you really are. You do not like your life. The reason is that you do not remember who you really are. It is because you think you are something that you are not; you are believing this deception. This pain is resistance to Love, because Love is what you are. Do not resist yourself. Go into your mind and find out who you really are. Meditate.

If you compare a lightworker's energy to that of an earthling, it is like comparing your sun and your moon to each other! Lightworkers are very powerful. You are on earth to learn to use that power consciously and wisely. The power you embody is love. Love heals all. You are that healer that has come to heal the earth.

You are now being reborn.

Lightworker, This is Why You're Here

Me: Ivo, Ashtar's response to the question of "Why does Ashtar Sheran take us doing our lightwork so seriously?" has really impacted me.

Ivo: It was intended to do so, my dear.

Me: I'll just paste it here because not everyone was privy to that conversation:

Wait, I'll ask him..... Ashtar: "We wish you to realize who you truly are, not the lies you've been told.

We see you suffering, hurting and dying unnecessarily and wish to stop this abomination of love. You are grossly disempowered and living lives of (geez, I'm getting teary-eyed) pain and sorrow for no reason. You do not see what we see. Little children, without clothes, running on the streets trying to find food to eat. In certain cultures, people being harvested and eaten.

People being raped, killed, enslaved, suffering horrendous lives because your people do not wake up and realize that this is all unnecessary.

Because you do not realize your own power. We cry many times watching the horrors people on your world suffer through. We feel every death, and this is all unnecessary if you would wake up. That is it."

Ugh. I still really feel that! Wow! Okay, so Ivo, can you explain to us what our doing lightwork, how dealing with our day to day situations, how meditation, is going to change the world for the people who are enduring far worse than would ever cross my mind every day.

Ivo: And you see, my dear, you complain but you do not have it as bad as others on your planet. You have less money than you would like but you can still eat, and some days your worst problem is that your cat keeps putting his toy mouse under your couch which you then have to move to retrieve it.

Me: Not that I haven't had a hard time in my life as well, Ivo!

Ivo: I know, my dear. I was with you all through it. But what you experienced is not unusual for many on your planet, as you know, and is a better fare than many others. Perhaps you should understand now just HOW BAD IT IS on planet Earth. Because it is. And I will make the point now: the Lightworkers are NOT HERE for themselves. They are here to heal the earth.

Me: I can see people looking surprised, Ivo, going, "Me? How can I change this world?" "How can I affect the lives of these little children and starving adults who must make these horrible choices in their daily lives just to survive? How can I do that?"

Ivo: And the answer is: with your energy. In raising your vibration, you raise the vibration of earth and thusly help the ones who are completely disempowered.

You work daily at aligning chakras, bringing in white light through your crown. You have your current tree project, saving 4 trees that are in the park you frequent. You work at keeping your vibration up. That helps the earth. If that is all you would do on a day to day basis - to stay happy - is a help to all on earth! Yes!

But the empaths - the gift they have that they do not acknowledge. You despise being an empath because you attract negative energies, which of course is done because you HOLD the negative energies still from your past. So you connect. You could bring in white light daily, my dear, to help clear these energies out of yourself and for those around you as well. This might make your

neighbour problems more tolerable. (I've begun grounding meditations since I channeled this and they do help. Relieves pain as well! I recommend this woman's work: Francesca McCarthy. <https://intuitionmedicine.org/>).

My dear, you know many lightworkers in North America and Europe, Australia. You deal with them daily. These people are in relatively comfortable circumstances, as are you. You do not need for food, clean water and a roof over your heads. But this is not the norm in so many other countries. And you are here to help those people as well. (This is also not the norm in the underground bases "DUMBs" - where people are being used for vile purposes and have been for eons!)

Many are in the good circumstances that you are, SO THAT you do not have to worry about putting a roof over your head. It is more or less customary to expect that you will have this as a North American, although this is changing as you see, it is becoming worse for many already upon your continent.

But you have these circumstances so that by and large, you do not have to worry about them and can focus upon your own spiritual growth. Yes, you must work and this often takes free time away from spiritual work and personal growth. But the hours spent in front of the television upon returning home are not necessary and are detrimental to your spiritual growth. Perhaps you do not have ideal circumstances in North America but they are at least workable for many who wish to become more empowered.

My dear, you chose to experience near-homelessness in your life in Toronto. When you went on disability and were duped out of your LTD by the insurance company you experienced yet another blow at the hands of the Illuminati-controlled big corporations. The fact is, you would not need to have long term disability if you did not have to work and if you did not have a financial system to be enslaved by.

You were robbed of these monies by the insurance company and slowly have empowered yourself, bit by bit, to bounce back from their control of your life's circumstances. This is self-empowerment. Yes, you are still on a disability pension but are working more and beginning to earn some money. You now have two money-making schemes in place to increase your fortunes and to take you off the system.

Do you see how you are healing the collective consciousness of your world and helping to reverse the trend of homelessness and disempowerment for many? You took on part of that "theme" of homelessness and poverty and began to empower yourself. In healing yourself, you heal the rest of the world and eliminate that possibility just that much more for all on your world.

Me: I see that now.

Ivo: So you can lament your circumstances all you wish, but know you are doing it as a contribution for the good of all. When you remember this, you will try harder. I know you, my dear.

Me: Yes. My motivation comes from helping others, from service.

Ivo: And I have said, in helping yourself, you help others. The reverse is also true. Because there is no separation. You are all one. When you help yourself, you help others. When you help others, you help yourself.

Your world is severely disempowered. Your people do not believe, or are even aware of their magnanimous capabilities. Those who are empowered, speak their Truth and do good for others are seen as privileged or special. They are not. They are normal; you who are in compromised thinking, are the ones who are tricked into thinking so. Those who realize their own power are not special - they are normal.

And yes, you see in your news that people are "waking up" to the shysters' tricks. For example, Hillary Clinton is held in front of the firing squad of the public eye. Do you not see that you again, are being tricked, into seeing that those who hold power in your world, the ones who previously were looked up to, and are now seen as charlatans, politicians who have fallen from grace.... this is the model that those in power of your world wish you to believe? That in finding one's power, you will be castrated by the public and shamed for being the fraudster you truly are. Many fear this for themselves.

And so they fear empowering themselves. Many feel they are "not enough", or lacking in some way because of the way you are raised to feel inadequate about yourselves.

So you stay there, fearing being roasted on the pyre or put in front of a firing squad when "who you really are" is revealed. Nonsense. You learned to believe you are fraudulent or not enough, inadequate or inferior. This is simply the result of your system. It is not who you are. You are a being of light and love.

This is done to continue to empower the shysters. Because as you hate them, you send them the energy they need to continue working at that frequency - the negative vibration which allows for lying, treachery and thievery. But because many do not realize this, that they are empowering the shysters, they continue to believe in the ploy set before them - that self-empowerment is bad.

You had such an upbringing, my dear, and so then again, you began to heal the part of the collective unconscious that fears self-empowerment in your world. You stand up now to those who insult you and laugh at you and call you a sham. Because you are aware that you are not. These detractors wish you to fall into the scheme of "the powerful are fraudsters" played out in your daily news but you refuse to because you are strong. I keep telling you you do not realize who you are. We see you standing up to things that would scare a weaker person.

And those that are raped? Very common on your planet. And when you are raped, what do you do? You either sink or swim. Many swim. And in healing themselves, they heal the part of the collective unconscious that has stored hurts through these atrocious acts.

Lightworkers take them on to heal themselves and subsequently the energies of the collective unconscious that harbour the negativity with that signature, the energies of being victimized through rape for example. Because you were born an earthling. And in being such, you are part of the collective unconscious of the planet. I would not be. That is one reason lightworkers are necessary.

Me: I see.

Ivo: Yes, the energies that surround your earth hold the collective energies of groups of people.

Perhaps artists or musicians, mothers and animal lovers..... in the same way rape victims, homeless victims, impoverished and worse atrocities are also collections of energies. These negative "pockets" of energy need to be healed and the lightworkers have volunteered to do so - to restore the balance of energy on your earth to make your lives livable. They have taken on the negative polarities in battle, personal battles, which affect their lives.

There are better ways to deal with your personal lives, your problems as you call them, than by complaining and being a victim. Or succumbing and living with them. No. Our other videos help with tips to change one's thinking to a more positive way of dealing with the undesirable aspects of one's life.

And I will stress again, learning and understanding universal law is important to light work.

Why? Because then you will learn to "go with the flow" rather than against the flow of life, which causes problems and pain. The flow of life is love and it is best to "get into it" rather than to fight it with negativity, fear and hate. This requires on the part of many, a great change in thinking. As you change your thinking, your life's circumstances will improve.

I will say again, that when a problem presents itself, do not ask why it has happened. It has happened because you attracted it and because you need to heal yourself in order to become more empowered or more loving.

Ask HOW you deal with it in a loving way? In a way that is loving to all involved? Not just for oneself because how you treat others is important. You are one world. You are all one people.

As I just explained, the energy that surrounds your world, you share with each other. It is all your responsibility.

Ask what you were thinking to attract this situation and ask how you can heal it. What do you need to learn from the situation? How can you become more empowered or more loving through this situation? See the opportunity, do not describe it negatively.

You create negativity. You can also heal it. Yes, that is how powerful you are. You can heal the negativity of others.

Also, again I will say that when faced with a problem (opportunity) that perhaps you have no answer for, bring in your divine help. Please ask us for help with your life's situations. There are many Ascended Masters available, on call to help you on earth with whatever you are confused with.

Whether you hear, see, sense them or not, KNOW that they have heard you and are helping you. This does not mean they will do your part, no. You still must take action if such is required. But they can help in so many non-physical ways.

Me: Okay, thank you Ivo.

Ivo: My love, always. Thank you for the opportunity to serve.

Ivo : When you really know that love and peace are the way, then everything you do will reflect that.

You chose to take on others' pain so that they could be relieved of it.

Ivo: You have come to earth to alleviate the suffering on this planet. This planet, run by beings who consider hell's fires a walk in the park, have been ruling your world for a long time and now their time is up.

You are part of the collective consciousness of the Terrans (earthlings) and as such you absorb and transmute the negative energies created by them as well. You have taken on their pain, in order to transmute it and to learn how they live so that you can aid them.

You have increased the vibration of the Earth

Gaia was all but dead but the lightworkers came here to bring her back to life.

You are the bridge between heaven and earth. You bring in the higher energies of higher vibratory realms, while taking in the lower energies of those currently on your planet. You brought higher energies to the starving planet, who needed to take in those energies where they had been cut off by the controllers of your planet. Many dark buildings and portals sit on Earth's chakras and other ley line points and they are constantly injecting darkness into her energy fields. This transmits to those living on the planet as well, as you are all connected.

The strong energies of the lightworkers helped to counteract that. With Gaia now moving to 5D, incoming energies, which you are also receiving for her, are bringing her new life.

You are a lightning rod for energy, a receiver and a transmitter, and Gaia is receiving the love of other systems and other stars through you, as she could not before. You have saved her from her suffering and more will be done to set her free again.

You worked at bringing in to earth a higher vibration so that future generations have a better life expression.

You have cleared out your ancestral DNA. Whatever collective attributes your ancestors had, you now carry in your DNA and they are being transformed – either neutralized or moved to a higher expression so that the incoming lives in your future can experience the peace on earth, the Eden that earth was meant to be.

The dark energies of your ancestors' pasts had to be transmuted so that all in future could thrive, and you are doing this now.

You are more capable of fighting the altering patterns of chemicals used against your people, the GMOs, the pesticides and the plethora of drugs and pharmaceuticals used against your people. You are stronger and more able to heal yourself and your DNA despite these attacks.

Your insistence on eating organic, vegan and raw also helps you to thrive despite this onslaught.

You work at changing your DNA so that the whole galaxy and all humans in it can benefit.

Because we have mutual DNA – mutual ancestors – what is experienced on earth in terms of DNA corruption is also experienced by us. You are the galaxy's first line of defence against the dark efforts to change the fabric of this universe. Your strong bodies and strong, enhanced DNA, work tirelessly to ward off ill effects for all on your planet and in the galaxy.

We assist you with this as we help with your nutrition, your health care and your well being. You come to our healing centers at night while you sleep and you are renewed again.

You stare ugly darkness in the face and change it to love.

Most would not volunteer to live in the same circumstances as those they are to rescue.

Typically a rescue is seen as an outside effort. This part the Galactic Federation is doing. But you

allowed yourself to be an insider – to be born on earth – in order to live the lives of those you are helping – by taking on their pain you understand them and can help them in many many ways. Do not forget to focus on their pain, not on your pain. We understand that living on earth in this now is painful. But when you focus on your own pain, you may succumb to the ego's will to feel sorry for itself. When you focus on others' pain, you feel compassion as this is a gift you bring with you from the higher realms.

You left the love you had, the peaceful wonderful lives you had, so that others on earth can experience it too.

You left us, albeit temporarily. You had perfect lives of loving, caring families and colleagues, friends and lovers... you left that behind to take on rejection, abandonment, pain, sickness, untrustworthiness, lies, treachery, conditional love, manipulation, control.... you took on those things to understand them and to overcome them. To reduce the collective's collective pain.

You work tirelessly to aid a world which sometimes only reflects its darkness back to you. But you still keep going.

Every day, Sharon awakes and sets out on another day's work. She seldom takes days off, and if so, to rejuvenate herself. She realizes that the goal is important – to spread the message and to awaken the sleeping on your planet. She complains at times that it is too much, but she continues to do it the best she can. She dedicates herself to the divine goal of changing your planet for the better, so that one day it will wholly be an expression of God, the Creator.

She gets attacked, hate mail, ridiculed, but she continues on every day. She will not be stopped. Determination is one of her greatest strengths. She understands the reason why these attacks happen and she forgives, but she will not let anyone attempt to stand in her way.

You broke into a prison camp and are freeing the hostages.

You came down here to earth to free those who could not free themselves. Sometimes the only thanks you get is to be ridiculed but you persevere. You work with the divine, taking your cues from them.

You knew this was a test of endurance – trial by fire

You came in knowing it would not be easy. But rather than succumb to this fact, you pull yourself up and do the work. You understand there is a better way, the way of love, the way of the heart chakra and you use this to make your load lighter.

You knew that you had work to do to get the life you wanted, and you realized that in doing that you would be helping others.

You sensed that by changing yourself, you would be helping others to change. By being a part of this collective, you would assist in bringing forth their own loving hearts.

You never lost sight of the goal – a better world for all.

You came to this planet to gift the people upon with the same life you know – a life of love and peace. This is God's will for all and you are the worker who helps with the creation of this.

You studied, learned, practised, meditated, taught, studied, learned, practised, meditated, and taught some more... understanding that energy moves and you used yours for the greater good

You understand that you are the message and the message is to be shared.

You helped to bring Heaven to Earth – to start the process of life on earth being an expression of God's love for all

And for this, we of the Galaxy, the Universe and the Multiverse salute you. We salute you for the hard work that you do, for the tireless efforts you put in to turn the fortunes of those around you to the good. We watch with love in our hearts for you.

Lightworker, You Are Different

Ivo: You have come to this earth, as have other star children, with special qualities that are lacking on your earth. You are here to bring them to the collective unconscious as a higher value.

Quite often these star children suffer as a result of having these high qualities. Others, such as your parents, do not understand them and think they are weakness. Your parents, at least in the beginning, perhaps your father understood later on with all his seeking, that your special qualities would be a gift to the people of earth. You have the qualities necessary within you to build a new earth based on love and the laws of the universe. Many on your planet do not, so that was why it was necessary to bring in those who did. One of those is you. Of course you get branded as crazy, a sucker, put on antidepressants, told you are too soft, weak..... it is difficult living among those who do not understand that they will become the rarity in the future and most will become like you.

Why do Lightworkers/Starseeds Choose Such Difficult Lives?

Me: Okay, Ivo can you tell me, why do starseeds pick horrible parents and have awful childhoods experiencing abuse? This pertains to me as well, as you know.

Ivo: You have been reading things lately that contradict your traditional therapy models. You do not have to keep reliving the past.

Me: Yeah but I do. If I haven't changed it, my thinking keeps bringing it up again.

Ivo: Yes, you have realized that life is cyclical, not a straight line although your time and calendar systems tend to keep you thinking it is.

Me: Yeah well, how do I stop the cycling?

Ivo: Awareness. You have not yet developed the means to be aware in all of your daily activities. Yes, those who do meditation and other "eastern" disciplines develop awareness faster than you do with your traditional psychology. You still run on "auto pilot" quite often and these are old behaviours.

Me: Aha.

Ivo: Psychology takes small bites off at a time. Eastern awareness disciplines will crack the entire egg open at once. You are using your higher self and she is teaching you to resolve the situation using higher methods. My dear.... you need to learn this as well.

Me: Okay. Yeah, it makes sense to use the soul rather than our society to "fix my problems".

Ivo: Your twelve step groups are programs designed with a spiritual approach. This is one of the first ways a person with problems understands that they are a spirit as well as a physical being. But I will tell you that spirit is most important. It is eternal; who you think you are - your personality - is not.

Me: Okay so why do starseeds often have difficult lives here on earth?

Ivo: There are many reasons why. First it has to do with bloodlines. You are seeking certain bloodlines to be born into. Why? Because of the genes. You need certain genes to be able to do certain things. On your earth now, it is not "the sky is the limit". No. Much of the genetics of the bloodlines have been altered for starters, dumbed down. Then there was the question at the time you were born that you had only 2 active strands. So we needed two bloodlines that would meet with strong Pleiadian genes (your mother, who you inherited your looks, blonde hair and blue eyes from) and your father's whose mother was showing signs of being psychic. Your father was telepathic, clairvisual and could astral travel but earlier in life he was not aware. Those starseeds who are on earth now are in their families for a reason and one is genetics.

The other reason is because you were abused, you spent a lot of time alone as a child in your room. You learned to prefer your own company to everybody's but the dog who was aware of how you felt and loved you. You still miss her. Not to worry. You know she is around. When children are abused they leave their bodies to escape the misery.

Another important reason is to rebalance the collective karma of your people. Starseeds come to experience the negativity and to transmute the negativity in order to rebalance your collective energies. So you see now there is disparity between the feminine and the masculine. This is being rebalanced through further violation. Transmuting, recovering from, healing the violation within your energy body is part of your work here.

Me: Okay, what other reasons?

Ivo: My dear, for the learning. You must be aware of what it is on the earth that needs to be changed.

One thing of course is child abuse.

Me: Yeah, everyone knows that.

Ivo: True, but an abused starseed can bring "to the table" a new way of looking at the issue. Let us face it, you do think differently than most your age.

Me: True, I even LOOK different than most my age. Yeah, I guess there aren't too many 56 year olds who spend their time hunting down UFO landing spots and who channel ETs. Not too too many.

Ivo: You are different my dear. That is why you could not find a man like yourself on your earth. You are one of the first wave and until then there were not too many starseeds around.

Me: Of course, I was the first to volunteer. You know I plan on sitting on my butt having a good time after I leave earth.

Ivo: That is your prerogative.

Me:He doesn't believe me....

Ivo: I know you.... if there is a job to do, something to be changed... you sometimes drag yourself to do it, but you do it.

Me: Yeah.....

Ivo: (continuing) If there is a starseed whose parent is religious and this child learns to despise the religion, then what do you think this child will become a crusader against in their adulthood?

Me: That's not necessarily abuse, though.....

Ivo: Well, it is control of the believers and there are some definite abuses in your religious systems....

Me: True. But it's not necessarily that parent or those parents who are the abusers. They may have had good intentions.

Ivo: Yes but I switched to the "big picture".

Me: Okay. But I heard what you said about there being many types of abuse.

Ivo: Starseeds learn first hand what issues need to be changed. They may not be able to change it on a physical level....

Me: Ahhhhh. But at a higher level things are changing....

Ivo: Always. They bring higher energy to it. You all have an energy signature and this energy you have is always there, ready for you to use, or to be used in the collective unconscious.

Me: Yeah. I see it. But don't plain old humans have it too?

Ivo: Not as high. They are not as evolved as you are.

Me: Right, because I'm a starseed (lightworker) and I come from a higher dimension. Ah hah. So the collective energy of all those coming in as opposed to what it was before 1960 is probably very dynamic by comparison.

Ivo: Yes. And you are wondering, are not all souls powerful, even human souls? They are, yes. However it is the energy as applied to your earth realm that we are speaking of.

Lightworker, How You Are Healing the World

It may surprise you to learn that 1) you could be carrying karmic baggage from your lineage, your ancestors; 2) there are dark beings, entities, imposter spirits, that are fueling what you're experiencing; and 3), all pain and disease connected to pain and trauma have a negative presence feeding it.

Then, these entities also feed off of these negative energies, which you unknowingly continue to generate and to feed them! These energies are called, "Loosh."

So, addressing your ancestral karma is key!

Beings in the Lower Astral Plane are used to keeping our pain and wounding ongoing.

See everything as an attachment or an entity.

There's an energy that's feeding certain vulnerabilities, such as guilt, stress, etc. The main focus of these negative entities is to prevent you from moving forward in your life, whether it's not getting work done, doubting yourself, turning on yourself and/or others...

By identifying the "imposter," you can see that this being is feeding negativity and painful memories as a time loop being used to harass you.

Me: Ivo, I would like to discuss this too please.

Ivo: Very well, my dear.

Me: The article says it might surprise me..... I can say it certainly does NOT surprise me to hear that I'm being held in karmic loops to keep me enslaved to the system of negativity here on earth. I'm not surprised at all.

But what I don't know is how all of this works. I've been very aware that negative beings are creating situations in my life to annoy me, among other things. What I don't know is how this ancestral karma works. How do I incur ancestral karma and what are the malevolents doing to keep me chained to it?

Ivo: My dear, lightworkers come here to clear out old karma, a component of which is negative energy free flowing around your earth's atmosphere, they come to transmute negative energies of others around them, and they also transmute the negative charge of the DNA in their bodies. This is how you incur ancestral karma.

Me: I see... Okay. So you were telling me about DNA a long time ago. You said that it is not just physical. DNA is quantum and can be found at all levels of the multiverse, I think.

Ivo: Yes. DNA is multi-dimensional.

Me: We define it....

Ivo: Physically. Your biologists only understand the physical component of it. There are more energetic layers to DNA.

Me: Okay.

Ivo: The cells have intelligence and they have memory. When a body is negatively charged, the cells and DNA record this charge. When it is not rebalanced, it is passed on to the child. All the information is contained in the cell and the sperm.

Me: That's pretty amazing!

Ivo: It is. My dear, your light body is comprised of higher layers of your soul, and the emotional and mental layers are a combination of your soul's as well as your earth parents. Yes, you take on their undealt with karma. They reinforce this by raising you while in the same state of mind. This is also where the negative entities interfere.

I told you that you parents were heavily manipulated while you were young because they had to in order to get you to conform to the negative patterns of your familial DNA. You were a strong soul and it took almost breaking you to snapping point to drive home the nastiness they wished you to be influenced by.

You did end up with PTSD but this was not all because of your parents, but the subsequent reinforcement of these negative energies through others who delivered them. The place you worked for 12 years was a good example of that.

Then you moved away and found a lifestyle that was more respectful of you as a person. The abuse ceased.

Me: I'd say just in time, too.

Ivo: Yes, you had a few more years, than the healing began. All stages, my dear.

Me: So Ivo could I access memories of my ancestors?

Ivo: Of course! You can see whatever you like, provided it is not shielded from your viewing by the higher self of the person you are interested in.

Me: I'm still curious who that witch was that was being burned at the stake.

Ivo: Yes, you have only had one earth life in Atlantis. You were never a witch yet you relate so much to them. The witch was your paternal grandmother.

Me: Oh so I was experiencing her death?

Ivo: Yes. It is all really your karma anyway as you inherited the genes. It is your problem now to resolve by clearing the ancestral DNA line of trauma. And yours has much trauma. You took on a heavy load. But you see that without your parents' abuse of you, you would never have started to do this work of clearing the ancestral line. So there had to be an initiation into it. That was what your parents did.

Me: Oh I see. So another higher purpose.

Ivo: Yes.

Me: So are my siblings doing this work too?

Ivo: Not as much. Your autistic brother did not take it on so much because of his limited understanding and range of emotions. He told your sister he loved your father for doing one thing for him and he simply did not take on any ill will for your father's every episode of maniacal rage. You did. You recorded every incident in your memory, and all your anger was stored up, then you split off and repressed it.

Me: I know. I can still heal it, can't I?

Ivo: Yes. You reenact it all the time. It is in your emotional body. And that is very much in line with the ancestral DNA of your family lines - your personality is very much like your father's. (much of this has been cleared due to ascension).

My dear I told you he is a Vegan/Lyran descendent. This clearing of ancestral lines must be done by someone otherwise the new beings coming into these bloodlines will not be able to live in the bodies. There will many birth defects and such if this work is not done if there can be conception at all. Of course the Illuminati is poisoning your people to throw off their hormonal balance, which will lead to ultimate sterility of your species, so intervention was necessary.

This is for the future of humanity that you and many others do this - to clear the negativity and reset the bloodline to neutrality. Otherwise human life will not be able to continue on earth. We would have to settle the earth again and start from scratch as you say. So this clearing must be done for earth's future.

Me: Oh I see. Interesting!

Ivo: Yes, the bloodlines must be free of trauma for the new type of humans (Homo Universal or Homo Divinicus) coming in to be able to evolve and continue to ascend. Yes. Terrans on earth would continue to be stymied in their collective ascension process because of lack of suitable bloodlines and DNA to ascend along with them.

So the lightworkers, the strong beings that they are, took on this work to clear the collective negativity and to reset the DNA to neutral so that new souls can continue to procreate here.

Yes, your earth is its own branch of humanity, having collective characteristics and capabilities not found in other humans elsewhere. Your DNA is also the DNA of our ancestors and collectively, holds the story of the universe you live in. To lose the ability to procreate and continue these bloodlines would be a travesty!

Of course, the malevolents attempt to stop this from happening by continuing to traumatize your people. The lightworkers are more resistant to this trauma and can heal themselves in spite of it.

Me: So I got the feeling that this was personal or something, that there were specific entities assigned to each bloodline?

Ivo: In some cases this is true. In the case of your family, who have a particularly negative approach to life, I will tell you that there has been a particular effort to keep your family from realizing its

birthright as there are members of the family on both sides with multidimensional abilities. Yes, even your mother's side which surprises you. You are one of your mother's children, my dear.

Me: I knew about my paternal grandmother but I thought she was the only one.

Ivo: You say your father was an advanced soul but he comes from this heavily traumatized bloodline. Yes, he keeps incarnating into it. How do you think he got the way he did?

Me: Wow.

Ivo: You always sensed his wisdom despite some of the things his ego did. It is there in the family. They are not as bad as you have always believed them to be.

Me: Well, I am surprised at that.

Ivo: They are heavily manipulated. Otherwise they would be excellent human beings. They have taken a lot of battering from dark entities. Some have married into the family as well, incarnated.

Me: How can they incarnate into a Lyran/Vegan bloodline?

Ivo: It is possible. Nothing is protected. Your family also has a problem with autism, does it not?

Me: Yeah, there have been some.

Ivo: This can occur when the soul does not fit genetically into the bloodline. Your brother is such a case as he is Sirian, incarnated into a Vegan/Lyran/Pleiadian bloodline body.

There are also milder cases of autism that are not as severe as your brother. Asperger's is a form of autism that is associated with being anti-social.

Me: Well, that's my family for sure.

Ivo: They are unfortunate, my dear. So you were born in, in an attempt to help them. They appreciate this, at a higher level.

Me: Yeah, I got that message from my (earth) parents.

Ivo: So you see the higher plan is starting to reveal itself to you.

Me: Yes. I just wonder how these dark entities can track all the different bloodlines?

Ivo: They use technology.

Me: Thank you Ivo!

Ivo: My dear, always.

It's About Frequency; Nothing Else

IT'S ABOUT FREQUENCY - NOTHING ELSE MATTERS!

THE GALACTIC FEDERATION'S PRIORITY RIGHT NOW IS RAISING THE VIBRATIONAL FREQUENCY OF PLANET EARTH. NOTHING ELSE. NOT EVEN DISCLOSURE. IVO DISCUSSES FULL DISCLOSURE IN THIS CHAPTER.

Ivo: Mass Disclosure would cause more fear right now than it would any good, my love. And in so doing, lower the vibrational frequency of those upon her. In the same way the dark has worked in the background to enslave you, the Light will work in the background to liberate you. It is that simple.

Me: Why are you dealing with just frequency?

Ivo: To raise your people to a fifth dimensional frequency. To align with your planet, which is swiftly increasing its vibrational rate.

Me: So how is the GFL going about this task?

Ivo: We are holding off heavy incoming energies to stop your people from being, well, basically electrocuted by these energies. There are heavy energies coming in which your people are not prepared to deal with. Your ascension has been too slow. Many are lagging behind. So we are buffering them. Releasing enough energy to you to help your ascension but holding enough back that you do not die of it.

Me: Well, thank you for that. I'm ready to go but I believe I'm here to keep communicating for you and that's my life's work.

Ivo: I would have you back in a millisecond, my love, but yes, you are not finished yet..... The priority right now is frequency - because for those who understand, the raising of your frequency will change everything. It will eradicate the dark, who cannot stand it and cannot align with it, and will raise your vibrational frequency to eliminate the dark within you. Earth will become as new again.

Those falling behind are already leaving your planet. Some are cloned but will die of mysterious causes within a few years, and others are simply passing on. These are people of all ages who have decided not to continue with this.

Me: So they'll reincarnate elsewhere?

Ivo: Yes. There are other third dimensional planets where they can incarnate and continue to learn.

Me: So by removing the darksters off this planet, you're raising the planet's vibration as well?

Ivo: Yes, my love. They must be removed because just their very presence keeps you at a lower vibration, and their influence on you also does. So we are removing both. The veil of amnesia is falling and you are remembering your multi-dimensionality.

Me: Oh yeah, I saw myself in a hangar last night before I fell asleep. It just popped into my head. This vision of me in a hangar. I think it was a mothership hangar. Then I saw myself at home on Elteron.

Ivo: You are remembering more, my love. Much more will come to you. Your entire history to the extent that you can hold the vibrational frequency of the history. Because you have lived in much higher dimensions than even 5D. You will begin to get your lower physical lifetime memories back first, then as your body ascends, other memories will return. (And these memories will help me in this life now!)

Me: So let's go back to disclosure for a moment. You're saying that disclosure of the Light forces to our world would be detrimental more than anything else right now. It wouldn't have a positive effect?

Ivo; Your people are manipulated into fearing an alien invasion. It is in many of your movies. Your people fear any outside influence on your planet as being hostile. Your collective vibrational frequency is too low to embrace the truth of the existence of a benevolent extraterrestrial species existing, never mind an entire galaxy full of them. Once your collective vibration rises to the point that this truth can be embraced, we will show ourselves to more and more people. You must rise beyond fear. (He means we're too afraid to think that there might be benevolent races of beings on other planets and until such time we ourselves are benevolent, full disclosure would backfire. ETs can disclose themselves to lightworkers because they realize that they are benevolent themselves and understand, thus, that other races could be as well. Trying to tell someone who's nasty that nice people exist wouldn't necessarily work because people so often project.)

The lightworkers and starseeds now do not fear us because their vibration is higher than the average. But we are speaking of the collective here, not the individual who is ready to meet with us. Because many already have. We work with you as a collective and it is also up to the lightworker to spread the truth to the collective and to help to raise its vibrational frequency to embrace the light, not the darkness and untruths they have lived in for so long.

Me: Thanks, Ivo!

Ivo: My love, I wish to tell all that it is ALL ABOUT FREQUENCY. Nothing else. That is the solution. Gaia has sought her own solution in raising her own frequency and it is up to you to keep up with her.

Me: Ivo, that's so simple and it makes so much sense. I hear so much baloney being shot around the community that you will reveal yourselves to the world now or the next solstice or the next portal opening, or whatever....

Ivo: No, not now, there is still too much fear. Your collective vibrational frequency still aligns more with the dark than the Light. When it rises, we will show ourselves, but only to the extent that it can be accepted with love, not rejected in fear.

Me: There's so much conjecture and guesswork and it's so simple. It's about frequency.

Ivo: Yes. It is simple. Your people get caught in their ego's and complicate everything. We extraterrestrials work on frequency only. When we see you are ready to accept, we will introduce new truths to you. The lightworkers' jobs are getting others ready to accept our new truths. Look at it that way, perhaps.

Me: Thank you Ivo.

Information is Light

“Information is light; light is information. The more you become informed, the more you alter your frequency. You are electromagnetic creatures, and everything that you are, you broadcast to everyone else.” Barbara Marciniak, Bringers of the Dawn

Me: Hi, Ivo, Can you go into more detail about this, please? How can you explain it to enlighten those who think from a strictly physical perspective?

Ivo: My love, this is a very significant statement as it explains the basis for life in the multiverse. What you call information we call Light, Light being an aspect of Love which is the energy which we all are.

Me: An aspect of or the same as?

Ivo: An aspect of. Love is the energy and light is a part of that energy that can be split out from it. Your electrical appliances run on electricity, which is part of the vibration of love. A part of it. Your bodies run on electricity as well. They run on a part of the love vibration, so they are love, a part of the whole of love. Everything is love, often split out as a portion, a percentage of it. When you say that you will pass on valuable life information, you call it “enlightening” another, or enlightening yourself is to receive it.

So Marciniak says, “the more you become informed, the more you alter your frequency.” You raise your frequency by becoming informed. However the information must be based on the Truth. If it is not, it lowers your frequency. Hence the war over your consciousness that is currently occurring on your planet. You see the end result of the manipulation of your consciousnesses – your people, as a whole, believe in what they are told and as a result they are

creating it for themselves, not realizing that they are being manipulated into believing lies. Your nature is nothing even similar to the way you are living on your planet at the moment.

Humans are beings of love, not war, not violence, not hate, not killing. You know me well enough, my love, to understand that I do not become angry. You become angry because you have learned that it is the way to respond to certain situations on your planet. This was taught to you and genetically you are predisposed. But it is not the way of Love to have such a low vibration as anger. As your vibration rises with the ascension, your tendency to become annoyed or angry is abating.

Me: Yes, thank God. Anger feels like being out of control to me.

Ivo: And it is, because the control you feel, what is normal to you is Love. So, spreading information. You see so many lightworkers are busy spreading the message of Truth to those on your planet. And you also see the Matrix has its minions out spreading lies to try to counteract the Truth being told.

So one must be good at feeling the information's frequency. Yes, it has a frequency and in the same way you would feel for a pulse of a human being, you must feel the frequency of the information you are experiencing. It can be learned.

For you, you still use your intellectual skills but you do not realize that they are secondary to your empathic skills of reading the frequency. And we keep attempting to point this out to you. You marvel at how every time you scrutinize a profile for membership in your group, that whenever you allow someone in who you have taken that second glance at, the first thing they do is break the rules. We are attempting to show you this, my love. You need to listen. (I no longer have a Fb group, only my own profile)

You are assessing the frequency of the person. The last person who did this was not an intrinsically “bad” person of low frequency, but low enough that she would not conform to the group's expectations. And you are sensitive to this. You saw an image you raised an eyebrow at....

Me: Yeah, what if the image wasn't there?

Ivo: You would have questioned something else about the profile.

Me: Okay. Well, I guess I don't even know I'm doing it.

Ivo: And as I say, you must become conscious of the fact that you are and that you always have done it, my love. The person's frequency is giving you information about them. And as you see, Marciniak states, “Everything that you are, you broadcast to everyone else.” There is no hiding from one with good telepathic skills. They can read others like a book, as you say. Because their light is their information. Their curriculum vitae, their job application, their resume. For you often, my love, you get a sense of the person before they speak, and then when they speak they confirm it. Many of you do it. You do not even realize.

Me: I think too, it bears saying that you have to be in a rather neutral mood, because if you're in a bad mood, you won't take to anyone readily.

Ivo: You can read frequencies. You also give out a frequency, of course. Some people love you, some people hate you. Despite your best efforts to influence as many as possible, there are some who despise you from the start. They are differing in frequency. When you have an instant dislike for somebody... it is not so much about past life as it is a difference in frequency.

So you give off a certain frequency – and when you are aligned with the Truth, you give off the frequency of Light. Your people are speaking of light codes that are given to others, and Rick

encourages lightworkers to get together in the physical in order to pass on codes – to pass on their frequencies to each other. And people flock to him, of course. You love his frequency.

Me: I do.

Ivo: The lightworkers must become the embodiment of Love and Light: the embodiment of the true reality – love, and aligned with the Truth – Light. To do otherwise is to do oneself a disservice. It is a process and one must move towards the Light at their own capability level.

To align with the Truth, one must first know it. So first many lightworkers succumbed to the “System” as you call it, the Matrix system of mind manipulation. Then they overcame the system and became sovereign and stood in their own power. You did this. I helped you.

Me: What's a guide for, eh?

Ivo: I want you back. I have my own self interest in this as well and this is a built-in assurance that our teamwork will be successful.

Me: I know.... It won't be much longer, I hope.

Ivo: No, my love, and I wish to tell those listening to this video that I have channeled the Truth to your planet. Sharon has 4 books currently available with the Truth in it. Reading these books will help elevate your frequency, increase your vibration, where knowing what is written in these books you will be able to go forward and activate others in turn. Books are the way to go, not even videos, because the entire Truth of the matter is written in its completion.

Me: I know. Maybe people don't want to read anymore. But that's why we did the books: the Truth told by Ivo who sees all. You're not behind the veil of amnesia and can see everything going on here. You know the history of earth, you've been around just in this lifetime since the 1600's and have studied this place.

Ivo: I channeled the books to spread the Light. It is there for those who wish to take it. My love when we channeled What You Need to Know Now, you jumped to a 5D timeline. However you have chosen to stay in the lower 4D timelines to help out there.

Me: I know. Those were the days! Well, even now it's not too bad anymore. I just have stringent boundaries.

Ivo: Yes. You seek out those who you can pass Light onto, the ones who want to listen. And it works. They are responding and raising in vibration. You have group members who stick by you all the time because they are raising in vibration being around you; others come and go and this is unfortunate.

Me: I don't know. Maybe it's not their time or they'll find someone else they like better.....

Ivo: Or the dark pulls them back in, that is another problem. You see how relentlessly they attack your mind by bringing in people who wish to take your vibration down.

Me: Yes, I just leave it. I'm not getting into personal problems with people. If they want to fight and argue they'll have to do it elsewhere. I'm not interested in chaos.

Ivo: And this is the correct attitude. But you have experienced many attempts in the last few days. Imagine those lightworkers less aware.

Me: That's what I thought from before I woke up, maybe I kept getting pulled back into the matrix because I wasn't aware enough, or didn't hold enough Light, to stay out.

Ivo: Exactly. And that is what is happening with many lightworkers – they are being pulled back under the ether.

Me: That's too bad.

Ivo: That is our job, to pull out as many as possible.

Me: So we'll keep channeling. But the books are there to do just that and people aren't aware that's what they're there to do. To bring them Light.

Ivo: Well, we will plug the books then. Tell them that the books will help them climb the cliff out of the Matrix, so they will have more control over their minds than the Matrix currently has.

Me: Yes, and then their energy will stop feeding the wrong system and start feeding the system that frees them and others on this planet.

Ivo: The higher the Light quotient of the earthling, the more are affected by this energy.

Me: Thank you Ivo.

Ivo: You are most welcome, my love. I miss you and I love you tenderly.

Me: Me too.

4D and 5D Lightworkers

Me: Hi, Ivo, at the risk of creating more separation in the lightworker community than already is apparent, I'd like to have you clarify something. I know there are blu-rays, indigos, crystals and rainbow lightworkers. I know there are grid holders, gatekeepers, empaths and light warriors. There are so many jobs that we do and so many different ways to understand our work here and who we are, it's almost staggering sometimes. The fact that so many of us have more than one role also complicates trying to understand who we are and what we're here to do.

But it's becoming apparent to me that there is one more way to define us, and I don't want to create division or start having people take sides against each other with this information. On the contrary, it's intended to create tolerance for those who are different from yourself. This video is not being created for the sake of feeling more righteous than other lightworkers, or feeling superior to other lightworkers, because that's spiritual ego.

I've noticed that people tend to criticize other lightworkers for not doing things the way they do them, or seeing things the way they see it, and those people I boot out of my group immediately! I figure they need to get educated and change their perspective to understand that everybody is doing what they're supposed to do because we're all being led by our higher selves and guides, and nobody has the right to criticize another's light work because they think they know better. If their ego is in charge, they're not going to comment in my group because it'll cause dissension and disruption.

Ivo: Yes, you are correct. However you could point this out to the errant lightworker, could you not?

Me: I could, but I don't spend my time correcting people who think I'm wrong. That's just gunning for an argument, and I don't argue with people. Everyone is entitled to their opinion, but if your

opinion is there to drain my energy, because that's what criticism is – a draining of others' energy – no thanks. I'm not having you. People don't want to be told they're an energy vampire, so I just accommodate them. I also accommodate myself by not having them around me. Call me intolerant, I don't care.

Ivo: So be it, my love.

Me: So my point is, I believe there are two basic types of lightworkers: ones that are going to 5D to stay, and others that may be going to 5D temporarily for healing, but who will return to 4D earth to help the people on it to ascend. (The 144,000) I believe I'm the latter. And I believe both are necessary.

Ivo: You are correct, my love. There are two basic groups of lightworkers, who are training and learning different tasks to accommodate their ultimate role: either ascension to 5D or remaining in 4D earth to help others along. And yes, their understanding of each others' process is limited and exacerbated by the spiritual ego, which tells them the others are wrong: there is only one correct way to do things and it is my way.

Me: Yes, I've heard a lot of that and anyone who comes from that perspective I don't deal with. They're already closed minded.

Ivo: Yes. Spiritual ego. The fact is, my love, that those who are going to 5D earth to “open the doors” for others to come, the first who are there to settle this new world and dimension for Gaia and your people, have a more etheric perspective. You call them “love and lighters” because they speak of raising the vibration through love and spreading their light. Well, all do this. However the 4D's are primarily the light warriors, who are learning to fight off the dark, in the name of the Light. 4D's are more likely to be taking part in the intervention and working along with the Galactic Federation in that respect. 5D's are more likely to be working along with the Galactic Federation to create new timelines, create the 5D grid and to channel the more etheric beings

with messages of love and light, which appeal to those who have been developing higher consciousness.

You have noticed that Adama channels to both you and your friend, Megan Hilliona, also a Vegan, but the messages tend to be different. Why? Because Megan is going to go to 5D, and you are staying in lower fourth dimensional timelines to help the most needy on earth. This is why you have lived among them. You understand their problems and you have lived as they have.

Me: Yes, compliments of the dark side.

Ivo: You did not choose to come here to “open the new 5D earth” up to humanity. Others have chosen to do this. You are a warrior and have chosen to help heal the current 4D earth through intervention, using love and light, yes, but in a different way.

Me: Yes.

Ivo: And as it happens, 4D lightworkers have drawn much of the fire, protecting their 5D lightworker coworkers so that they can experience higher consciousness within themselves without too much outside interference. You took the bullet for the team, as they say.

Me: Yeah, I'd do that. I know 5Ders who would disagree though.

Ivo: So, many of the 5D lightworkers have not much understanding of why you are speaking of the dark interference upon earth; they have had less to do with it and perhaps do not understand. You cannot understand somebody else's experience unless you have lived it, and they are not living it. Some have chosen to experience the dark and to ascend to 5D as well, so they are very strong.

Most live in higher vibration and do not understand the experience of their 4D colleagues. So they criticize you, saying, “This is the way to do it! Follow me!” but you do not follow them as

you are not “going to where they are going” so to speak. You are not going to 5D. Your choice is to remain on the lower dimensional timelines, hence you have many dark entities to battle. Your weapon, though, is love.

My dear, you have also noted the difficulty you have in holding a higher vibration. Although you are of 14D consciousness, you think it should be easy to “break through” the negativity with all your power. Well, it would be except for the fact that you choose not to – you choose to stay in lower dimensions and take on more negativity to transmute it. That is your job. That you have contracted to do. Those going to 5D generally have not contracted to do this.

Me: Thank you, Ivo. I want this said so that other 4D's can understand. And that 5D's can stop telling us how to do things the right way.

Ivo: Yes, this is most annoying and forgiveness of their ignorance is called for. You get it from all sides, my dear, even your own kind, who you feel should understand you. But they do not. You said in the beginning of this video that there are many ways to define the jobs you all have to do. Bear in mind, as well, that the combination of different tasks to perform and the time of birth, creates a different lightworker.

All lightworkers have taken on the ego of 3D earth. That is a requirement for life there – to have an ego. However, how you deal with them now is different for the 4D and 5D lightworkers. 5D's have an easier time of reaching higher vibration. 4D's have a harder time, always being pulled back down into it and that is why you are staying – because you are being pulled back down into lower vibration all the time.

Many 4D's are empaths and as I told you before, it will be difficult for you to attain a higher vibration and maintain it for this reason. It is not something you can heal from, as is the case of the 5D lightworkers. It is something you have chosen NOT to heal from in order to keep you in 4D consciousness. The 4D and 5D lightworkers must understand that this is part of their

contracts. It does not make any of you wrong or less than the others. That is what has been chosen.

However, the 4D's must focus on transmuting these lower energies. More will accumulate again but relief is to be found in transmutation. You cry, as an example of transmutation. There is much information on line to be found so we will not go into detail of how to do it here.

Would it make any sense to send a transmuter of negative energy to the fifth dimension? No. It would not. We all are, but it is a matter of focus, where you focus your efforts. The majority of those going to 5D are more able to hold light than those going to 4D. 4D lightworkers are more often working as transmuters, hence they tend to reflect the negativity of the fourth dimension more. 5D lightworkers are grid holders and gateway openers. They have stronger manifestation abilities than their 4D counterparts in order to help create this new world.

In the 40's, 50's and 60's, the first wave of Indigo's came to earth. They are transmuters of negative energy. Their task was not necessarily to embrace 5D consciousness for themselves, but to help "clean up" 3D negativity. In the same vein, the 4D's remain in 4D.

It is by choice that you do this. By design.

For the 4D lightworker, many feel their soul, as you do my dear, your intentions are high.

However your lower consciousness switches frequency often depending on what energies you have attracted. You call yourself grumpy however you are learning to transmute daily by crying and this helps with moodiness. Your grumpiness is what you have agreed to experience as this is the negativity of your 4D earth flowing through you. Some 5D's do not understand because they can maintain a high vibration without effort. It is a choice, and all must be honoured. It is that simple. That is the chosen service.

Me: Ivo, many think the way to heal yourself is raise your vibration, that intervention isn't necessary.

Ivo: This is incorrect in some aspects. Yes, the way to heal yourself is to raise your vibration. But intervention is necessary because the collective dark frequency and mind manipulation techniques used by the dark are too dominating to be overthrown, especially when the masses of earth believe in the tenets of this evil system. They are the creators of this erroneous evil system as they are being manipulated into believing it. This is what the 4D lightworkers are fighting : they intervene in the darkness' efforts to manipulate by fighting with love and light; whereas the 5D lightworkers are holding space in higher frequencies, avoiding this entire reality altogether. They are vibrating above it so to speak. The aware 4D lightworker is an anomaly. An injection of relief for the fourth dimension, with intention to turn it back to its rightful purpose of love. In the same way you would administer physical intervention for a cold, the 4D lightworker is working on your planet.

So the 4D lightworker who believes in the dark, the negative alien agenda and so forth, is not creating this agenda for themselves. Relieving themselves of these thoughts will not change the reality for others. So they believe it and fight against it, creating intervention. This is what they have contracted to go to earth to do. They are working along with the Ashtar Command to physically and spiritually intervene in the dark program.

Me: So everybody raising their vibration to 5D won't help?

Ivo: It would my love, it would be the answer. But who will wake up those who create your evil system by believing and living it? Who will help them? The 4D lightworkers are tasked to do this. To help wake up others and reduce dark influence on your planet.

Me: Yes.

Ivo: You are not as much creators of your system as the ones who are dismantling it.

Me: But Ivo, we're all going to 5D eventually, aren't we?

Ivo: Your people on earth will be, through natural processes of ascension. Their ability to ascend will be restored again once the intervention is completed. As for the 4D lightworker of higher age such as yourself, no, you will not be doing this. It is not necessary as you have already lived in higher dimensions and will return there upon your death. However, as long as there are dark beings attempting to control your earth, there will be 4D lightworkers there to fight them.

Ivo: The end goal is not that you have found peace and love and spiritual oneness, 4D lightworker. Your contract does not encompass that because you already have this from your prior lives on higher dimensions. You know this already. You bring these ways to your life on earth now but you are also fighters, not always lovers, and you fight the injustices perpetrated by the dark. Which as I have said before, far outweigh any benefit to the human ascension experience. In fact, it is intended to kill you and this is too much negativity to create good from. The lightworkers are more able to deal with and overcome this negativity because of their inherent strength.

Me: Okay, thank you Ivo. Now we've got this on record, to clarify for lightworkers who are fighting among themselves. Nobody is wrong and you all have divine purpose.

Ivo: You are most welcome my love, and yes, all lightworkers have divine purpose. The task for many is to validate themselves in the face of opposition. Yes.

Earth is Not a Free Will Zone

Me: Ivo, do you have time?

Ivo: I have some time, my dear.

Me: You're so nice! (LOL) Today the subject came up about interfering with someone's free will. I know I don't like even getting advice so I have a particular dislike of it.

Ivo: You were controlled and manipulated as a child, my love. You do not like people telling you what to do. In the same token, you try not to tell others what to do. This is a common reaction.

Me: So the incident we're talking about here is my calling in Archangel Michael to remove 5 negative attachments I saw attached to someone.

Ivo: Which is fine. When you sense or see attachments, call in divine help to remove them as we, the Alliance or Galactic (Con)federation, however you wish to call us, are removing all dark entities from your world as we speak.

The point of this is to RESTORE your free will. Earth was a project planet, one where the inhabitants could do anything they wished. Unfortunately, the project was hijacked by malevolent entities, who created a planet and a people – yourselves – that they could exploit to their own selfish ends. This is the state of planet earth in 2019.

However, this is coming to an end thanks to intervention of the Light forces. By divine decree, we are able to restore your planet to its divine state, where the inhabitants will again, share in the Creator's love for them.

As for now, the only earth that enjoys this state is in the fifth dimension. There there is no dark influence.

Yes, the dark was originally created for the sake of duality, however it got out of hand. Earth is not a learning planet as much as it is a death planet, but this is being rectified.

Your people have little free will because they are all asleep, manipulated into living a false existence of slavery with false values.

The lightworkers are there to help restore your planet to its former state of glory. It will take time, my love, this will not happen tomorrow. There will be many steps to take.

The initial plan is to make your world GESARA compliant, then to open the eyes of all living upon her so they understand what has been happening to them, so they understand the Truth, which is an important step.

From there there will be education, healing and teaching of a new way of life – to enjoy living through the heart and soul. There is much work to be done for many.

For the lightworker, you do have permission to help those who are under negative influence. This does not mean you can control them, but any steps can be taken to restore them to their own self-authority, such as Sharon did today – by asking for removal of the demonic attachments of another person. This is an act of love, not of control as she originally suspected. She thought she would create negative karma for this but this is not the case. She did well by asking for help. If in doubt, your Light assistants will always know the correct course of action.

For those who are aware, you are taking back your free will. Walking away from the Matrix, transcending the lower mind and ego, living through love and your soul.... all these things raise awareness and lift you above the dark.

If you see or sense the dark, send it white light energy. It always helps the Alliance to root out sources of darkness on your planet. We watch the lightworkers in their daily activities to see how we can assist you. And yes, this is without your permission as well.

Me: Thank you Ivo.

Ivo: You are most welcome, my love!

Free will zone, part II

Me: Okay, I've got my "channelling headache" going but I'm going to ask you one last thing today:

I'm wondering, maybe you shot this through my head: Do we live in a free will zone to facilitate our learning somehow? By free will I'm saying we have the ability to be "bad" or to be "good", to choose "right" or "wrong". Like you said, there are any number of responses to any given situation and that seems like a lot maybe?

Ivo: Yes, the rules basically are: "do what you want" in your sector of the universe. And this is to facilitate learning, as I said. When you are born in my sector, then your choices are not of such a broad scale because you choose to live by universal laws more often than not. So you do not need such a broad range of choice.

Me: That's why life here can be so chaotic?

Ivo: Yes, it is all learning experience.

On Elteron, we know the laws and we adhere to them. But these laws are in our best interests as well as others. Not so on your planet as those in control are living against universal law. What are the laws? No killing. Do not take the life of another being. Live with respect for all life forms.

You noticed I even respect the Draconians who were our former enemies. We appreciate them for holding the peace within the galaxy.

Me: Yeah, especially since if you killed them you'd be right back where we are. What would you do if they attacked you?

Ivo: Nothing. We have simply spread out so much throughout the galaxy that it would be impossible to eliminate us all at once.

Me: But if you can't fight them? What do you do?

Ivo: They are trying to eliminate us now, by manipulating your thoughts. So they are not using conventional weapons anymore. Even they have moved past that point.

Me: Okay, so the bad guys get sick of earth and move to another planet and take over another life form over there and try to do the same thing.....

Ivo: They cannot. They need you.

Me: Oh I see.

Okay, so then "those in control" of us on earth are using this sector of the galaxy, that of "do what you want" to their advantage? If they're beneath us in consciousness level, then don't they have their own place to live? Like Hell or something?

Ivo: Hell is relative. We would consider your lives to be Hellish. You would consider those below you in consciousness to be hellish as well. They have their own place but prefer yours. They like the power that controlling a galactic power race brings them.

Me: I'm confused. Are they on the same level as us or did they come here from a lower level?

Ivo: They came from a lower level.

Me: How did they do that?

Ivo: The main factor is a being that is "dark" such as a being of light is light, these are non-bodied dark beings. And they can find their way into any consciousness. So they have done so with your people and before you with their allies, the draconians.

Me: So all that stuff is true? About dark beings and disembodied negative energies?

Ivo: Yes.

Me: I don't tend to believe that stuff.

Ivo: They are simply a being of energy that has a low vibration. There are disembodied beings that are on a range as well.

Me: I thought anything disembodied was way above us, astral and up.

Ivo: No. You have ghosts as I said earlier today, some are negative. They live on your plane.

Me: Okay this is one confusing universe/dimension/etc.

....So in going "upwards" you get fewer choices, when you get up to spirit level where there is no body then you've probably entered into a realm of less choice because there are fewer choices to make. Kind of seems weird, doesn't it?

Ivo: Not really, they just make the best choice the first time. It is always the choice of love.

Me: It just seems weird that the higher you go, towards the Godhead, the less choice you get. Here we have abundant choice, you somewhat less choice ... and there yeah, I guess .. one choice... love and happiness. Yeah, I guess that's not so rough.

Ivo: But I understand that even though your soul is accustomed to a life with more limitations on Elteron, you enjoy your freedom here on the Earth. That is also a customary star child reaction.

This also helps the Star children in doing their work here because they see the restraints, controls put upon other people by the malevolents and want nothing to do with it.

Me: So freedom of choice is an advantage I'm going to give up.

Ivo: Not really. You can live within the same restrictions as I do on earth: I choose love. You can do the same as well. It is a choice.

Open Your Heart

Me: Ivo, I want to talk about this today.

Ivo: Very well, my love. I see this has been on your mind. You have many relevant points to make on this subject.

Me: I think I do. I have my experience. I started doing chakra alignment meditations again because I was feeling off. Going through ascension is rough because old stuff is coming up and I'm being pulled back down into lower chakras to feel the blocks and let the energy go.

But, boy, when I do heart chakra realignment meditations I feel like gold! I feel peace, joy, love, and life IS SO MUCH EASIER!

I did one this morning before going on Facebook and then again afterwards. I went out to go to the bank. I was at the bank the other day and saw a man who kindly opened the door for a disabled woman walking with a cane and it warmed my heart because here was such a kind soul doing a favour for someone with no expectation. My heart warmed at someone being so thoughtful.

But today I am the one who is smiling upon everyone I see. And the person who benefits most is me!

I was trying to turn left into a plaza at lunch hour with piles of traffic. A lady beside me pulled up and realized she was in the wrong lane. She wanted to turn left too. I waved and let her in. I do tend to do that but if my heart were not open, I might not have been so accommodating, or perhaps would've let her in but would've been resentful about it. Why? There's no need.

I believe that those are learned behaviours that we have to unlearn.

I went to the restaurant and bought a take-out. The cashier closed the drawer without giving me my change. I said, "I still need my change. It should be \$2.10." She looked confused. Then she started thinking. She re-opened the drawer and gave me my money. I got my money and wished her a good day, thinking here is someone more forgetful than I am so I felt sorry for her. I wondered if she was stressed at work.

In a bad mood I could've come up with any other kind of reaction. And like I said, it's learned behaviour and it can be unlearned. Rise above it. That's my daily goal. To focus on keeping my heart open, not closed to any degree.

Ivo: Very good, my dear. We continue to try to convince you that this is the way. And perhaps we can now convince others. Life is much easier when you allow love to flow through you. Do not allow this flow to be blocked with fear.

Your head is a much more pleasant place to be. No thoughts of how others are insufficient, how others are there to make your life harder, no thoughts of how much you want to be alone. You can go out into your world and not suffer as so many do! It is just through open heart that this is achieved.

You understand, my dear, that the first three chakras correspond to the third dimension, your ego and your lower minds. Well, the fourth chakra, the heart, is the first of your higher consciousness chakras and with it open and flowing love to you, all around you benefit as well.

Look at the conversation you had with the lady at the dollar store as you bought the heart boxes you plan to place around your home with as a reminder to yourself: you were lovely. You spoke of gift giving and the lovely things you could give to others in these boxes and how wonderful the dollar stores are because they offer inexpensive goods that fulfill people's creative needs.

Me: I know. Far cry from me on days I'm going through ascension energetic blocks telling myself, "Shut your mouth. Don't talk! Don't say anything to anyone!" because I know negativity begets negativity and I don't want it and don't want to hurt anyone else.

Ivo: Yes, and you cheered up the cashier as well as you spoke so highly of her work establishment.

You cannot fail when heart is open!

So many fear that they will be hurt if heart is open. This is not true. When heart is closed is when you can be hurt because you are living from fear. Heart energy, love, protects you from negativity. It is a protection in itself! Fear shuts down one's heart and you might have to work to keep the heart open in these cases. It is worth the effort.

You see so many expressions of being broken hearted.... yes, the heart is sensitive. But it is not the heart that is broken, it is the fear expressing itself. Your societies deliberately mislead you so you will keep heart closed.

When one is in a relationship and it breaks apart, it is said that the heart is broken. No. It is the lower chakras that are so out of balance and they have lost their counterpart in the other person. There is now nothing to balance you because the other person has left – your balance has left. You are out of balance and not able to rebalance using the other.

Me: The heart chakra can be misaligned though.

Ivo: Yes. Grief and anger are the only negative expression of the heart. When you miss someone.

Otherwise, all other reactions are based in lower chakras.

And when you do your meditation, and feel so wonderful, then you must continue to carry this feeling throughout your day. For a while, it might be easy. But then your normal thoughts, your negative fear-based thoughts, seep back in.

You must counteract them with thoughts of beauty, love, compassion, caring... and continue with similar actions: holding the door for the infirm, aiding others in carrying their groceries, saying kind words to the neighbours, smiling.... if you need to work at it, then do so. A good suggestion was to find one loving word for every letter of the alphabet (Orin, Sanaya Roman).

Watch how cheerful you become when you focus on the vibrations of these words.

Open-heart based living is the only way. It is the way of the life of all humans in the galaxy and you certainly can do this as well. Overcome your fear-based systems and minds.

Me: Thank you Ivo!

Ivo: My dear, you are most welcome.

Superior/Inferior Ego

As Ashtar has stated, let go of the 3D paradigm, of which ego is a part.

Ivo: The point I was making to you, my love, on this subject is that you have a particular dislike for those whose low self esteem portrays them as superior, those with a need to control and to be better than others.

You pointed out that they are two heads on the same coin and you are correct. Superiority and inferiority are two ends of the same continuum. It has to do with power and ego. Those who wish to dominate and take charge see themselves as more powerful than others.

Those who wish to be recessive, submissive or invisible as you have called it, take the inferior stance to others.

You believe, having been raised to be submissive, that this was what was done to you. It was not. Your parents treated you this way and yes, there is a certain willingness to please and to listen to parents in order to be shown the ropes of life, but do not think that all children listen to their parents. You see many situations where this is not the case.

This is part of the misunderstanding of the submissive: that this was done to you. No, you took it on as a response to life, as a way of protecting yourself. It did not work.

However, my love, as a teenager already you were showing your rebellious side. Already rebelling against what your parents had taught you you are. You knew better already at that time.

Being submissive, inferior is a choice. Being dominant, superior is also a choice. Make better choices.

Also inherent to this ego continuum is a fear of being the opposite. For many years the superior male was cajoled by insults of throwing a baseball like a girl, fighting like a girl, being a cry baby. Yes, much needs to be changed. I shake my head. And some has changed.

For the submissive woman, the fear of being a bitch prevails, and this insult is thrown at her every time she takes a stand for herself.

Not so much now. These things are even changing to the opposite – the women dominate and the man is submissive moreso than was in the past.

However, it is still the wrong choice.

The fact is, one extreme fears the other extreme. Those who pose as superior fear being inferior. Those who pose as inferior fear being superior. It is fear based behaviour and the catalyst for change has been stymied by more fear – the fear of becoming one's opposite.

Move towards behaviour that is fear-less. That behaviour is based in love.

Leave the power over others structure behind.

Me: So how do we do that?

Ivo: Look at your intentions. The intention to malign or bully others is a form of this: to show dominance. The intention to be overly nice to others is a form of this: to be submissive, or to show the inferior, the goal of course, is to placate others who may take offense.

The way to overcome these things is to understand the dynamic as it plays out in your culture and in your age groups and to decide that all are equal. All are equal to oneself. And that there is nothing to fear, only fear itself.

So you are not better than nor worse than anyone else, regardless of the way they may treat you. And you do not have the right to treat them as such either. Regardless of how they treat you.

Do not let others' treatment of you dictate your response. Always choose to respond in the higher way that you prefer to live by.

For example, my dear, when you come across those of superior ego, when you know there is no superiority involved at all, simply pretense – allow the person to be who they wish to show themselves as and pass them over. Send them love. Perhaps this will raise their vibration higher so they can see the error of their ways.

Yes, you are a reactor. You come from a long line of reactors and it is not easy for you to not react when you come across falsehoods. You have spent your life in search of the truth of life, and are not interested in dealing with those who not only are living a lie, but who do it in an annoying fashion. But you must remove the label of annoying. Have compassion for this person as they are living this lie. Base your response in love.

Me: Yes, before I block them.

Ivo: You have no need for the negativity anymore. Yes. Block if you must. You wish to keep your group a place of sanity in an insane world. I commend you for this.

Me: Thank you.

Remember to have compassion for all, even the one who would bully you.

Me: And not because you think they're pathetic either. There's no compassion in that. I just thought of one troll who I found to be pathetic but he's on his own path in life and that's where he is. Who am I to judge?

Ivo: Exactly. You need not associate with these people. If you find yourself drawn to or taken in by their behaviour, then you need the lesson.

You do not, my dear. You are capable of being loving towards all. It is a question of instituting that habit and practising it.

Me: So what you're saying then, Ivo, is that the mirror effect isn't there anymore? I thought it was.

Ivo: In 3d, mirroring was a way of life. As you move into 4d different dynamics apply. Remember that you are moving through a new dimension with new dimensional properties. So what applied in 3d does not effectively apply in 4d.

Me: So people aren't mirroring flaws back to you anymore?

Ivo: This can be the case. But what also becomes the case in 4d is the higher values of the higher dimensions. You are now of a higher vibration and capable of changing yourself without mirroring. You are more energetically aware, for example. You understand when you feel badly or when you feel good. You understand how to manipulate energy. You understand how to improve your mood and can attempt to do so. You see that emotions are energy, and can work with energy. It is not necessary to have them reflected back to you from others. In the case of the lightworkers, you are not learning, you are discarding the erroneous ways of 3d earth. And yes, many were already living in this higher way in 3d earth.

There are many people, such as the empaths, who seek solitude in their lives. They do not need mirroring. They are more energetically astute and understand that they pick up others' energies. They work with energy. Many are connected to higher realms and receive guidance this way as well. The unaware empath, such as you were 10 years ago, still needs mirroring.

Me: I remember when my higher self tried to tell me I'm an empath. I totally didn't get her message. I couldn't figure out why she was showing me the pain these people were in.

Ivo: Yes. It was a fail, as you call it. You were still living in your 3d way.

You always embodied higher values, my dear, and these were mixed with what you learned on 3d earth. Much of what you had to deal with on 3d earth you have already dealt with – the ego. And you are living from a 4d perspective more every day. So you do not need mirroring of your faults back to you. You are aware that there is still some work to be done.

Me: So how do people relate in 4d? If we had had time to live in 4d longer, not “whipping through” it as we are now, 4d essentially being a highway to a higher place.....

Ivo: They relate in love, my dear. Love to love. Not positivity revealing negativity.

Me: So where's the lesson?

Ivo: There are many lessons that love has to teach. 4D is an expression of lower level love. So is 3d but then your 3d experience was manipulated to be a death culture. So not the true experience of 3d.

Me: If 4d is an exchange of love, then what are the higher dimensions?

Ivo: My dear, they are higher expressions of love.

Me: So what is higher ... okay I get it. I got your intuition. We're limited as to how we can express love in 4d because of the parameters, or the qualities of this dimension. And for that matter, because we're still physical. I guess to a certain extent, we still have a choice in 4d: whether to express love or fear, right?

Ivo: Yes, correct. You can still express fear in 4d. At this point in time, your lives are about the ego: rebalancing the ego and learning to express love.

Me: is this what we would have been doing without the manipulation of the death culture, or is that a 3d state?

Ivo: Yes, your paths have been altered from the normal human ascension challenges. There is a mixture in you, in 4d of 5d behaviours and 3d behaviours.

Me: Yes.

Ivo: Your people will have a challenge in 4d to try to overcome their negative ego, integrate their positive ego and step into 5th dimensional behaviours. Quite a transition.

Me: So, really, this is about taking offense then? Can we discuss that, Ivo?

Learn to describe, not judge

Talk about the energy exchange

Submissive – life doesn't happen to you, people don't do things to you – these are signs of powerlessness

Effects of Ascension Energies

Me: Hi Ivo. I'm going to try to get a channeling done before I'm too exhausted or just don't care about doing one.

Ivo: Yes, you are getting hit hard with ascension energies. Old ego blocks are being cleared out. You understand you must undergo this process in order to strip away the false self.

Me: Again. Don't forget: again. It started 20 years ago when my kundalini awakened.

Ivo: And it continues so that you will be returned to me. I cannot wait.

Me: Me either. I realize I have to allow life to run its course and let go of all this pent up negativity (my baggage, as I commonly refer to it).

Ivo: Yes. You and those in your matrix world, have taken on so many false ideas which caused the “baggage” that you are currently letting go of. False beliefs, false premises on which to live your life upon, the lies you believed and the lies you told (even those without meaning to, the ones told because they were created by false beliefs) – all create blockages within your energetic systems. Among other things, this is by no means the complete list. But it is the stuff of falsehoods that you are now shedding. All of the inauthentic behaviour that has not been re-balanced as karma, is now being discharged from the body.

Me: And it's bloody painful!

Ivo: I know. Along with the fact that your bodies are undergoing physical changes – changing from carbon-based to crystalline, no less. The human is a transformational being. If you did not have all the blocks the transformation from carbon would not be as difficult.

Me: Yes, daily headaches. For what, weeks now?

Ivo: It should let up around September. August will still be a heavy energy month.

Me: We're not really getting much chance to integrate before we're subjected to more high energy, that's what I'm finding.

Ivo: No. But understand that the same energies that are affecting you are affecting the dark side.

They are continuing to surrender just to be off your planet!

Me: That's good news!

So getting back to letting go, you said that we have to let go of lies.... the matrix lifestyle we're living, which, whether we realize it or not, is living a lie and creating lies daily.

Ivo: Yes, and return to the Truth. Your higher self is there to help you navigate the Truth. You have a conscience and you have intuition. When you let go of your Matrix habits, your higher selves will be there to help.

Me: So let's take examples.... like you're in the office and people are at the water cooler, gossiping about the one employee who's not there. You walk up, smile, get something to snack on from the machine and get a coffee, and walk away, without saying anything. You know what'll happen then, right?

Ivo: Of course. You will be the topic of conversation. But what do you do? Do you stay there with the gossips, indulging yourself in conversation that could create blockages in your system, or which could create a rebalancing of energies... karma.

Take the person in the office who has always been loving towards all. Has never been nasty to anyone, has treated all with respect and love. When that person walks up to the water cooler, they treat all in their customary fashion and walk away. Nobody fires an arrow at them. Why?

They have no such karma to pay off. Yes. It is possible to live according to universal law, the laws of love, and to function outside of the matrix.

This is why, my dear, you are not interested in relating to those who are still in the matrix. You are letting go of your matrix thinking and returning to the thinking of your true being: that being Love. We humans live in love, as love, with love, we are the embodiment of love. We do nothing without focusing on higher purpose. Nothing. All has higher purpose and we live by it.

So you come across your neighbours who, yes, are your polar opposites (see Law of Opposites). They try to drag you into their Matrix lifestyles, with all their problems, foibles, follies, drama and chaos. You put your hand up and say, “No. I won't do it.” You did help the neighbour by supplying her with a cheap internet connection and now she thinks she can do whatever she wishes because you're agreeable.

She found out this morning, after she dumped all her garage sale belongings to store on your porch, that you are not so agreeable. Yes, she has the wrong idea about you. My dear, how could she have the right idea about you? She is a third dimensional. You did help her a couple of times, because that is your nature. But now you must put your foot down with her. Keep her away from you, my love. She will slow down your progress. The matrix knows this and sends its minions out to lower the vibrations of those ascending. Watch who is around you and do not play their games.

The best recourse is love. When you come across someone unloving, let go of the old way you are accustomed to treating them, and treat them with love. When you are in a situation such as Sharon is, where you are being taken advantage of, stand your ground and do not let the takers take. Because they are taking of energy as these physical transactions are being carried out. Be as loving as possible but the answer is no. Let the timelines and those upon them, separate.

Let go of those you cannot help. The lightworkers cannot help all but will get more chances in the future.

The lightworkers are learning to live as love. Love is not a low vibrational way of life: it is of high vibration. When in doubt, ask, “What would love do?” Ask your higher self for guidance. Be yourself, a loving being, but do not let the matrix take your energy down.

Yes, things such as anger are coming out now. Sharon embodies much anger at the system she has loathed for her entire life and this must be expelled in order for her to live a new way. So she is feeling very angry. Let it release itself but do not inflict yourself upon others. Do not make others the object of that anger because then you have simply created more that you must rebalance.

This is a time of testing for your intentions. Do you intend to live by love or to continue to live in fear and hatred of others? Which is it?

Make new choices. Do things differently. Remember that the Matrix will send its minions to try to drag you back into it, to lower your vibration. Be loving to them as well.

Move forward daily. Do not let the high energies and your pain keep you from embodying your new way of life – that of love. I know. It is difficult.

Let anger and fear go as energies. Do not direct them at others.

Me: I think I know why monks go up in caves! LOL

Ivo: I know. You are lucky that you live alone but then in the same token you have fewer opportunities to be loving. You are stuck feeling the emotions you are expelling. You have no one around you to make you laugh or be loving towards, or to distract you. So for you it is intense with no breaks. Others with children, perhaps, can find respite from it at times.

Be kind to yourself. Play your favourite music. Meditate. Understand this is temporary. Sleep as much as you need to.

Me: Thank you Ivo.

Ivo: My dear, always.

Life is Love in Action

Me: Hi, Ivo, can you discuss this with me today please?

Ivo: My dear, I am free enough to have a 30 minute discussion.

Me: Hmmmmm. Something's going on on the liberation front.....

Ivo: Yes I am busy as well, and you have others you can channel when I am not available my love.

Me: Yeah, let's see Ashtar would be busy too, Akon might be freer, Sharina not busy, Xarian I haven't had time to talk to. So, it's Ivo!

Ivo: (smiling) Very well.

Me: Last night I was watching YouTube, a show about Bondi beach in Australia about the lifeguards.

The one lifeguard commented that someone had gone out to a part of the beach that was off limits and was now in trouble with the rip tide, and he felt if they were going to be that stupid, he should just let them stay out there and deal with it.

Ivo: Yes, not a very kindly act on his part.

Me: So yes, I get the control message he's putting out, the “I'm better than they are”, superior ego and the judgment.

Ivo: Which is a standard reaction for many on your planet. And the person out there suffering is thinking, “Why was I so stupid?” Yes, your ego puts many in those positions every day.

Me: But I then thought that if you looked at it differently.... that that so-called “stupid” person was in fact out there to help the lifeguard to have an opportunity to open his heart... that this was all

arranged at higher levels, in cooperation with each other to give this lifeguard a chance to open his heart and stop condemning.

I posted that. I posted that the joke's on the lifeguard. Life isn't like the way his ego tells him – people are making sacrifices all the time to help others to open their hearts.

Ivo: They are. And yet many continue to condemn the stupid, the idiots, the a**holes, the ... well, whatever else you call them. Idiot drivers, nut jobs, dumb this and that..... people get angry at others because they believe them inferior to themselves because they would not do such a thing. No! They would not do such a thing because it is being done FOR THEM, not TO THEM. To open their hearts. Their hearts are closed and in need of opening. So acts are being undertaken all the time to give them chances to change their way of viewing the world.

There is love in so many “stupid” acts by those (insert expletive here) that you come across every day! That is love in action. They are giving you an opportunity to be forgiving of their so-called failings, to have compassion for them even in their apparent stupidity....

Yes. The driver who cuts you off while driving... you react with anger. What if you reacted with compassion and love for the one who put their vehicle and possibly them self in harm's way to help with your spiritual growth. These things are arranged between souls, my love. There are no accidents. To the extent that your life seems to be filled with people who anger you is the extent that you need to learn to open your heart and to love.

Earth is a learning school, my dear.

You look back on many in your lifetime who did things to you you did not like. You think of one man, my love, who backed you into a corner in your office and harassed you. All you needed to do was to TELL HIM you were going to use the PA system to alert others to his deeds, but you

did not. He was attempting to empower you to be more powerful; to step into your power. You were not ready so he continued to do this to you.

You dated men who dared you to stand up to them and walk out on their drunkenness, their abuse, their neglect of you and your feelings. Eventually you did but you did not assert yourself at the time it was prudent to do so. They were attempting to teach you to stand up for yourself. This was being done by their higher selves FOR YOU to learn from.

For this lifeguard, who looks down his nose at people who he must rescue as being less than himself, which I might add is dangerous if he sees their lives as being less worthy than his own. His comment is particularly alarming. He will get more like this to help him change his attitude to one that is more loving and compassionate.

Yes, people do make sacrifices in order to help others to learn. This swimmer put them self in harm's way in order for the lifeguard to show compassion; it is not a surprise that he was the rescuer, not the other lifeguards. This was his lesson.

Those who harassed you my dear, you attracted in order to help you grow. And they complied. They did not have to harass you but they did to help you grow.

You can learn from everyone. They all have a message to help you grow. The work is to get your ego out of the way in order to see the love they have for you.

THAT is what life is, my love. When you show a negative reaction to something, such as another driver cutting you off, that indicates something within you that is resisting love. And you will continue to attract the same lessons until you can learn to be more loving to the driver who cuts you off.

Or the swimmer who is in trouble in the water, calling for help.

Or the person you judged as less than you in any way, less pretty, less handsome, less desirable, less respectable, less affluent... they are there to show you how to love. Yes.

Yes, I hear you. Many cannot because of mind manipulation and the overbearing ego they suffer from. That is one reason why we galactics are intervening on your earth – to make it easier to learn your lessons. To make your ascension easier. The other reason, of course, being that they are attempting to kill you all which does not serve a higher purpose when you are not aware they are doing this.

When you see your lives from the perspective of “love in action” you will begin to see what is really going on behind the scenes, so to speak. Ask, “How is this love in action?” and “Why did I attract this?” “What is this person attempting to show me about myself that needs to be changed?” “How can I love this person?” “What is being done FOR me now, not TO me?”

These are the correct questions to be asked. Not engaging in road rage, fits of anger and complaining of others around you.

This is what life is really about, my love. Not what you thought it was.

Me: No. Thank you Ivo.

Ivo: My love, as always.

Universal Law of Oneness

Me: Ivo, there is a perception on earth that life "happens" to people. Can you go into more detail on this? I know life doesn't "happen" - I create it. I remember, for example, the time I swore there were two types of businesses I'd never work in: an accountancy and a law firm. So guess what? I was holding down two jobs - one at an accountancy and the other in the evening at a law firm. I started to clue in then that something was going on.

Ivo: Yes, and you remember that you wanted to purchase a desktop computer years ago and did not wish to pay more than \$500 for it. As you took the streetcar to work, you intuited that you would find your computer in a particular building. So one day you went to that building, which looked to be a somewhat run down warehouse type building.

You walked in the door and looked around. You found a business that rented out computers to businesses, and yes, upon asking, you found out they did resell them after a year or so. However the salesman took you aside and told you that his girlfriend wished to sell hers for \$500 because she was using his. So you bought it and it served you well. This is the Law of Attraction at work. You expressed the kind of certainty necessary to attract what you desired and used your intuition to aid you in getting it.

Me: Yeah, I remember that.

Ivo: You were doing well at that point, my dear. Yes, other lessons were necessary in the meantime.

Me: Like Glenn!

Ivo: Yes. Your last dose of insanity.

Me: So how did I attract him? Or better why? What was I supposed to learn from him?

Ivo: You tell me.... what did you learn from him?

Me: I learned I had a lot of compassion for homeless people, that's why I took him in. However, I have to stop putting others' needs before my own and start thinking of protecting myself. I learned that I had to find balance between helping people and caring for myself.

Ivo: And so you had to run away with all your belongings left behind. You came back but could only take one pick up truck full of belongings with you to your new home.

Me: That was a lesson in what was really important to me. I had to choose among my physical belongings.

Ivo: Yes. You have had to make choices: did you need furniture or did you need clothing? Did you need books? This also told you that many physical items can be replaced so attachment is not necessary in life. You replaced your furniture with nicer furniture that you enjoy even more.

Me: I took a lot of my books. I took my paintings! LOL

Ivo: You took the physical items you felt reminded you of yourself at various times in your life. Plus you took clothing and home implements. This was an important lesson because you had to choose what was important to you. It helped you define how you saw life. Many important things were taught to you by Glenn. So you needed this lesson and you attracted it.

Me: I've had some doozies... for sure.

Ivo: And they have made you stronger.

Me: Yes, I have a no bullshit attitude now, that's for sure. I don't put up with it for a millisecond.

Ivo: No, you do not. You are not a victim, anymore. And you see this is a prominent archetype on your world because your world is structured to victimize others. That is the model. One of perpetrator vs. victim, one of dog eat dog, the buyer beware, trust nobody... that is what predominates all over your world. Very sad. It is not necessary and of course, this has been implemented without your conscious consent. The fact that many continue to enact the values of this system is a consent, with the influence of the mind manipulation technology.

Me: Ivo! I'd like to think that people would choose better for the entire race if they weren't mind manipulated - and by that, I mean everybody to a certain extent.

Ivo: Many would, my dear. Some would not.

So, the overview would be that your world operates on the same laws as the rest of the universe you live in. You have your law of gravity, yes. Your physical laws. The change of the seasons - a physical law. Night and day correspond to physical laws.

So why would your people be lawless? Of course you also live by laws. You have been taught otherwise, by those who disregard universal law in our galaxy, that you are a certain way. That is why you are living in the desperate situation you have now, collectively. Some fare better than others, of course but you are still all living as lawless humans.

Now that you approach entering the galaxy and becoming aware that you are one of its denizens, it would be preferable for you to living according to its laws. You will be saved much pain and suffering.

Me: Yes. It always was the case. So the most popular law is always the Law of Attraction. People want stuff and so they want to learn how to be their own provider, rather than depending on our systems to provide for them.

Ivo: And as I've said before, your earth is your provider. It gives you everything you need to sustain yourself upon it until you die. It co-creates with you. However, because so many have bought into consumerism, if you're pardon the play on words, you believe you need much much more than you do. My dear, you realized when you had to fill that pick up truck full of your wares, just how little you really need to have in life. You do not need every gadget on the market. You are manipulated into believing you do but you do not.

Your people do not understand their true needs, of course. And again, this is a manipulation. You are not consumerists. I would propose to those reading this, that the reason they wish to have so many things is because they cannot.

My dear, do you not go through times when you feel you must have have have and those times are often the times when you cannot afford. For example, right now you wish to have a portrait of Akon done for your video productions. This is wonderful but it is not necessary that people see his face when they view your videos.

Me: I think it's preferable, Ivo. You know the thing we have with using our eyesight.

Ivo: Yes, your eyesight is making you blind, as I have said. My dear, people are contacting other extraterrestrials on a daily basis and yet seeing them is not always necessary. Such as our relationship. You do not see me on a daily basis. I have lowered my vibration enough to allow you to see me so you know I am real because you need that, but this is a handicap. Your physical eyesight is lying to you because it shows you so little of reality.

You were in the 12 step program for people with money issues, my dear. You had to learn to determine your needs as they put it. Yes, your physical needs, not all of your needs. And your physical needs are only a small part of your needs. Your greatest need is to love and to be loved. Because that is self expression - that is who you are.

In order to help you understand that, on the physical plane, you attract lessons (another universal law - the law of correspondence). You attracted Glenn, who you loved more than yourself because you let him into your house. He called you his angel. You saved him.

What you got for your troubles was chaos and physical violence. He attacked the neighbours, yes, physically attacked the two gay men living next door and they left their apartment immediately. He lied to you of course about it.

What Glenn taught you is how little you loved yourself. You allowed this for 3 years, and used the excuse that you were used to it. Yes, you were used to it. You were right back in your parents' home again, a helpless little child.

Now you will not have any of this, even electronically. No abuse. You stand up for your rights with your neighbours and do not take any of their inconsideration either. You are a different person, much stronger. You refuse to associate with people that experience has taught you will bring your life into chaos. You will not deal with manipulation and lying. You expect the Truth from others. Do you see how you are moving into the fifth dimension? That of a more loving, truthful experience?

Me: Oh I see.

Ivo: So I say the people who you feel victimized you were your teachers. And I hold that stance with anyone who tells me their ex was just awful and served no purpose. It is universal law. The negative and the positive and opposite polarities and they attract. When you balance yourself in the middle, as a loving being, also loving to oneself, the law is balanced. Sharon is close, very close to the center.

Me: And I have you!

Ivo: Yes. You always did my dear, I had to wait until your lessons were learned to introduce myself to you but I helped you all along as one of your voices.

Me: I know that now! LOL

Lightworkers, The Ascension Process and Significance of the Event

LIGHTWORKERS ASCENDING TO 5D and THE EVENT

Me: Ivo, there is a lot of information going around about Ascension, the Event and then there's the draining of the swamp and indictments.... also the Galactic Federation has gone quiet on reporting. So the Lightworkers are all trying to get information and figure out what to do about their body problems and then they're wondering where they're going. Who's staying, who's going home, who's going to 5D, who's coming back? Can we cover all this in a 10 minute video? LOL

Ivo: I doubt that, my dear. But there is good information to be gained out there. You pick up on a lot of it and we will discuss sources of information first.

Me: Okay.

Ivo: To all out there who are seeking information in these times of extraordinary change, there is good information to be gained by researching your internet. I will tell you what to avoid - not who to avoid - but what.

First of all, as Sharon has said, listen to your gut. If what you view does not "resonate" with you, leave it. The reason a post, or a video or a blog resonates with you is because your higher self is telling you that there is something of value to you within that information. So listen. You may not know immediately what that valuable piece is, but view it nonetheless and keep an open mind.

I will tell you that in this time of great change upon your planet, where the dark is losing its grip on your people and the Light is trying to emancipate you, there is a battle going on. And it is for

your consciousness. The dark minions are out upon your internet seeking to keep you under its grasp by means of disinformation, falsehoods, trickery and lies. Just as the Light is out on your internet, seeking to help raise your vibration up to the Light, by providing.

One way to discern is to attempt to feel the intent of the writer. Yes, this can be done. Sensing energy is a skillset many have and are developing now. The other is to understand the difference between a self-oriented person and an other-oriented being and attempt to understand the motivation of the writer using this criteria.

As for information sources, yes there are those who are exploiting the Ascension to 5D for their own financial gain. We understand that you must work on earth and still earn money, but when it is excessive understand that there is most likely an ulterior motive of financial gain.

You must always watch for ego, as Sharon does. Anyone who provides information with an underlying current of manipulation or control is matrix-based. You must watch how the information makes you feel. That is how to tell whether the information works for you or not. If you view a video and feel conflicted and pessimistic afterwards, what is that telling you?

Also understanding how people are controlled and manipulated, and again there is much information on your internet to be had, is also helpful to you.

So many on your earth have been taught not to listen to their own emotions because there is a control system in place. If you listen to how you feel, then you would have your own system of internal guidance. But you, instead, listen to others telling you what is right or wrong. No. Listen to yourself. This is also part of the ascension process that you are undergoing - to listen to yourself. To become internally guided. Yes. So practice it while watching videos and reading posts. If you follow someone, then something happens that makes you begin to question them, then heed this.

In higher dimensions, all are internally guided. Our "guidance system" which is comprised of spirit beings, higher selves, extraterrestrials, and more - allows us to be independent of the control of others. Yes, some planets have royalty - royal families. But they do not control us as your royals do. They are wise beings who will help with dispensing advice, they are the keepers of the global records, and are simply there to guide those within their influence. That is all. There is no control of other beings.

When you view a video, read a book or read a blog, ask yourself what you think. How do you feel? What do you like? What do you not like? What is interesting? Will this person add value to your life? What can you learn from them? These are the questions you must ask in order to initiate your higher guidance system.

The lightworkers are the first to go up to the fifth dimension. Yes. So they are among the first to undergo bodily changes and what you term "ascension symptoms." However, many on your world are experiencing this who are NOT going to 5D first because the higher energies are simply changing them.

Lightworkers volunteered to do this - to be the first to go to 5D and to "open the doors" for others to come behind them. Lightworkers have lived in higher dimensions and have experience at this level of being, and memory of this will come back to them if they have not received it beforehand in 4D earth. Yes, you will remember past lives again and have access to the information you gleaned in those lifetimes. You will learn how to apply it by galactic teachers who will be waiting for you there. You will become an ascended being.

There are many groups that will be splitting out on your earth now according to vibrational level: those staying on 4D earth (and there will be subsets here), yes 40% of your current human population..... 60% will be leaving the earth with the Event having been activated now. Yes, this was on March 8th 2018 as Ashtar said. There will be more, stronger energies coming. Some

lightworkers are going home, be that a ship, a dimension or another planet.... their work is done on earth. Some will be going to 5D Earth to stay there and live out their lives which were initiated on 3D earth, and some will be going to 5D earth and then returning as ascended beings to 4D earth. That is the 144,000 who are spoken of. Sharon is one of these beings.

Some Terrans will be moved to other third dimensional planets to live out their lives there.

Because the vibration is so much faster in 5D, you can spend a week away from 4D earth and have lived for several decades in 5D earth. So you can learn a lot in 5D and return to 4D earth after a week or several days. How much can you learn in a decade? Quite a bit. You can achieve Christ consciousness with the space of a week on 4D earth.

Me: I'm not sure that's so clear, Ivo. Let me reiterate. "Time" is much faster in 5D as the vibration is a lot faster there. So a week's worth of time in 4D is equal to several DECADES of time in 5D. So you'll hardly be missed in 4D.

Ivo: Yes.

Me: The only way you're going to get me back on this planet once I leave it is to be 100% heart centered. Any less than that and I can't do it.

Ivo: I know it has been difficult for you. As you say living with an open heart on your planet is very difficult. You are now dealing with the abandoned cat of your neighbour, who moved and heartlessly left him without a home. And as you say, how many people are keen on having a tempermental old tabby cat as a pet? Not that many. Your people need to learn that animals have feelings as well and just leaving them behind is no way to treat them. They are dependent on you for their food and love.

Me: Can we not dwell on this, Ivo? It's bringing up emotions I don't feel like feeling right now.

Ivo: Of course, my dear. Plus your neighbour is washing with toxic laundry soap again.

Me: Don't remind me. Hopefully they won't have those poisons in 5D either so I can breathe.

Ivo: But this brings up another point: let your bodies be your guide as to what to purchase. My dear, your sensitivity to toxins and chemicals, which are being used en masse to kill your people off and keep them sick, has helped your health. Complain as you may about them, your body is telling you to stay away from all that is killing others. Those less sensitive do not have this, again, internal guidance system so your less sensitive neighbours use this poison upon their clothing. They do not smell it like you do.

Me: Right now my apartment is smelling like a 20 foot giant is chewing on a basketball sized piece of grape bubble gum. And it'll smell like that until it all clears away tomorrow, despite my windows being open.

Ivo: Yes, they employ oils in these laundry detergents that rub off onto your skin and are taken in by the body through the skin. What you think is washing out of your clothes, is not. You ingest it through your skin. It is best to stay to a green cleaner or make your own that does not contain parfum. For you, my dear, you know you are moving to a home where you will have more control over your environment.

Me: I can't wait! What a stink! My eyes are tearing up too.

Okay, Ivo what is the significance of the Event to lightworkers?

Ivo: The Event has been much touted and there is a lot of information on it already. I will summarize by saying that it is simply a point where the Light energies affecting your earth overwhelm those of the dark energies that have controlled it to date. These photon energies are pushing your

earth in its own ascension process. Earth will remain in 4D but will be created as a new planet in 5D, which is where earth originated from long ago. It was a 5D planet. It was Eden.

Earth is in 5D at the moment but needs beings upon it to complete its cycle of balance. Yes, she is a planet that is created for the support of life upon it. Human life upon Gaia is part of its balance, as with animal life.

Ascension for lightworkers is a process of activating the DNA to go from being carbon-based in the third dimensional format, to being crystalline which is the fifth dimensional format. Normally fourth dimension would not be ascended through in such a hurry but it is for your planet now. So many are experiencing growing pains as your bodies change quickly.

Your bodies are being prepared to house your higher selves.

I will suggest to you that all you partook of in third dimensional earth would be better left behind. From smelly laundry soap to beer, chicken wing and pizza nights at the bar.... these are lower dimensional habits and your bodies do not "gel" so well with these habits anymore.

Embracing "cleaner eating", going as green as possible, organic will help you to feed your body well while it undergoes this change. New foods will be introduced to you in 5D to support you.

Your bodies are also devoid of nutrients so my suggestion is a good organically-based multivitamin as well. Much rest is also necessary, not a go-go-go lifestyle. Embrace change. If maintaining a simpler lifestyle feels beneficial then embrace that. This will help.

Many are feeling revulsion towards the fake matrix system that is upon your 4D earth. Sharon experiences much negativity and a drop in vibration just going to the grocery store. Yes, being around lower vibrational others is difficult.

Also as part of your ascension, understand that you are an energetic being and caring for this large aspect of yourself is important. Mind who you associate with and protect your energy from vampires and negativity.

Me: Okay, so can I move now?

Ivo: (smiling) All is in place my dear. Yes, this physical process of upgrading your earth's systems has taken longer than expected. Be patient. That, in light of all the other confusion and change you are undergoing, is also good advice but sometimes difficult as your energies are up and down.

Me: So we're bouncing between 4D and 5D aren't we?

Ivo: Yes. It is a difficult process you are undertaking. Ascension at this rate has not been done before.

Me: So explain what's keeping some people in 4D, please Ivo?

Ivo: Your egos are. The Terran ego was manipulated long ago to overwhelm the soul, to block awareness of yourselves at any other level. Many on your planet are not aware that they are anything but an ego. The ego has been manipulated in many to be out of proportion even to reason, so your lives are collectively chaotic as one inflicts itself on others.

At times, this is intentional because those who control your planet are still attempting to win at this fruitless goal - they manipulate some into attacking others, trying to lower the vibration of the lightworkers so that 5D will not be attained. They apparently plan to fight until the end. So be it.

The lightworker must be aware of this and not tolerate negativity. When you engage negativity, be it a troll for example, and they are able to lower your vibration, then you can be compromised with new inserts, implants, overlays and mind manipulation to keep you held

back. Understanding your strength and power is tantamount yet many lightworkers do not at this time. So they are vulnerable.

Me: Tell me about it.

Ivo: The ego must be put back to its rightful size and lower chakras balanced. These energies are being experienced by many now as they undergo ascension. So mood swings predominate, tiredness, old memories resurface.... this is necessary. Being manipulated by the dark side is not.

Your ego is a trickster. It tells you it knows who you are. It does not. Many at your level now, have no idea who you are. Some have a clue.

In 5D the lightworkers will feel their true power. They will know life without the influence of a negative ego. They will transcend it. They will only know love, the love of their beingness.

Me: Ivo, there have also been questions about leaving family behind as one goes to 5D. Can we address that?

Ivo: Of course, my dear. The answer to that is, when you go to 5D you will only be gone for a short time upon 4D, as was discussed earlier in this video. When you come back you will be an ascended being but you will be visible to all upon fourth dimension so that you can help them, to encourage them to achieve enlightenment as well.

Me: How many years do I have to do that?

Ivo: (smiling) Yes, you have made a large contribution as well to date. You are a blue ray from the 60's and your initial contribution was transmuting much of the earth's negativity that was rampant at the time. Younger lightworkers tend to be of a more positive nature than you because they are not all empaths as you are and have not experienced the same level of negativity as you did, by choice.

Yes, you are thinking of the original star trek series - it had one episode called "The Empath."

There is information to be gained by your movies and television shows. However, I still do not advise watching them. For the positivity they might contribute, they double in the negative.

This morning's post: What does it mean to ready yourself for 5D?

It means to have the highest intentions.

It means you eschew everything you learned in 3D because that was manipulated to keep your vibration down. Give up your 3D lifestyle: TV, booze, drugs, consumerism, love of money, working life if possible (yes, I did), and stop looking back into the past. The past was 3D.

Opening your heart is a prerequisite.

Learning to behave from Unity consciousness, not dualistic positive/negative polarity or what is called separation thinking. Those in 5D understand all is love and deal with all that way. If you don't know what it is, research unity consciousness and how those who already live it think and behave.

Shut your ego up and off. It has a place in 5D but it will align with soul's direction for it, not the other way around.

This means you scrutinize every single thought that flies into your head. Is that something you want to manifest? No. Then ignore it. Is that something you want to manifest? Sure, I love that. It's of higher conscience. Everything has to be put under a microscope to switch up to higher consciousness. Everything.

Become aware of anything you have a habit of doing, like lying. If you're a liar, stop lying. Become totally honest. If you're in the habit of manipulating people to get your way, start becoming assertive and ask them in a way that honors their right to say "no" to you and learn to take a "no". Be respectful of others.

If you have a habit of complaining ask yourself, "Do you want to go there?" Realize that complaining gets you nowhere but miserable. It doesn't help anything. If you need to complain about something you either need to do something about it or learn to live with it. Stop complaining.

Always express your highest self and express your intention to do this every morning - to always be your highest self in every transaction.

If you think that's easy, give it a shot.

Me: It all starts with keeping the focus on your behavior, not on others behavior. Scrutinizing what others are doing wrong gets you nowhere, unless you turn it back on yourself and ask, "Do I do that too?"

Ivo: My love, all of our videos are created with the intention of instructing one on how to "raise your consciousness to 5D". 5D of course, is a state of consciousness and there is a separate world in 5D for you to live upon. But you can manifest 5D consciousness on the fourth dimensional earth. You can manifest even higher states of consciousness on 4D earth. But let us not jump the gun. We will aim for the 5th dimension.

Me: Yes, they are. All the videos are helpful videos to help anyone watching to achieve a higher state of consciousness. Thing is, it's not something you have to prepare for. It can be done right here, right now. You don't have to buy yogi robes or Jesus sandals and incense, you just deal with the next person you meet in a way that aligns with unity consciousness or love consciousness, because love is what we really are. Not what we've been led to believe is normal for a human. That's a third dimensional problem.

Ivo: Yes, every day. When you go to the restaurant you are simply nice to the server. If before you would have been unfriendly, then this time be pleasant and do not treat the server as if they are

beneath you. Yes, we see it done all the time. This is the ego telling you you are better than someone who serves you.

This is absurd because you are all serving each other all the time. You are serving each other opportunities for personal growth and this is the greatest gift of all that could be bestowed upon another human – the opportunity for growth, towards the gift of obtaining unity consciousness and embodiment of the higher self. That is what it is all about.

Everyday life with its traumas, dramas, upsets and annoyances – are all opportunities to learn to deal with these things differently. You understand this, my love, and you are doing better.

Despite your extreme fatigue, you are treating everyone better who you deal with. It is not their fault you are fatigued. So you do not take your tiredness and short temperedness out on them, and now it is abating. You are becoming more patient. The more you practice the better you feel!

Me: Yeah, that's pretty amazing. I had a hard winter and now there's payoff but I'm feeling like I could die pretty soon. I'm so tired. I realize I did too much and took on too much when I started doing this work and I have to hang back and give myself more time to rest because I'm so tired. I also believe being on the computer so much is playing a part in this as well.

Ivo: But you are not allowing your fatigue to control your thoughts and actions. That is amazing! You are being kind no matter. You are avoiding those you feel are not on your vibrational level like the man at the coffee shop who flicked his cigarette butt at your car when you pulled in, but you are dealing with others pleasantly and not allowing ego to run your life.

You understand it is a question of not listening to it. Understanding what is ego and what is soul speaking. They both want to speak through you but the ego wants to control you while the soul wants to express itself through you. A big difference. The ego responds in ways that are less than loving towards others but towards you as well. It is harmful to you. Yes.

With its negative reactions, such as being offended, personalizing others' comments, defending yourself. There is no need to defend your actions because others do not control you. You do not need to defend yourself to anyone. Yes, many of you have learned that. The list continues: judgment of others, judgment of yourself, making nasty comments towards others, being short tempered and yelling, thinking oneself better than others.... the list goes on and on. Most people understand what a negative behavior is and it is best to make a list of your own. Yes, list them and then that way when they attempt to control you, just tell them you are not interested in what they have to offer and ignore it. Pick a better way to respond, whether it be to not react, or to smile pleasantly and walk by.

Yes, your people are prone to attack behaviours. It is customary for so many to turn and attack others and those who are closest to someone seem to get it the most. This is unacceptable. Why should you attack other people? Who do you think you are that you can do this? Your ego, which is controlled by dark mind control, is prompting you to, that is why. And this is what you must fight in your awakening. Do not attack it back, just simply ignore it and choose a better response. Shut down your attack response.

Jesus says in the Course in Miracles that you must clear your mind of attack thoughts. This is a good practice. Just watch them come up. Those who have been exposed to more violence but then you all have because you watch television, but nonetheless there are degrees, just watch the thoughts in your head. Let them go. Do not judge them, but of course, do not act upon them either. Awareness is the first step.

Me: Ivo, the other thing I think needs to be explained again is that as we head to 5D, we switch from an intellectual only mindset to an intuitive mindset.

Ivo: Yes, and you fear that those lightworkers who are addicted to Facebook and are on it all the time, are still living from intellect only. Yes, spending too much time in intellectual pursuits,

such as surfing the internet and being on Facebook even if you are reading or writing posts for lightworkers, is too much time spent intellectually.

You are becoming multidimensional beings and this means that the intuition must be accessed and made use of. So you switch from an intellectual to an intuitive lifestyle because the intuition is the doorway to the higher multidimensional mind. Those who live on Facebook and on other social media platforms do not use intuition enough and it could atrophy as a result. This is another thing to be wary of. Two hours a day on social media is enough. Other time can be used for meditation and relaxation. When you are in a relaxed state and your frequency is high enough, you will be able to be contacted.

So many of you are on the comments section of the posts, chatting with each other or worse, arguing with each other. This is intellectual communication and although it is still necessary in order to speak to others upon your planet, understand that your future will be intuitive communication with others and it is best to begin to prepare for that now. We stand ready to speak to you intuitively. We are there to help train you in your future as fully realized multidimensional human beings.

Understand that in your future, your vibrational frequency will be too fast to support communication via the mouth. Your minds will vibrate too quickly for the words to come out of your mouths. That is why you must learn to communicate telepathically – many of you are already at more accelerated frequencies so speaking telepathically is the first thing you must learn to do. And remember that you all could do it as children. All of you. But as you communicated with your parents and went to school, this skill atrophied because of its lack of use.

Your style of communication will keep holding you back if you do not take steps to change.

Me: And another thing I want to address in upcoming videos is that people can't tell when they're being manipulated and lied to. There are plenty of videos on youtube on these subjects, but nonetheless we'll discuss them here.

Manipulating others, and allowing yourself to be manipulated, are lower vibrational ways of living. They are contrary to ascension and will hold you back.

Ivo: I have said before that when you experience reactions of guilt and shame to not give in to them but to understand that someone is attempting to manipulate or to control you. If you are the only one present, understand that your feelings are internalizations of past manipulative interactions where another has manipulated you earlier. This is a learned response and it can be unlearned. You are only replaying a tape recorder in your mind that tells you to respond this way. Shut the tape recorder off and choose a higher frequency reaction.

That is what these reactions tell you. Eventually, you will be as Sharon is, you will not feel those awful feelings anymore, just a sense that something is not right and must be investigated and dealt with.

A manipulator always wants something. Whether it is your time, your money, your attention, your energy, or something you have, they want something from you and because they are not being direct, they are attempting to trick you into supplying it. That is because they have low self esteem and do not feel worthy of what they are requesting. Sharon is always wary when she receives a message from someone stating that they have a need and that they cannot fulfill it themselves. She understands that they may be attempting to manipulate her.

Me: Yes, I call it “dropping broad hints,” kind of like bombs. So obvious. Then there are those who try to make me feel obligated to them in some way. They'll take the victim stance, pandering to my supposed superiority over them because I can do something, like channel, and they can't. I can see through that a mile away. Flattery gets people nowhere with me either.

It gets tiresome trying to determine who's being authentic and who's being manipulative but it's necessary. As it stands, I don't do personal work or answer personal questions.

I find many people behave in these ways and it indicates that they're still in lower vibrational, third dimensional behaviors. Because they're not respectful of the rights of the person they're dealing with. People need to learn to be assertive and to stop manipulating, which is passive-aggressive behavior.

Giving is the way forward, yes, but choosing what you want to give is also part of that. If someone is asking you to give something you don't want to give, then you have no obligation to do so because that is your free will. I've had people walk up to me on the street, complete strangers, who have asked me to have sex with them. Of course I said no. I'm taking an extreme example just to make my point. If you don't want to do it, and someone asks you to, you don't have to. Unless you're at work of course because there is a broader agreement in place. I'd like to see that change too.

The tricky ones are the ones who offer something to you but you can't see what they're getting out of it. The sales people. If they don't make the fact they want you to pay them obvious, then they're being really manipulative. And I've seen that in our community as well. Concealed agenda's are tough. But if you want training, watch TV commercials. They're experts at it.

Fact is, to switch from third to fourth dimensional vibration, you have to understand that you have something to give. So you have to understand your value and what contribution you have to make. Everyone has value and everyone has a gift to give to this planet. Taking only is a third dimensional mindset that stems from a sense of lack. Knowing you have something to give is tantamount to 4D because it's related to an open heart and giving from the heart.

Ivo: Also I wish to mention that these tactics are used within the Light community as well. There are many types of manipulative posts and videos that use scare tactics – tactics intended to frighten

you into creating loosh, or to inject doubt into your mind because they are written contrary to the prevailing opinion, there are also messages which are simply outright lies.

In the Light community, new information is uncovered every day. Much of that is disinformation and you must learn to be discerning, otherwise fall prey to their manipulation of you. Light messages of truth are predominantly positive with a higher frequency. In the case of draining of the swamp and the arrest of the deep state, these messages might appear somewhat negative, but in fact the arrest of the negative factions controlling your earth is a good message.

There is much to learn just in your own community and it is the lightworker's job to learn it as your goal is to embody the truth.

Me: Thank you Ivo.

Ivo: My love, we shall discuss this further, perhaps as some cases arise.

Me: As they will do. LOL

What Your Soul Wants for You

Me: Ivo, it makes sense but I would like a broader explanation of what's going on here in terms of what we think life is about and what our soul thinks life is about.

Ivo: Yes, my dear, you are becoming aware that when you were younger and set about life the way you were instructed, you kept running into dead ends, the same problems over and over, the same types of people over and over, which eventually led you to believe that you were not very adept at the game of life.

This is not true. You were, in fact, led to certain things by your higher self who wished you to learn the lesson at hand. You were very reluctant in many cases to do so. Life would have been a lot easier for you if you had understood what your soul had desired to learn in this life and what you felt your life was about.

Because, as you are aware now, these are two very different things at times.

Your people also misinterpret a lesson as misfortune. For example, a person becomes rich and buys a house with all the trimmings and new cars, a boat....

Me: I'm all for the boat!

Ivo: Yes, you love the water.

So they buy all these implements.... but fail to learn how to manage their money and it all dwindles away. They are left with nothing again.

Let us say that again, they manage to accumulate a sum of wealth through the stock market, for example, and then they rebuild their life again thinking that they are again on easy street. But

for the second time, they lose all their money and end up living in less than desirable circumstances.

So many would decide that the reason this is so is because this person needs to learn self-discipline. And perhaps they could stand to be more disciplined with their money.

But there may be a greater reason why they continue to lose the funds they have accumulated: And this could be the soul's reason for not supporting you in keeping the monies.... because you came to earth to learn how to be sympathetic with those who have been impoverished on your world. And there are many. To learn what life is like for those suffering people.

Me: And the only way to do this is to live with less oneself?

Ivo: First hand experience, yes, the soul is all about that.

So many times you see activists on your planet who have had firsthand experience with a certain disease, or something happened in their lives and they go on the circuit to teach others of their experiences. But this is knowledge. So much more can be gained through hands-on experience and the soul knows that.

Your people tend to misinterpret the soul's intention. You believe that your intentions should prevail. That your life plan is the one to be followed. Often it is not. Because you are disconnected from higher realms of knowledge, who could teach you what you need to do in order to make the learning less painful for yourself. Many, as you did, spend their time fighting their soul's intentions.

One of your lessons, my dear, was assertiveness, which you know. And you learned it. You used the situations you encountered and the people who you needed to learn to assert yourself with, to do so. Yes, you are aware that you are an inter-racial counsellor in your galactic work as Tiannia, my Vegan mate. However, being a counsellor in a galaxy of loving, service to other

racers is not as difficult as being a Terran upon your earth dealing with the people who are sometimes unloving, egotistical and aggressive. And you know this. The other thing you have now learned about is the unpredictability of people on your planet, and you have this streak in you as well. Your emotions often surprise you.

Me: Absolutely!

Ivo: You chose to experience particularly abusive parents and a dysfunctional family to see the effects it had upon you. We have counselled you in the astral many a time so that your soul can glean the lessons it wishes to from your experience. Then you do not have to repeat it. As a lightworker, you already had learned these lessons in other lifetimes. However, the experience of re-learning them on earth was too good to say "no" to for many. Earth has the ability to perfect virtually any skillset learned elsewhere. But you did come prepared.

Me: Hell, no! I'm not repeating this life.

Ivo: You have gained an enormous wealth of information, not just the information you know of as information, but the energies, of your experience. The effects your life has had on your soul. You take that with you from this lifetime. Your soul, unlike you, sees the pot of gold in having had your experiences. You do not. This is because you are still not aware of everything that you have been learning. If you could talk to your soul while you are physically awake it would help you however I do not see this exchange as being possible.

You realize you are learning patience - but at a 3D level with selfish people that you must interact with. Many people on your world are self-oriented and are of a lower level vibration, on top of that they believe they are in charge of their lives and they are here to be happy. And because they think this, they follow the money trail, work hard hours, enter into bad relationships, do many things in the search for happiness. And it eludes them.

When in fact, happiness is to be found when cooperating with one's soul. When doing what it is you were born on earth to do. You realize this, my dear, as you do these channelings and videos. And our books that we write. This makes you happy.

The truth is, 3D, now 4D earth is particularly challenging. Only the strong ones come to earth to help. Others come to learn. Then there are the earthlings who are stuck trying to escape their karmic cycles and at a higher level, appreciate the help they are receiving.

Me: I still can't figure out why I'm so shocked at people's behaviour half the time!

Ivo: It is because their behaviour is so much lower than your typical vibration. Yes, sometimes you would not be so shocked, such as when you are in a bad mood. You might even expect it. But when you are in your normal service to others mode, the "drop" it takes in energetic level to understand what you have been confronted with, comes across as a shock. To understand the lower vibrational behaviour.

That is the case for anyone who feels shocked at others' behaviour. There is often, yes, an unexpected component and the reason it is unexpected is because of the mirror that life is. Most believe that others are "on their level" and to be confronted by something of a much lower value is a shock to them.

Me: Well, thank you for that. After 57 years of feeling shocked....

Ivo: And the solution is to elevate yourself back up to feeling good again. Because this has lowered your vibration. Make it temporary. Take yourself up to a level of forgiveness.

Me: Thank you.

Ivo: Yes, you see this when you have an innocent woman who was a good person, horrifically murdered in a heinous, unexplainable way. Well, there is the law of polarity that says opposites

attract. And then sometimes, but not in all cases, the lovely woman is either paying a past life karmic debt of rebalancing energies, or has asked to experience this horrific death. Yes. Sadly. And on your planet, this is possible. There are also the lessons of forgiveness to be learned by the surviving family, towards the murderer. Yes, your people do not understand..... which makes it even harder to bear.

Your people also have a tendency towards retribution, which yes, is draconian. As Akon called it, "your reptilian behaviours." This is not the way of the human, to take an eye for an eye. Our way is to forgive. Your souls know this and they want you to learn it, yet your policies and your societies do not allow for it. Also social expectation. So the soul does not learn its lesson. Do you see how many stay stuck, not being able to learn upon your world?

Me: Yes, I see that.

Ivo: Let us take your example of infidelity in marriage. You have looked at people's weddings and said, "He/she will cheat on him/her." Some can easily see that the one seeking fidelity in the marriage has betrothed oneself to an infidel. Yes. That word works here. But the spouse cannot see it. Why are they blind to the cheating ways of their beloved? Because the lesson has not come to fruition. It is on the horizon.

Your marriages have the expectations of fidelity to the partner. But when the soul wishes to experience unconditional love on earth, it finds you a cheating partner so you can learn to forgive that person, whatever it takes.

When attempting to understand lessons of the soul, one must look for themes of forgiveness because that is a huge one upon your earth with many an opportunity, unconditional love - as opposed to your conditional love, and self empowerment. Your assertiveness lessons fell in under that category, my dear, as well as self-love because in learning to speak up for yourself, you learned to care for yourself better.

I believe Sylvia Browne had a body of life themes written in one of her books, did she not?

Me: Yes, but which one, she has so many. There's information on line. Google Sylvia Browne, Life Themes. I think there's more info than hers as well. It's common enough.

Ivo: Yes. And for the life theme of forgiveness, to learn to forgive on earth, one might choose rejection. They would be rejected by their parents, abused. Or by a partner. Frankly, it is not difficult to find rejecting people on your planet; you still find them under the guise of trolls or others who have out of control egos who love to go online and reject people, many times as they have been rejected themselves, so they are acting out their theme and either "helping" others to learn by suffering rejection, or they are not learning their theme's lessons: to overcome rejection. Rejection of others is also rejection of the self. Many who are on line rejecting others' comments do it so they can also be rejected in turn. Yes, that is what the soul wishes. That they experience rejection in order to overcome that trauma.

Me: I won't do it. I won't deal with people who malign me or anyone I know.

Ivo: So what do you do with them?

Me: I block them, which is rejection.

Ivo: So you see then? When they decide to learn what the soul wishes them to learn, then it will stop.

But these people are learning, they are not malicious as a rule. Yes, others are quick to label.

Me: Okay, let's take another common scenario.... one thing I used to do myself, but despise... partying.

Ivo: The imbibement of alcohol and the intake of drugs in order to achieve a feeling of well being. Well, my dear my first comment is if you felt good about yourself you would not need these crutches. Or sugar, which is your particular favourite.

Me: Yup. So people go out to bars and party all the time

Ivo: And this, for many, is not a life issue. For those who have more that they are ignoring in their lives, this is a life lesson. Because they cannot imbibe. The alcohol is a deterrent to itself. It makes many sick and hung over. So many set limits but others cannot. Those who cannot are either learning a lesson from the drink itself: one of self love. Or they are experiencing a natural deterrent in the alcohol, which hopefully will lead them on to what their soul really does wish them to experience in life. Greater things.

Yes, many of your Illuminati's programs have built-in deterrents. But you see, alcoholism and drug addiction is still rampant.

Many are here experiencing that, to learn self-love, self-mastery and self-empowerment. Your world has the availability of many means of learning.

Me: You've got that right! Boot camp on earth!

Ivo: Very well.

Me: Ivo, one last question.... How do people go about finding out what their soul wants for them?

Ivo: This is a question, my dear, of paying attention. Develop an inner focus, not an outer focus.

When you have genuine feelings of love for something, then it is a path your soul wishes you to take. When you see synchronicities it means you are being led to where you need to be. When you have a sense of feeling lost, you are. This is how to rectify it.

Going inside during meditation and gaining the understanding that is being communicated to you all the time but there is too much thought chatter in the way. You need to understand yourself and many do not.

Put aside time to do this rather than turning on the television. I know you have busy lives but this is so important. Your lives are as if there is nobody at the helm of your ship at times, when in fact you should be, but with higher guidance off the bow to direct you through strong gales! Your life will become easier.

At the moment, there are malevolent others in charge of many of your lives and this must change. Do not empower them, empower yourself! Bring in your Light!

Me: Thank you Ivo.

Ivo: My dear, you are always welcome. I know you work so hard.

Me: I do. But I love doing it.

Peace is the Way of the Soul

Me: Hi Ivo, I've had the most tremendous experience these last few weeks! I archived my Facebook group and opened my own forum which is still growing, and took a break. I have learned so much.

Ivo: I see this my love. You are in a much better frame of mind.

Me: I'm an empath and I thought for once in 3 years, I would pare back my interaction with others to absolute minimum so that I could understand how I feel at "default." I want to understand which emotions are mine and which belong to others that I am feeling. I did put myself on a vitamin regime as well, so I think that helped, but I feel great. Absolutely alone and fantastic!

Ivo: Yes. You are. However you are still a transmuter and that is your work.

Me: I'm connecting with people little by little so that I'm not overwhelmed. I think that's the difference Ivo – not being overwhelmed by my interaction with others. Because I was. And I've learned social media is a good place to feel overwhelmed for this empath.

I was worried that I wouldn't have access to the news I was looking for to pass on to others so I still do go back on now and then but not nearly as much as before. I've also been reading my email subscriptions from my trusted sources like in5D.com (Gregg Prescott and his guest writers), James Gilliland (he's also a channeler and gets more intel on intervention than I do), Lisa Renee sends out a weekly or monthly newsletter so I see that in my inbox.

All the people I trust to give me the best news are doing what I do as well: going to their trusted sources and quoting them so I get the benefit of second hand news passed on to me, which I

then pass on in my forum. It's such a great idea! Plus I get ideas on new books to buy to do more research. I love it!

I've learned so much. And I'm so grateful!

Ivo: Yes, and that is not the end of it, is it?

Me: No. Getting to the subject of this video – I've rested up and feel so peaceful. Then it dawned on me that that's the way of soul – to be at peace, to even work in peace, and that going forward I had to learn how to do this too.

I have had many decades of caffeine-fueled assaults on my inbox at 9:00 a.m., followed by 5:00 p.m. crashes into spaced-out oblivion. That's how I got the adrenal fatigue. I took that work model to some extent and applied it to what I'm doing now but I realize for best results if I want to do my soul's work, and I do, the best thing to do is to do it in the way my soul would – in peace and love.

Because I'm interested in addressing my adrenal fatigue problem, I realized too, that I had to stop working up Adrenalin in my work. To do my work in peace would hopefully give my adrenals the break they would need to mend.

I've realized I have to take frequent breaks hourly, daily, and weekly. That was your prompting too so thank you for caring! I was doing none of that. I have accomplished a lot because the fourth book is almost done and we have a large library of videos. I also had a look at which were the most effective ways to get my message out and I realized that social media isn't because of the censorship I experience there. That means the people who want my message aren't getting it. To counter that I put my Facebook posts in my blog.

So going forward, interacting with others is fine, but not to the point of overwhelm and working on this is fine too but not to the point of stressing my adrenals. This is going to be interesting but the results are so worth it!! Just loving my life in peace.

Ivo: So this was a very worthwhile experience for you.

Me: It was and I want to share that with people: figure out what's not working for you, reduce or eliminate it, and go the way of your soul – in peace!! The love will come back on its own. Going the Adrenalin fuelled way of the ego is just not worth it. It's running yourself into the ground. Do what you need to do. I make a list of what I want to do in future and it might or might not get done. If it's still a priority I'll do it. If not, I'll omit it.

Of course, we're never taught to rest and when the adrenals kick in, you don't want to rest. But you have to rest to get back to center – to peace and calm. That's when life feels best.

I thought I'd pass this message on to people who are doing too much. Find ways to eliminate work, get help, take breaks and stay centered in peace and love. It's the only way for me now.

Of course the old will temp me. I have a book I want to read and grill Akon on and it'll get done when it does. I have another project with him and Gladeela (Elizabeth Klarer) coming up and I want to work more with Adama, my man of love!!

But I have to pace myself.

Hope this reminder helps you too!

Lots of love and peace, Sharon and Ivo

Purity of Heart

Article from Ascension Energies.com:

PURITY OF HEART

Purity of heart has to do with the intent behind why one wishes to ascend. Some humans wish to ascend in order to better their lives, make the big business deal, manifest the beloved, heal the form, or any of thousands of possible desires that a given human may have; any other reason to ascend other than the pure wish for evolution involves a lack of purity of heart from the perspective of the solar counsels now reviewing human ascension.

Failed ascensions are related to an impure heart, or one that desired ascension for some other reason other than to evolve. When there is a desire for something else, then there is also the propensity to bargain unconsciously with the forces of the dark. As one bargains to receive their desired dream, the dark then use the ascending field in a harmful manner and create either global or solar harm, as in the recent experience mentioned above.

Solar counsels will be reviewing all ascensions in human form of those with holograms and seeded for the ride to Mahavishnu. They will examine such humans for purity of heart, or the underlying reason that they so choose to ascend to another level of power through self-mastery. Solar counsels shall also oversee all ascensions beyond 7,500 segments from this point forward as one's ascent to this level of evolution affects the entire solar system.

Most humans are extremely arrogant. In the arrogance, there is a tendency to misuse power for personal gain. In the misuse, it is not just that one gains what one had hoped to manifest, but that other species or Earth is harmed in a manner that will prevent further ascension. Solar counsels are

saddened by the current state of the human species, and shall assist humanity in ascending out of such a state and into humility, honor and non-conditional love again through generational ascension.

Me: Boy! Talk about direct. I would say selfish, not arrogant, but whatever.... I like that they're talking about failed ascensions because then we're not the only ones, Ivo.

Ivo: No, there are some who will fail.

Me: Then what?

Ivo: They will be born again onto earth to complete their contracts.

Me: They can't go home?

Ivo: My dear, the ascension process, will last longer than 2048, They have much time to complete their work.

Me: I feel sorry for them.

Ivo: That is because you do not like it on earth. You also understand it is because you must change your circumstances and only you are empowered to do this.

Me: I know.

Ivo: You are learning the way.

Me: Ivo, I have chronic fatigue.

Ivo: Have you not healed your body before?

Me: Yes.

Ivo: Then you can do this again.

Me: Gallstones?

Ivo: Stop what is causing them – your diet, and do a cleanse.

Me: What about being grumpy?

Ivo: (laughing) You have the solution as well now – you have leaky aura syndrome. You are repairing it. You are careful about who you associate with understanding that their negativity can be absorbed by you, but yes, you are living in a dense location and this negativity you pick up as well.

It is always about properly balancing and protecting the energy field.

Me: Yes.

Ivo: That will help to stop your grumpiness. Also understanding that grumpy thoughts are not yours. You are a being of love. You have the solution. Sometimes you like to regress because it is easier.

Me: Yeah, I like to coast sometimes.

Ivo: And then you fall back into old patterns that do not serve your highest good.

Me: People, I'm not the only one who can benefit from this lesson. LOL

Ivo: No, you are not. The one thing to focus on is your mind. That is all you need to change.

Me: Speaking of which the author of this article is talking about people who want to ascend in order to gain something for themselves. I know I want to ascend so I can see you all the time.

Ivo: You need not do this. You need to move in order to see me all the time. You also astral project to my ship and see me there.

Me: Yes.

Ivo: But that is not enough.

Me: No.

Ivo: My love, it will change. You need not ascend. You need to keep working on your third eye, clearing that chakra, do not ingest fluoride and take substances that reduce calcification of the pineal gland such as spirulina. Also when the other endocrine glands are in balance, the pineal gland will be more balanced as well and you understand this is from balancing the chakras.

Me: Yeah, I had some gut upset last night and I did Layne Redmond's chakra rebalancing CD and it went away.

Ivo: It is the energy.

Me: Okay, so people want to ascend for personal gain. That's what this author is stating and that's a problem because they indicate that you could be making a deal with the devil in doing so. Also slowing down the ascension process for everyone else.

Ivo: Yes, you ascend as a group consciousness.

Me: So the lightworkers have to understand that they came here not for personal gain – they came here to raise the frequency of this planet and to be the first to ascend to the fifth dimension in order “start the process” off for the earthlings, whose ascension had been stifled by the dark. You're not here for your own sakes. If I were anywhere for my own sake, it wouldn't be earth, believe me.

Ivo: That is also a faulty thinking pattern my love. You are here for your own sake as well as that of others.

Me: Ivo, I wouldn't have gone through half the stuff I had if I'd been here for my own sakes.

Ivo: But you would have, my love. Life is Love in Action – see our video.

Me: Why did I do that then? Why did I go through the emotional trauma I did for my own sake?

Ivo: To learn. For soul mastery.

Me: Okay, so I'm saying at a lower level, my earth self.

Ivo: Which is part of your soul, my love. There is no separation.

Me: Okay.

Ivo: So you will then go on to master yourself on lower 4D earth. You are bringing these capabilities to the people, so you can teach others in turn, and you are enriching your soul.

Me: I'm getting my Masters in dark dimensions.

Ivo: If you wish to look at it that way. But do not say that you came here only for the sake of others because that is not true. You may not understand the whole picture but you are here for your own sake as well. Do not martyr yourself.

However, do not say that you are here only for your own sake and do not focus on that because you again do not understand the big picture. You are here for others' sakes and the sooner you embrace that, the better for you as well.

Nobody is separate, nobody. We are all one. You are not acting for only your own sake. That is the way life works.

However you can believe that you are, and when you believe it, you can create it. But when you create it, you are working against the greater good of that which you are a part.

And this is the damage the Solar Counsels are reviewing now. Because you are slowing the process and aiding the dark in doing so.

Me: I felt that message had to get out.

Ivo: Yes. It did. And reminders will have to be made as well. You are a part of the One, you are a part of the lightworker group on earth, you are a part of us, the extraterrestrials and you are a part of those on earth who you are here for. When you work for your own sakes and not for the greater good, then you work against the grain.

Me: What if meeting their twin soul was part of the greater good?

Ivo: then it will happen and in the best timing. Trusting this process is better than attempting to control it to meet your own ends.

Me: And when you act in ways the dark has taught us?

Ivo: You give them more control. And that is what they want. Do not think that they are not attempting to create these wants and needs within you, because they are. That way they have you working against the flow. Let them go and understand they will happen when they are supposed to.

Me: Okay, thank you Ivo.

Ivo: I await you my love.

Behaviours of Energy Vampires

Sharon here. Ivo and I have created this comprehensive list of the behaviours of energy vampires. You may be shocked to see this includes many ways we commonly interact in life. This is to show you that we live stealing energy from other people and they from us – how pervasive it is. We're all guilty of it but the good news is we can all stop it too. In doing so, you take back personal power and increase your Light quotient.

Life is an energy exchange. All of life is energy. Some of it is slow enough so you perceive it as solid, but it's still energy.

I've been referring to energy exchanges between people, cords and cording. You've been doing cord cutting meditations. But why? To disconnect your energy from others who either you've connected with in love and given it to (these cords often remain) or to cut yourself off from energy vampires who are stealing it from you.

We ALL have been energy vampires at some point in our life and unless we make a concerted effort to stop behaving in these ways, we're going to have a hard time finding our Light and ascending. That's why people who are soul-based become authentic expressions of their true selves – because they don't engage in these negative ego behaviours. The key is to become aware of it and to just stop it. Don't engage in behaviours that steal energy from others. And don't let others steal it from you. It's your life force. If enough were taken from you, you could die although to my knowledge this isn't that common, thank God.

When you come across someone engaging in any of the behaviours I've listed below (and I may have missed some), the only thing to do is to shield up and IGNORE the vampire. When you react, you've given them your energy. You've picked up the phone. You've made the connection. You've answered

their call. And their call is for energy booty.

Energy vampires can appear sweet and nice, or dark and sinister, raging or sublime.... but they have an often unconscious agenda many don't even realize they're carrying out. Some do. Some are aware and make a game of stealing others' energy. This is why it's important to examine your behaviour, become aware of where it's off course and to correct it. Most of us live life unconsciously, dealing with others the way we learned to when we were kids!! We're not children at 30 or 40 and our behaviour should reflect our maturity!

We here on 4D earth are influenced by the dark. We are its food source. Unless we act negatively, the dark will starve. Rick Jewers (Jesus' incarnation) explains here:

“What has been depicted through this current/past attack, is much value in how the darkness works, and how it is able to control One, to do its bidding, of which its bidding is, to create food for it, and of which its main diet is, fear and negativity. Darkness works in way to separate, a dark thread will begin from a SINGLE SOURCE that is WEAK IN THE WAY THAT DARKNESS/NEGATIVITY resides in that One YET, that has not been cleared and sets the perfect stage for the One to be controlled and to create the conception point for a feeding thread/frenzy. Darkness works with the mind in such a way that it will distort the thought process, cloud the perception, and replace the Ones perception with a darker perception, it is through energy that it does this, HOWEVER, DARKNESS CANNOT CREATE ITS OWN ENERGY, IT NEEDS A NEGATIVE COMPONENT WITHIN YOUR ENERGETIC FIELD FIRST, TO POLARIZE YOUR ENERGY TO EVEN A MORE NEGATIVE STATE, then it feeds. The more the darkness feeds, the bigger it could grow, consuming and attaching to Others, that have a bit of negativity or darkness, still within. The darkness sometimes does not need for You to be in a negative energetic state to a large degree, to begin to administer control over You. If You are even susceptible to being "pissed off", it opens a door for darkness to infect and fester. Darkness enjoys hate, hurt, blame, anger, competition, etc, because it is what grows food for it.”

The food that is created is called “Loosh” but just understand that your negativity is being used to create negative reactions in yourself and others, to create this loosh. That's where the energy vampire comes in, who exchanges your light energy for their negativity, thereby lowering your vibrational frequency to a level that the dark can continue to feed off of you. Does it sound gross? Yes. You have parasites in your intestines as well. So why not feeding off of your non-physical energy? I've seen them. They're there.

You are prompted to vamp energy off of other people all the time. In fact, the entire way our society interrelates has been created to facilitate this process of stealing energy from one another. We are discouraged from being assertive, we don't respect others' boundaries, we lie to each other... all of the negative ways we interact are ways to vampire energy. Do you need the list? Okay. I'll do the whole list. If you have EVER behaved in any of these ways, you have stolen the energy of someone else who was vibing higher. The victim is often someone of high energy who suffers having it stolen all the time. My family of origin taught me to be receptive to energy vampires because they sensed I was high energy and stole it from me.

Refusing to behave in these ways leads to increasing one's Light, ascension, growing up, becoming more mature, becoming more responsible to self and others, and living your Truth. If these don't sound like worthwhile goals, I don't know what would be.

Any attacking behaviour that is intended to put someone else on the defensive starts off this list.

Any of these behaviours can be considered energy vampiring:

- arguing (two vampires going at it with the intention of winning, which means one vampire has gleaned more energy than the other – the “winner” is the one who comes out with the most energy. I don't argue. I have too much to lose. Anyone who goes into a conversation with the intention of making you the loser is a vampire! This is far more common than you think! Our egos are trained to want to be right. Nobody wants to admit we're wrong but it's humble to do

so and a sign that you are interested in growth. There's no harm in being wrong but there is harm in wanting to make someone out to be wrong so kick these vampires to the curb! And if you're doing it, stop doing it!)

- giving someone advice without their asking (doesn't it make you wonder why their focus is suddenly on you when selfish people only focus on themselves? It's because they're throwing out the bait to hook you into giving up your energy. How often do people do nice things for absolute strangers? Why are they so focused on you now?)
- as above, anyone who is focused on fixing you (this can be just a nice move that is well intentioned but poor boundaried, or it can be done to take the superior stance and make a victim of you. To determine which, you would sense benevolent loving energy coming from them if it's the former, however EVERYTHING done to you requires your permission. Take your power back!)
- raging at someone (the point is to put them on the defensive, which is the posture you need them to be in in order to vampire their energy)
- manipulating: examples – broad hints that you want something from someone without asking for it directly (equates to taking their energy without your direct acknowledgement. For the person being approached for the favour, it is tantamount that you agree to do it. A manipulator tries to trick you into giving without your actually say yes to it and you may not even be willing to give. This vampire is taking your energy and possibly even your physical energy in the form of work done, a free ride, babysitting their kids, without your having agreed to it.)
- bullying (controlling, which amounts to controlling their energy)

- shaming (part of this is projection, which means you're swapping your low feelings about yourself for their high energy)
- using guilt tactics to get what you want from them (“Oh, you're so mean! You never do anything nice for me!” - putting them on the defensive. I frankly, would never stand for this type of treatment).
- Keeping you on the phone too long, won't stop talking (they are keeping your energy, your focus on them longer than you have agreed to. Whatever you focus on, you give energy to. Presumably you have been repeating, “I've got to go now,” as if often the case. It would not be a bad move to just hang up on them. Of course, instead of getting the message the vampire will call back and start an argument, trying to make you wrong for being impolite. This would be their second way of trying to get their supply of energy from you. Don't argue with them. Better yet, don't pick up the phone, and cut cords.)
- Which is another point I need to make: so many of us have been taught to be “nice” which means a pushover that doesn't stand up for them self. Don't be nice. Be assertive.
- Talking about themselves the whole time. Not letting you get a word in edgewise. (Again, your focus is on them for longer than you've agreed to allow it).
- Which is a good point, EVERYTHING that is done to you requires your permission. Would you allow someone to rape you? No? Then why allow them to fix you, criticize you, shame you, guilt you without your permission? It's your life to live, no one else's. You didn't ask to have this done to you. They are doing it against your will and this is vampiring energy.
- The book I'm reading brought up another point I need to make: many of us have learned to be helpless. Where did we learn that? In our society that teaches us non-assertive ways of living and to be the victim of the government. We see ourselves as valueless beings who schlep

ourselves around for minimum wage, and then go home exhausted at the end of a long day of having to keep our mouths shut or get fired from our jobs. We are money victims. And because we have taken on these low vibrational roles, we also engage in low vibrational behaviour, such as what's on this list. Awareness changes this.

- Anyone who takes the superior position in a discussion. This is someone who draws energy from others by taking the upper hand. That includes your boss, many of whom want to be a boss because they don't want to be in your shoes, the worker. We don't live in a hierarchical system that tells us that power is power over others, for nothing. Some of us want to be the “have's,” the beneficiaries in this fake control system. Those who believe that power is power over others are most guilty of being energy vampires. Those who believe that power means power over self are assertive, connected to source and don't have to vampire energy from others.

- Narcissists

- the entitled – they feel entitled to everything, which would mean everyone else as well.

Engaging anyone with this position of superiority will set you back energetically because this person will do anything to prove they're right. Automatically, you'll be the fall guy. And because they are entitled and call you their friend, it's because they feel entitled to you and whatever assets you may have like your car for example. You will find yourself driving these people around like you're their free cab company. Believe me, I've been there. Let this person in the door and you'll pay for it, sometimes literally. This energy vampire, who often plays the victim, needs some tough love. Kick them to the curb and don't give in when they come back for more.

- Making anyone wrong (this is a superior position that extracts energy from the one you've made wrong)

- Nagging someone, bitching at someone (complaining) Again, getting you in the defensive posture.

- Making fun of someone – hoping to put them on the defensive

- attacking someone either emotionally or physically

- calling someone names

- gaslighting – any lie or deception is the direction of lower frequency energy at someone.

Getting them to believe the lie lowers their frequency. If you want an example of that, just watch the news.

- Playing the victim. Yes, this person, the adult version anyway, has grown up with seemingly no idea how to take proper care of them self. Emotionally, physically, financially, this person depends on others to do for them what they should be doing for themselves. If this isn't an energy vampire, I don't know what is. How do I know? I WAS one. People avoided me like the plague and now refuse to see me as recovered, but that I have no control over. That's on them.

- The sex vampire: Spending every moment on the prowl for new sexual encounters, this vampire uses sex to garner your energy. Then leaves you on the curbside wondering where they went. Don't give in. Find someone who loves you. It's worth waiting.

- Drama queens and kings – again, your focus is on them and they're using it for all its worth. Ignore these people. Starve them of your energy.

- These are taken from “Liquid Mirror” by Kelly La Sha:

- interrogators – invasive questioning or questioning with an underlying agenda

- evasiveness

- complaining
- accusing
- telling jokes that offend others
- holding someone in conversation longer than they want to be held
- silent treatment
- neediness
- blaming
- making the other person wrong (see my arguing example, above)
- trying to prove that you are right (again, like I was saying about the arguers)
- starting an interesting story and pausing before the end
- playing the martyr
- anger
- righteousness
- expectations of others
- control
- hidden agenda
- Leaking Energy (means you have leaky aura syndrome and have to heal it; there are books on this too)
- attachments to people and material things

- resistance
- impatience
- anger
- frustration
- complaining
- worry
- playing the martyr
- perfectionism
- shame
- control
- defending

Kelly La Sha writes: “Certain behaviours can be love-based or fear-based. It's up to you to discover when you are acting from your wounds or acting from your heart.” See these examples:

1 Bragging

- fear based intention: “I don't want you to see how incapable and insecure I am, so I'm pointing out my strengths and accomplishments.”
- love-based intention: “look at this exciting discovery I found about myself!”

2 Admiration

- Fear based intention: “Why does he have everything! I want to be successful like him!”

- Love-based intention: “I honour this awesome expression of Spirit, and I clearly see what I would like to manifest in my life as well!”

So you have to ascertain where your intention is coming from: the ego or the soul, whenever you speak. I can sense the difference in people: whether they're responding from ego or soul.

- Look at how much time you're spending listening to others longer than you want to, look at people who are argumentative, look at the toxic behaviours you and others indulge in – the reason they're low frequency behaviours and most of us would like to think are beneath ourselves, is because they are behaviours that harvest energy for energy vampires. That's why they're so low vibrational. Make a point of shifting to higher frequency behaviour, which will happen automatically because you'll be coming from soul, not ego, by refusing to engage in any of the behaviours listed above.
- Understand that keeping your focus on others' faults and not your own is an abdication of self responsibility, and self-empowerment and will keep you in your ego and continuing to vampire energy from others.
- This is a long list and may appear overwhelming. I hope I've helped and there are things you realize you can stop already. Work on them slowly. Don't change overnight. The ego will kick up a fuss, expect it to resist and to try to trick you back into old behaviours. Don't let it.

Take Your Free Will Back: Energy Attacks and Defending Yourself

Me: Ivo, we need to discuss my interesting hour on Facebook. Yes, I wandered back for an hour and it was enlightening. I put up a post the other day saying that I am using apple juice with apple cider vinegar to deal with a gallstone problem. So far it's been doing pretty good.

As usual, my posts are intended to help others, not to get advice from others. If I want advice from someone, I'll ask for it. That's a respectful exchange between people. You ask for help and it's offered when asked for. Nothing less than. Otherwise it's a violation of my free will.

Then one person comes along and starts telling me what to do. I'm supposed to heal my past trauma, family issues, past life stuff, etc etc etc. Like I haven't been doing that for the last 20 years. I just haven't mentioned that. When I told her to cut it out, she said she considers herself a healer and goes around Facebook, trying to trigger off everyone's egos.

I was enraged. Now on top of being defensive, which I hate, now my face is so red I look like a tomato.

Ivo: Blood pressure. But you are enraged at the lack of boundaries and disrespect of your free will. If you wish to heal, that is up to you. You have much self respect and it annoys you when you are not treated in kind. I keep telling you my love, you are one of us. You think like we do. My dear, you are versed in higher consciousness ways of dealing with other beings. My love, you are a mediator between warring races in the galaxy – you are certainly cognizant of respectful means of dealing with others because, as you are doing now on earth, you have taught them out in the galaxy. Between warring factions, no less.

Me: So you thought I was up for this, did you?

Ivo: No, you did.

Me: So I want to repeat, for the sakes of the few people who actually bother to listen to what we say:

Everyone is entitled to free will. That's god given. This planet is supposed to be a free will zone but because of the Matrix, it's not. And people have been taught to mistreat others by interfering with their free will all the time and continuing to be unaware of it.

Ivo: So forgiveness is necessary.

Me: I know. But first the lesson.

Ivo: Yes.

Me: When you try to control, as this person was, not even attempting to control me to my face, but doing it surreptitiously, behind my back in order to elicit a reaction....

Ivo: Yes, an energy vampire. A ruse. She wanders around thinking herself a healer when in fact she triggers negative reactions to elicit the energy from the target. Hence her superior ego.

Me: Yeah, they always piss me off.

Ivo: Because they are draining your energy. But they are often self-deluded as she is, thinking themselves spiritual when in fact they are vampiring energy from others. The worst kind of delusion is self delusion because it is the hardest to overcome.

Me: Well, it's going to be hard to overcome for her because her focus is on other people, not her own healing.

Ivo: Yes. You told her as much.

Me: I doubt it'll make a difference.

Ivo: Which is not your problem. You blocked her. And now you have cut cords so she cannot receive any more energy from you.

Me: Okay, so where was I? Clearly the lesson here is the vampire will use any means to gain your energy. But a sign would be that they're focused on you, not on themselves. Most people offered advice in stating what they have done to overcome the problem, which is acceptable because they're not telling me what to do. Those who respond by focusing on you, not themselves, are the vampires.

Ivo: Yes.

Me: That's the other point. People go around telling others what to do. Can you imagine how frustrated I'd be if I expected that everyone was going to do whatever I said? What's more. I don't want that responsibility. You can take what I say or leave it. But if you're on my timeline, I expect to be treated with respect and will accept nothing less. If you have lax boundaries and try to vampire my energy, I will evict you.

Telling others what to do. Finding fault with others. Trying to change others without their consent. Trying to vampire their energy, also of course without their consent. Thinking yourself superior to others. Going into conversations with an agenda – being the best, vamping energy.... just chill. Learn from what others say and enjoy the conversation.

Now there was the question of my becoming defensive. I become defensive when someone violates my free will and right to self autonomy. I'm doubting that's the correct response, Ivo.

Ivo: You become defensive when someone is attempting to vampire your energy. And this one can be put on the growing list of our new e-course. There is no need to defend oneself. You have not done anything wrong. But there is always an insinuation by these superior vampires that you are faulty and lacking in some way.

Yes, my love that is a conditioned response in you from your childhood days and it needs to be healed. She was showing you that much so you can be thankful for that, however, you know this already. Your narcissistic father and histrionic mother had you on the defensive all the time, attempting to defend your energy which is actually what being defensive is.

You can use being defensive as a means of realizing that your energy is under attack and the best move to make is to shield from the attack of the vampire.

That is all it is. The person is attempting to call your integrity into question and this puts you in the correct posture to remove your energy because it is an attack. It is simply energy vampiring.

You are looking at it from a psychological perspective but in this example, there is no psychology to be considered. It is an energy attack using words, of course. Words have energy. Your normal response to being attacked is to become defensive, but this is folly. Put up a shield and do not allow it to penetrate your being. Understand that nobody can attack you without your attacking yourself as well. Yes, you call this personalizing. It is the fish biting the hook. You took the bait she put out. Energy vampires bait others.

Me: Oh yeah. Advice giving. An attempt to control. An attempt to make me feel unworthy or guilty for failing myself. As if.

Ivo: She also called it an ego reaction. I do not think that defending your energy from being removed without your consent is an ego reaction although she made it appear to be. Your being defensive is a question of being defensive of your life energy and vitality and you must put up shields at this time to ward off the attack. The vampire will throw the word “ego” at you implying again, that you are deficient in some way, however you are defending your energy. Best to shield up and walk away. Also forgive those who attempt these things. That is the best way to deal with it.

Me: So you're saying that defending your life energy is not egotistical which makes sense. It's a defense of the soul's energy, I guess. However when your energy is taken, then you react egotistically because now your energy is lower and you're coming from the manipulated ego. And then you just think this is who you are and how you react because your energy has been taken but we're not ego – we've been led to believe we are.

Ivo: Fronting a counter-attack as you did today is folly, my love. You are not seeing the vampiring in these episodes so clearly and you must. You are always targeted for your Light.

It is best to shield up when you become defensive and not to counter attack. Because the counter attack is providing the energy that the vampire desires.

Me: Okay, thank you, Ivo.

Ivo: My love, you must learn what is truly negative ego and what is not. When a vampire takes your energy, of course you fall into the lower dimensions and your reaction appears egotistical. But it is not. You are defending your life energy, however you lost in this instance. In the instances when you win, you will retain a higher vibration and forgiveness will be easier. A good lesson for all who deal with energy vampires and you all do.

All the things that you take offense to, stop taking offense to. Why? Because then you will stop defending which is the posture the vampire needs you in to take your energy. Then you will not defend and the energy cannot be taken. A posture of loving all is the best way.

The fact is, everything you learn to do in your Matrix world is energy vampiring – it is all done for the sake of draining each other's energy. All of these things we speak of, such as manipulating and controlling behaviours, and your reactions to them – all about energy vampiring. All of it. Bearing in mind the biggest energy vampires are the parasitic beings who use you for loosh – your energy.

Me: I'll work on it. Thank you, Ivo.

Ivo: You learned to take offense at both your parents' behaviours because this was modelled for you.

It was possible to love them both as they were and to maintain your own energy but yes, difficult for a child who was under constant assault.

Me: They would've had no use for me because they were both a couple vampires. I probably would've suffered even more. My father was gunning to kill me as it was.

Ivo: I understand. So you mimicked your mother's behaviour as a means of saving yourself. It does not work for you now. Do not take offense because then there will be no need to defend. You will stay in the higher chakras and continue to feel love.

My love, you will navigate this world of yours well when you understand the cosmic reality of energetic transaction.

Almost as if to finalize this lesson, I went out for a drive to the park, and on my way a man I have no idea who he is, rolled down his window and flipped me the bird! I started laughing and drove on, laughing at the incident. Ivo said that all people should be treated in this same way – take no offense and do not defend against their attack and you'll have it perfect.

Excerpt: From Beyond This World

From Beyond This World – Because So Are You

Consciousness, Who We Are

Ivo: Consciousness is what you really are. Yes. Not a body, not even a mind. You are part of "all that is" and you are an energy with consciousness. Meditation is a means of accessing more of this consciousness than you normally have access to. It is a means of accessing higher consciousness or higher aspects of yourself.

Me: So what role does the physical body play with consciousness?

Ivo: Yes. The body is a limiter. It limits the amount of your soul you can access and as the chakras are balanced, then your ability to access more consciousness increases. The chakras come into balance when you deal with your emotions and master life lessons. They also balance when you meditate however holding yourself there takes constant work. You have fallen back to not meditating as frequently hence you do not reap the benefits (good mood for one) of that state.

Me: Why? How does that work?

Ivo: During meditation you move to the higher chakras. Normally in your regular working day state, you use the lower chakras unless of course you have a job like a psychic medium or yours, a channeler. This of course is because you live in a world that is lower consciousness, requires predominantly three chakras to live in. This is by design of course. The malevolents have created this type of circumstance to prevent you from ascending. Of course you use all of your chakras but I am speaking of predominance.

When you meditate you have a feeling of not being in touch with your lower body and "being all in your head". That is because your crown and third eye chakras are most active. You also have a feeling of expansiveness because your awareness is not of your body so much anymore, but of your spirit.

So the physical body was created to help you to learn. It is a system.

Me: So I can see why life is so varied if our chakras are where they are in our quest to balance them, then you get the energies from the earth's chakras influencing them, then the energies from other parts of the galaxy, and then who knows what else?

Ivo: Yes, extremely varied.

Also how come my sister keeps setting off all her electrical devices?

Ivo: You have the same problem at times as well, although you tend to have a more destructive effect. What you are doing is meeting the vibration of the device and then giving it orders, so to speak, according to your mood. Your sister sets hers off when she is anxious so the device is having the equivalent of an anxiety attack, to the best it can reproduce this human effect electronically.

You get angry and have a more destructive effect on yours, setting them off to their eventual deaths.

Me: Are you saying I'm a killer?

Ivo: You hate those machines at times, my dear. You have a love/hate relationship with your technology. So this comes across when you align your vibration with it. That is very possible of course, because you are on it all day.

Me: Yeah, I almost killed my cell phone until you told me to leave it alone.

Ivo: My dear, you see the effect your energy has on things and with that I will say that it is necessary that your people on earth become loving, because having this power and being un-loving towards anything, you can kill with a thought.

Subsequent to this channelling, I was listening to a meditation CD on my laptop. As I felt like I wanted to quit, the CD stopped and the machine shut off without my even touching it! It responded to my will and the energy I was putting out! No hands necessary!

Ivo: As Gaia moves up into the 4th dimension, many are starting to experience oddities that indicate they are increasing in consciousness.

Some report feeling intuitions that tell them to look at something. This particular person I know to be clairvisual. I believe what was happening is the messenger is instructing them to look at what appears to be nothing to them except maybe some physical object or objects that they're used to seeing everyday. So why would one's intuition instruct them to look at everyday objects which unless you really think of their god-given presence with reverence, would have no particular significance? The answer to that is there is something there that is invisible to this person using 3D vision and through their focusing to find something, they are exercising their eyes to view at 5D level: which would show us objects that at this point in time are invisible to us. I believe that on top of having the appropriate vibrational rate, that training is necessary in order to use one's bodily senses at 5D level. For some things will come naturally; for others training will be necessary.

If you hear buzzing around your ears at night and you've determined it's not a mosquito, don't dismiss that as "just my imagination". We're moving into a new realm on earth that will stand your imagination on its head.

We've worked with people who are being contacted and yet they dismiss so many things as nonsense, imagination, craziness.... whatever. I'm here to validate you. What would happen if

you started to listen to that voice that tells you to try to see something you don't think is there? What would happen if you decided that yes, that buzzing you hear at night is extraterrestrials trying to contact you, trying to let you know they're there? You're reading this book for a reason.

Ivo: Eventually we will convince more and more people to see the Truth. What I was referring to when I said humans were disconnected from their roots is look at the large cities. Remember the process you went through when you stopped working in the corporate bank and stayed home every day. You became more in touch with nature. For many, not all, this is a natural process. Once the distraction is removed, one returns to their roots. You said that you could tell which day exactly that winter started. It was the day that things stopped being soggy and wet on the ground and started becoming cold, crisp and dry. That was the first day of winter for you. And this has remained so.

Me: So Ivo, you've described how we are physical bodies on this physical world, who are, via our chakras, connected to consciousness. Can you describe this in more detail?

Ivo: Of course, my dear. Before you are born into a physical body you are an energy collective called consciousness. You are that first, a physical body second. This is a large collective but it is essentially you. This consciousness is eternal, meaning you will live forever in this form. You will never die.

This is why ETs are not so worried about death as you on earth are: we have more access to our consciousness than you do and understand that only the body dies upon death. In the same manner, only the body sleeps at night time. The subconscious mind (which is most of this consciousness) does not sleep. It does not need to.

ETs also relate to the consciousness more than the physical person who is the physical manifestation of it. In your life on earth you are Sharon and before this life your consciousness was Tiannia, who was my mate. We are of similar consciousness type.

So you are joking with me that you can write this book as well as I can, my dear. In your mischievous way.... if you were not behind the veil of amnesia that surrounds your planet, you would be able to author this entire book, yes.

But this is the purpose of our link – to link Terrans on earth to those in the galaxy. We are one example of such a link although there are many more, by design.

Me: So you said too that the chakras limit the amount of consciousness (our subconscious) we have access to.

Ivo: Yes.

Me: But the veil of amnesia?

Ivo: Prohibits you knowing even what your chakras would allow, who you really are.

Me: That's not much.

Ivo: It is not. Why do you think we are here to help you Terrans?

Me: We need it. So the chakras are out of balance....

Ivo: And one's behaviour reflects that in some way.

Me: So we work on our issues and rebalance our chakras....

Ivo: And have a higher level of consciousness (or more access to your super and sub-consciousness).

Me: Aha! So you get people who can meditate and see past lives and such....

Ivo: Yes, making a concerted effort to gather this information. The veil is breaking down so this is becoming easier.

Me: Okay, so if we're this omnipotent consciousness and we're born here on earth, why don't we feel like an omnipotent consciousness? I've spent most of my life feeling like anything BUT that.

Ivo: Yes, my dear, what you've been taught about yourself is a lie. A lie, yes. That is to put it in a basic way. You have been taught that you are a physical body and taught to use your physical senses, when in fact the non-physical part of you is so much bigger than your physical body and so much more powerful. You have been taught to believe that your physical self is the most powerful part of yourself. And this has been so that you can be controlled and manipulated by other negative entities because these entities know that this is not true. They just let you think it is because then they can control you. Yes, you are under their control.

When you get up in the morning you must remind yourself that you are a powerful omnipotent consciousness. When you continually tell yourself this, your way of experiencing life will change. You will start to become more empowered and things will begin to fall into place. With some meditation, and I recommend daily meditation, you will begin to interact with that omnipotent consciousness through your intuition and when you follow the advice of your intuition, or as some like to call it, your gut instinct, you will find that life works out easier for you. The more you make this consciousness a part of your daily life, the more powerful you will become. Old defeating beliefs will be brought up for renewal. You will begin to examine your life from a more powerful standpoint. You will look back on what you said or did 5 years ago and perhaps shake your head and thank the stars you are not at that point of your life anymore. You will begin to feel better. Those who wonder what on earth they are supposed to be doing with their lives will find fulfilling answers. When you experience that superconscious, you will begin living your life the way you were intended to, not the way your captors intended you to live it.

You see yourself, my dear, you devote your entire day most days to helping others to become aware. You prompt, prod, post, blog, write books.... communicating all the time with people who read your work and understand new things about us, the Galactics and who they really are.

You work tirelessly at it, every chance you get, to try to connect us with those on your world who will listen. We thank you for that. But imagine that time in your life when you worked at a job flipping hamburgers.....

Me: Hey! I made supervisor!

Ivo: Yes, a supervisory job flipping hamburgers. Do you remember the time this supervisor had to take the garbage out and it got all over her winter coat?

Me: Yes, I see where you're going with this, Ivo. I've found my calling. And there are other people who work in burger joints so don't diss them!

Ivo: If you were living with full consciousness you would not have to work, you would just create everything you wanted with your minds. But yes, that is a way off for your people.

Me: 5D?

Ivo: Yes, you are not there yet, my dear.

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Unity Consciousness

Ivo of Vega: It's About Frequency - Nothing Else Matters!

IT's ABOUT FREQUENCY - NOTHING ELSE MATTERS!

THE GALACTIC FEDERATION'S PRIORITY RIGHT NOW IS RAISING THE VIBRATIONAL
FREQUENCY OF PLANET EARTH. NOTHING ELSE. NOT EVEN DISCLOSURE.

Ivo: Mass Disclosure would cause more fear right now than it would any good, my love. And in so
doing, lower the vibrational frequency of those upon her. In the same way the dark has worked
in the background to enslave you, the Light will work in the background to liberate you. It is that
simple.

Me: Why are you dealing with just frequency?

Ivo: To raise your people to a fifth dimensional frequency. To align with your planet, which is swiftly
increasing its vibrational rate.

Me: So how is the GFL going about this task?

Ivo: We are holding off heavy incoming energies to stop your people from being, well, basically
electrocuted by these energies. There are heavy energies coming in which your people are not
prepared to deal with. Your ascension has been too slow. Many are lagging behind. So we are
buffering them. Releasing enough energy to you to help your ascension but holding enough
back that you do not die of it.

Me: Well, thank you for that. I'm ready to go but I believe I'm here to keep communicating for you
and that's my life's work.

Ivo: I would have you back in a millisecond, my love, but yes, you are not finished yet..... The priority right now is frequency - because for those who understand, the rising of your frequency will change everything. It will eradicate the dark, who cannot stand it and cannot align with it, and will raise your vibrational frequency to eliminate the dark within you. Earth will become as new again.

Those falling behind are already leaving your planet. Some are cloned but will die of mysterious causes within a few years, and others are simply passing on. These are people of all ages who have decided not to continue with this.

Me: So they'll reincarnate elsewhere?

Ivo: Yes. There are other third dimensional planets where they can incarnate and continue to learn.

Me: So by removing the darksters off this planet, you're raising the planet's vibration as well?

Ivo: Yes, my love. They must be removed because just their very presence keeps you at a lower vibration, and their influence on you also does. So we are removing both. The veil of amnesia is falling and you are remembering your multi-dimensionality.

Me: Oh yeah, I saw myself in a hangar last night before I fell asleep. It just popped into my head. This vision of me in a hangar. I think it was a mothership hangar. Then I saw myself at home on Elteron.

Ivo: You are remembering more, my love. Much more will come to you. Your entire history to the extent that you can hold the vibrational frequency of the history. Because you have lived in much higher dimensions than even 5D. You will begin to get your lower physical lifetime memories back first, then as your body ascends, other memories will return. (And these memories will help me in this life now!)

Me: So let's go back to disclosure for a moment. You're saying that disclosure of the Light forces to our world would be detrimental more than anything else right now. It wouldn't have a positive effect?

Ivo; Your people are manipulated into fearing an alien invasion. It is in many of your movies. Your people fear any outside influence on your planet as being hostile. Your collective vibrational frequency is too low to embrace the truth of the existence of a benevolent extraterrestrial species existing, never mind an entire galaxy full of them. Once your collective vibration rises to the point that this truth can be embraced, we will show ourselves to more and more people. You must rise beyond fear.

The lightworkers and starseeds now do not fear us because their vibration is higher than the average. But we are speaking of the collective here, not the individual who is ready to meet with us. Because many already have. We work with you as a collective and it is also up to the lightworker to spread the truth to the collective and to help to raise its vibrational frequency to embrace the light, not the darkness and untruths they have lived in for so long.

Me: Thanks, Ivo!

Ivo: My love, I wish to tell all that it is ALL ABOUT FREQUENCY. Nothing else. That is the solution. Gaia has sought her own solution in raising her own frequency and it is up to you to keep up with her.

Me: Ivo, that's so simple and it makes so much sense. I hear so much baloney being shot around the community that you will reveal yourselves to the world now or the next solstice or the next portal opening, or whatever....

Ivo: No, not now, there is still too much fear. Your collective vibrational frequency still aligns more with the dark than the Light. When it rises, we will show ourselves, but only to the extent that it can be accepted with love, not rejected in fear.

Me: There's so much conjecture and guesswork and it's so simple. It's about frequency.

Ivo: Yes. It is simple. Your people get caught in their ego's and complicate everything. We extraterrestrials work on frequency only. When we see you are ready to accept, we will introduce new truths to you. The lightworkers' jobs are getting others ready to accept our new truths. Look at it that way, perhaps.

Me: Thank you Ivo.

Ashtar Sheran: A Message of Peace

Ashtar Sheran

Channeled by Sharon Stewart

A Message of Peace

December 25, 2018

www.sharonandivo.weebly.com

This is Ashtar Sheran with a message to all on planet Earth. Today, December 25th, is the day that peace and love are called for. You are celebrating a holiday with family and friends and the expectation is that all are to be loving and to get along. The White House is shut down for this period in order to create change within. The armies which previously were there to depress and suppress, are now being withdrawn from occupied countries. Change is coming. It is now at the level that those who wish to, can see. Those who choose to can remain unseeing if they wish.

Our people, the people of this Milky Way galaxy, watch with excitement and anticipation as these steps are being made in your world. The universe celebrates as we see your lives being reversed from darkness and fear back into the light and creator's love for you. The dark is being disempowered on all timelines, and the Light is being restored. Many are waking up to the true reality and many are taking steps personally and socially to keep expanding this energy forward.

We of the galaxy, also watch as we hope at some point, to reconnect with your people as we had in antiquity. Why don't you land? you ask. We don't land on your earth, as a collective, because your people still harbour much fear of us, and the propensity for violence. We value our own lives and we

will land when it will not propel your world back into the dark and fear. You must accept that we come in peace and love before we will show ourselves to you.

When you learn to stop fearing us, and more begin to embrace the fact that we are loving and care very much for you, then we will land and make physical contact. Until then, we watch from a distance, watching the progress being made on your planet, towards a peaceful civilized world that will share our values of respect of all others as beings of the Creator that you are.

Look up at the night sky. You will see our ships. There are many surrounding your earth right now. Many think this is an invasion. You have already been invaded, long ago, and we, your brethren, the ones of your common ancestors, are here to help free you. This is your battle, however. It is expected that those on this planet work with us.

You can all begin to work with us by eliminating your fears. Any fear that you have. Eliminate it. Instead of fearing something, send it love and you will notice that you do not fear it anymore.

There is a force of Pleaidians on your planet now, doing much work on the surface. They come in love. They come to eliminate the dark. They are working with the Resistance, the Galactic Federation and the Alliance, to rid your world of dark control.

On this day of peace, the holiday you are celebrating, remember the message of the Christ, Buddha, Allah and more. Remember the enlightened ones who spread the message of peace and love. This is how the Creator wishes you to live. Not as you are now.

Be peaceful my friends. Walk with love. We await you.

Adonai

Ashtar

A Message to All Lightworkers, August 2018

Hello Sharon and hello my beloved family of lightworkers. This is Ashtar Sheran with a message regarding the upcoming energies and your involvement on planet Shan.

As you may know the Lion's gate portal was reactivated on July 26; this will bring in higher energies that will again awaken many new lightworkers from their slumbers.

It is important again, that you realize that your role in the ascension of planet earth and her human inhabitants is that you communicate. Communication is key. New lightworkers are questioning and asking what they are to do on your planet now. They realize that they are changing, developing and growing into different people who are casting a suspicious eye at the system they are currently living in, and as they realize that they are changing, they understand that the system they have lived in is not changing with them.

So they are seeking those new beings in which to continue on this journey with them. A helping hand is always an aid to these humans with newly opened eyes.

As you may be aware, some are already leaving to go to 5D, their work on 4D earth complete. So new ones are taking up the places that these older lightworkers have left, and many more are advancing in skillset. It is a continuous process.

These are wondrous but confusing times for you. There is much change and it is necessary to fight your typical way of dealing with change – to fight it off, to deny it. The new energies coming in are activating some and changing others to advance them in their fields. You are receiving help as you sleep, being taught what your next task is. Many are taking on new jobs or more of the same work that they have been doing.

You must build a network. Include all among your ranks and help the new ones to learn.

Use your energy to bring light to the earth. The human on earth has been taught to take in energy from outside sources but in fact you are to express energy from the unified field, so this energy must be propelled outward. In other words, give rather than take.

As the solstices and special events in the year increase energies, your own abilities climb at these times as well. Keep studying, keep learning, keep listening to those who speak around you. Listen to the teachers. If you're not familiar with something ask your higher guidance for help in learning what you need to know and you will be shown.

Yes, we are also planning landings. On a one on one basis at the moment we are reaching out to you and helping you at your physical level. We are aiding in transport to the fifth dimension as you do not have this skillset yet. So you need our help. And we are there for you.

We work together as a team: lightworkers and the Galactic Alliance. It was created to be this way and this plan is now coming together.

Typically when contact with us has been made, you will fill your role more specifically. Until such time, your task is to learn, use your abilities, practice, communicate with others, and enjoy being a high dimensional being on an ascending planet. It is not all fun at times as there is much clearing out of old energies from the light body, however we hope these times are not too stressing.

Your world's negative ways are imploding, collapsing in a pile as many begin to walk away. Without the support of your minds, there is no life for the old paradigm and the vicious ways of your people's past. You are turning a corner in the evolution of humanity on earth and we look on with great pleasure to see the change being produced.

Hold your light, gain your power, practice working with energy, send all healing white light. These are jobs you can practice at in order to flex your muscles of Light.

I bid you adieu,

Adonai,

Ashtar Sheran

Lightworker, You Are Part of Our Team

Me: Hello Ashtar.

AS: Hello. You have brought up a good subject, worthy of discussion again and again. So I'll indulge you. You wish to speak on the subject of lightworkers and their connection to those in other realms. ...

Me: Yes.

AS: There is a perception among lightworkers, particularly those who are newly awakened, that they are on earth to bring in the Golden Age either with the assistance of other lightworkers, or by themselves.

This of course, comes about because you have always felt alone on your planet, feeling alienated by your families and friends for being different.

You are different. You are, however, one of us. As Ivo has continuously attempted to impress upon his Sharon, you are not an earthling as much as you are a being from another planet or dimension, who has come to earth to help free those who are suffering. You're not here to do this alone. You're here as part of a group and it would be prudent to think of yourself as such.

Think of yourself as part of a team - a team of light beings who are omnipotent and powerful. A team of beings who fight the dark with their light and love.

That is who you are.

The connection to us comes through higher awareness. This can be achieved through meditation which of course is the doorway to the subconscious mind.

As you ascend, the subconscious dissolves to reveal all that was always there. Life is a matter of perception and yours is increasing.

Meditate daily and connect with us daily. Let us help you to do your work on earth. When you don't connect, you flounder. You have more questions than answers. Let us give you the answers. We are here for you and we love you. We await helping you to do your work on earth.

You're not alone nor were you ever. We've assisted you throughout your entire life and now we wish to do it with your conscious consent.

You don't have to suffer on earth any more. Ask for our help. Always ask for assistance.

Adonai

Ashtar Sheran

Lightworker Infighting

Hello, this is Ashtar of the Galactic Federation. Our ships are spread across your globe, taking prisoner the Negative Alien Alliance beings that are hiding out on your planet. This action was in response to the murder of Isis Astara, who is now in the plasma plane.

This attack on a Lightworker was unforgivable and required immediate action on our part. This should significantly bring up the Light quotient on your earth. We estimate this will take another week or so to finish up. The vibration is too high now for them to be able to stand living on your earth for much longer.

It would be of great help to us if all the Lightworkers would assist us in raising the light vibration of your planet. You don't know how powerful you are. Sharon read an article that said that a couple of lightworkers having an argument is enough negative energy for a dark worker to start a new dark initiative on your earth and this is true.

You are fueling the dark side when you argue and setting the process back. We need you to cooperate with each other. Yes, your shadow sides are coming out to be healed in the Light that is upon your world, however you must deal with this differently.

When there is a negative comment by someone in a group, leave it. Leave them alone. Pass it over and do not respond. When you respond to a negative comment, you are feeding negative energy to this commenter and fueling the dark efforts on your world. This is leading to enslavement of your people for even longer.

Yes, every bit counts! Every bit!! We realize that many of you have taken on large loads of painful emotions to transmute but venting them at somebody will not help your world. You must look at

the greater good, not relieving your own feelings at another.

Walk away. That is the way to deal with a detractor. If you have pain, go into your pain. Ask Archangel Michael to help you heal. You have much Light assistance with you. Ask for help. You don't have to suffer alone. We are there to help heal you! Ask us. This is bringing Light to the earth – not venting at someone who annoys you.

Think before you speak. Which side are you fighting with? Be the embodiment of love, not war! This is what we ask of you, to help us with.

Lightworkers are strong beings. They have much power and must use that power wisely.

We thank you,

I remain

Ashtar

Ashtar Sheran: 20/20 New Year's Message

I am Ashtar Sheran and I am here to pass a message on to all on Planet Eden.

It is now in your time, the end of the second decade of the new millenium 2000. So many are looking backwards to what was when in fact there is so much to be looked forward to if you would only turn your heads to look at the bright future that lay ahead.

When I say you are looking backwards, you are looking into your pasts to see what the future might hold for you. Release the past. As your collective vibration increases your planet's collective past and your own individual past is being altered to a higher frequency. It is as if it never existed. Your past will seem surreal to some of you as you embrace your exciting multi-dimensional now. You will seem like a different person, and you are. The chances of you re-creating your past now, with your new awakened DNA and your higher vibrational frequency, are quite remote.

The future will be grand for you and all who have decided to partake of it. You see our ships moving closer to your planet, embracing your world in our loving vibration more and more, while you see the buck has stopped for those thieves who sought to steal this glorious future from you all. The first indictment to be opened is that of Hillary Clinton, who once was chosen to step up for leadership in your world. That chance was whisked away in the flash of a moment by divine decree and she and her other cohorts will now stand trial for their unspeakable crimes against the people.

The people are rising. They are awakening to realize they are living in a new world. Many lie asleep still but this is of their own choosing. They have taken the slower route and this is their decision. Bless them and love them as they are, for you know that you can.

As for rumors of the end of days, I say to you, this is the beginning of a new time; the only end of

days is the end for the old regime, the dark regime that sought to drive your planet into destruction for many many millenia. That is what is coming to an end. Those who see it as the end of times are unaware, they will see it as they see it but there are so many awakened who know better now. You know you will have a wonderful future as the divine beings that Terrans were meant to be - you know the future is one of love and that all fear will be cast off your planet.

Be strong in your knowledge as you undergo your own changes, light beings. Be strong. You know that the death of the old brings forth the birth of the new humanitarian system that your people have longed for for so long. It is decreed by the one himself that you too, will stop suffering and join your brethren out in the galaxy as superb divine beings of love, the holders of the knowledge and the guard of the light. This was the role Terrans were to play in the galaxy so many millenia ago, that of the Edens, before your planet was overthrown and cast into darkness.

You can see when you look at the description of the end of days, that all of its distinctive traits have been fulfilled upon your planet now. There has been much suffering in this last age of darkness, much deterioration, famine, war, pestilence, disease, apathy and now ridicule of those who are the bringers of this new dawn. Your planet has known fear and this fear is to be no more. Your planet will be restored to the Eden it was in its tender beginning, and those christed ones upon your planet now are the first seeds of Eden's future.

You are the changers. You are the ones who seek out divine guidance and who will bring the divine to Earth again. You are the ones whose hearts are full of love, for the peoples of the planet, for the world upon which you walk, and for the universe you gaze upon in your night time.

You are the blessed ones who are put upon earth, who have volunteered to endure pain and suffering like no other has experienced, in order to help those there. You are the ones, the highest of the highest of this universe and more, who came to help when Terra was in such a terrible way. You, the guardians of the galaxy, who stepped into roles that no other would enact, will have your day yet.

You will see the fruits of your labors, you will bring to fruition your divine projects, you will serve as you have longed to for so long.

The time is here. It is here now. All will be revealed to those who have waited so long; the grand plan will unfold and you will begin to sow the seeds of a new world of love, the Eden you have waited for all your lives.

You are in a period of transition from the dark to the light and there will be battles, bombing, and impeachment attempts..... however remember nobody upseats the creator, nobody. He holds the strings - the timelines you are now in, are held gently in his hands with love and care, never to allow what has transpired on your planet to happen again.

It is not the end of times. It is a new dawn. You have brought it forth, all of you, and for this we celebrate you. You are our team upon the earth, you are part of the divine plan whether you are aware of this or not, and for this we salute you.

We watch you all with care. We are always with you, guiding you, helping you, holding you close while you sleep.

I am Ashtar and I stand upon our promise to you and all those upon your planet - there will be victory of the Light, and love will reign supreme again.

Sharon: I previewed part of this channeling on Facebook and of course reactions were in two camps.

The light loved the message and those of lower frequency tried to understand it, or not, through their own limited ability to do so. Some of the reactions were just comical - assigning a political affiliation to an extraterrestrial? People, don't be put off by the negative reactions you're going to hear from others, some are trying to understand and some are trying to fill your mind with doubt. There are those who don't want these awesome changes to happen to this planet but

don't let them dim your Light. There are some who are even thriving in this world as it is, but that's not equality and equality is what has to happen.

We all know, we feel ourselves changing, our personality changes as we rise in frequency, we gain our power back, we lose fear, we release more of our shadow, we see the ships overhead, more and more of us speak to them and we are hearing again, the truth of what's happened to this planet as we wake up to it and it's becoming common knowledge.

I wanted to get more clarification on Ashtar's wonderful message because when Ashtar says, "The time is now," then I feel we need to be more specific.

Ashtar: Politics is irrelevant to this liberation of the planet. Assigning a political affiliation to anyone involved in this liberation is illogical. We are changing your systems and one happens to be your political system, so it is being changed to higher benevolence across the world. Changes are being made across every system you use to control yourselves, in order to gain freedom for the people of Eden.

Me: When you say the time is now, what are you talking about specifically and what time period are you talking about?

Ashtar: As I said last night, Sharon, every moment has been pivotal throughout this process but going forward, the next 5 years will be particularly important. Everything is being lined up now so that the system falls like a house of cards. We are striving for a step by step implosion, rather than a full-out crash of all systems. One by one, we desire to bring the systems down. We have operatives in key places who will become active when parts of them fail.

For example, if a bank is taken down, then its resurrection will be of the Light - new owners operating the QFS (Quantum Financial System). Old money will be replaced with new money as the financial collapse develops. Old system will be replaced by the new QFS system.

Me: Trying to envision how this would look but it's probably not as cut and dry as it seems....

Ashtar: Who do you think is funding your Alliance military operations? The dark?

Me: True. The QFS is! Awesome! So it's already operational on this planet at least in pockets. Yeah, they would've been cut off, wouldn't they? LOL

Ashtar: The military is split.

Money - your financial system - is key because it is the primary vehicle of enslavement of the masses, simply because you all have to work. Your pay levels are set by the upper tier and inevitably are inadequate to see to your needs. Inflation is also a construction of the cabal which makes it harder for the ordinary person to survive. And there is so much being stolen from - then lauded in front of you. That money always belonged to the people. Your "law" makers simply steal or change the rules to give themselves the largest slice of the pie. Imagine being able to create laws that include yourself and your friends, yet few others benefit. This is about survival now. This is the level you're at right now - surviving, not thriving.

The QFS has been functional for quite a while already but attempts have been made to hack into it. Therefore we require you have a fifth dimensional frequency in order to access your project funds. Your password is your frequency, one of love, nothing else. When you have purified yourself to that extent, you'll be able to initiate your projects.

Me: Can we discuss the St Germaine funds, please Ashtar?

Ashtar: Yes, money will be provided to all upon the planet in order to alleviate the need of having to work. This will help those who are barely surviving in particular. Those funds are the monies which were stolen from you by the cabal.

Me: Yes, skimming off the lottery pot, taking it from your bank accounts, getting interest off your deposits and not repaying any to you, skimming off funds for countries hit by natural disasters, and other diabolical means. So then people don't need a 5D frequency for this, Ashtar?

Ashtar: No, they don't.

Me: I can really see that this is part of crashing the system - letting people walk away from it if they want to.

Ashtar: It is. The time is coming that dissatisfaction with politics, big business and the medical system is so high that people walk away from it.

Me: I've walked away from the medical system - I use alternatives all the time now.

Ashtar: That's an example. You also don't vote.

Me: No, why bother? It's rigged anyway. Everyone knew Justin was going to win.

Ashtar: And next will be the Conservative win because everyone will be fed up with Liberal politics, so then they'll switch to the other hand.

Me: I think some are consistent.

Ashtar: Yes, but many aren't. They switch back and forth and the system works because you don't understand your true needs.

Me: True. So who's to say they won't try to steal the St Germaine funds then?

Ashtar: It's possible, however we'll be watching for enormous tax hikes, for example. Also large increases in doctor's fees, for example, won't be tolerated by the people - there will be ombudsmen to help with situations like this. New legislation will be created to prevent this type of theft.

Me: So how does this relate to the financial crash?

Ashtar: When key elements of the financial system are ready to crash, these beneficial funds will roll out.

Me: Who's to say people won't start investing in the stock market then? They could just start injecting their funding back into the old system?

Ashtar: We have this in hand. Much of your old system won't be an option to you anymore.

Me: Okay. So you're saying the system will have had to change or at least legislation will have had to have changed in order that we don't misuse our benevolent funds. I'm even guessing, and this is a guess, that indictments have to be finished before these funds will be delivered. Get the crooks out of politics before the funds are handed out. Or hand the funds out and people walk away from the crooked system. It could work both ways. And of course you can't tell me the timing of this.

Ashtar: Within the next 5 years, most likely. It's not up to us; that decision comes from the highest one. And like I keep reminding you, it's all frequency related.

Me: Oh, so when the frequency of the political system rises, then it allows for more positive developments.

Ashtar: As an example.

Me: Hmm. I'm thinking it could go any way. There are a lot of different directions this could take.

Ashtar: And we're asking that you be prepared for them all.

Me: No less than that. LOL

So the St Germaine Funds and the project monies are two separate things, really.

Ashtar: Yes. All get the St Germaine funds in order to relieve your impoverishment and then a new system has to be created of getting out food supplies and other essentials. Some may decide to continue working. That is their choice. But those with project monies must have and must hold, a fifth dimensional frequency in order to initiate their projects. Some are already at this point and are carrying out their project work now.

Me: Okay, got it.

Me: So how about the indictments?

Ashtar: Indictments are still being researched, evidence is still being gathered. Therefore we cannot reveal much to the people at this point because of judicial system requirements for a fair trial. Trials will begin this year, and as I said, the first will be Hillary. This too, will be a logical process where scrutinization of each indictee will find others complicit as well. The network will be revealed. And as I said before, all roads lead to Rome. (see our video) The criminals of your entire world will be exposed, not just the U.S. It is a large process.

Why are the ships getting so close to earth?

Ashtar: They always were, you're just seeing them now. Many more ships have come in closer in the last few years, but the ships you're seeing now were always there.

Me: If all dark ETs are to be taken off planet, what are we going to do with our royals?

Ashtar: Your royal families will decline in importance and increase in impotence as the power of the people is increased. It is that you give your power away to your royals and world leaders that you are in the predicament you are in. So taking your power back means the demotion of those currently in power. This system will fall.

New world leaders will serve the public, not rule them.

Me: I hear you want to make more comments, Ashtar. I have to say, other than Ivo and my books, this is my first 3 day channeling. LOL

Ashtar: I thank you for giving me this opportunity to speak to your people, Sharon. I want to point out that even decades ago, people were coming forward and telling others they had been molested by members of the clergy, and yes, a few priests were thrown under the bus by the dark ones in order to appease those listening to these accounts. But you see now that that little trickle has opened up into a large flow - where pedophilia is now known to be practised by many in power whether it be politics, business, Hollywood or religion - pedophilia is a common practise.

And these trickles of truth will begin in many other areas, around your world, and as they are accepted by the public - as the public aligns with these truths, more and more will be revealed. Because this is the creation of the new reality for your planet - based on the truth. The lies must first be exposed and then a more beautiful reality will come from that.

Me: I have noticed that every galactic I've spoken to lately has been more talkative lately. (If people want to know what the GFL commanders have told me, check out the disclosure page on our website).

These changes will be implemented within the next 5 years. Remember that all changes are made possible by the collective frequency of the people of Eden. As your vibration rises, more changes can be implemented.

Me: Thank you Ashtar.

Ashtar: Thank you Sharon. I wish all a happy 20/20.

Athena: What is War?

I am Athena, Goddess of Wisdom and War

So you ask, what does wisdom have to do with war? This is a good question. You have lived lives on earth where war was created and it was anything but wise. However touted as such, with strategic moves and daring takeovers of strategic points, it was nothing of the sort. Your people have been deceived, fooled into thinking that this is what war is. It is not. It is annihilation of your people, done in such a way as to trick you into believing you are fighting for a benevolent cause, with a benevolent outcome.

Have you seen such an outcome? Has war actually abated on your planet? We think not. It continues unabated, year after year, with your leaders creating more destruction and your people and precious Gaia paying the price.

This must stop. This is not war, as I say, it is annihilation of a species. Global genocide. Wake up and see this now.

The true meaning of war is the creation of change. Aligned with wisdom, the creation of this change is for the betterment of the all.

Your war propaganda is delivered to you in such a way because your warmongers realize that they must appeal to your sense of benevolence and caring for others in order to put their plans forward. So it is described as an act of benevolence, or peacekeeping. But in fact there are many campaigns to overtake territory of enemy extraterrestrials on your planet – the real reasons for these wars you have been involved in have been kept from you. You have simply been used as pawns. This is your planet and now it is time to take it back for yourselves. To become self determining again as your

forefathers were.

This shall be no more. The Truth will be revealed. It is decreed.

Balance will return to your world. Love will be the prime energy, not hate. Your world will turn in its fortunes and we see this in the kingdom and proceed with all the plans to create this.

You are our receivers. Receive our love and send it out to the others who so sorely require it. You are like your lightning rods – receiving the high voltage energy and grounding it through the surface.

You are powerful enough to hold these energies and are becoming more empowered every day. It is sweet to see this.

Your world will return to Eden. It is foretold and this is happening now. God has decreed that your planet return to a planet of peace and of loving one another and so it shall be.

Use your energy wisely. Do not attack the other because to attack is an act of what you call war. It is an attack on another that hurts both you and they. Your world needs healing and in healing yourselves, you can heal the other also.

I am Athena. I loved your planet so long ago, and I have now returned.

Athena: The Resurgence of Vulnerability

I am Athena and I have a message for you. With the increase of rebalancing energies, the divine feminine within you all rises again. This will be indicated by your ability to re-embrace being vulnerable again.

To love and to divulge of oneself requires vulnerability for both partners. Your world has been invulnerable for so long because of your attack culture. As this subsides, and it is, a resurgence of the gentleness of the mind, the higher, finer energies bask your planet in their Light again, and your people experience more willingness to become vulnerable.

Vulnerability is not the state that you have defined it as. Vulnerability is not the state you see as being at risk. Vulnerability is a state of confidence where disclosure is undertaken in an exchange of refined energies. Your people have re-defined the original term and distorted its meaning to indicate something that is perishable through fear and attack. It is not. Vulnerability is strong, it is wise, and it is progressive. It is not perishable through fear-based states. This is not vulnerability. That is fear.

Many of your terms have been distorted by your minds that could not embrace the higher frequencies anymore, and as these frequencies return to your planet, redefinition of your words must begin anew.

Vulnerability is sweet. It is mutual. It is the route to higher understanding of the other's expression.

Your world has been so harsh for so long and the delicate richness of expression has been lost to you in your fear-based states. These higher states have always been available to those who forsake fear in favour of the expression of love. You see this in your old literature. Fear cannot eradicate these higher frequencies of love. It will only leave them out of your grasp.

Refinement of your minds brings with it the ability to express at higher frequencies, and in so doing, relationships will take on renewed satisfaction, interaction will provide richness to your lives again. Your heretofore fear of divulging your deepest thoughts will leave you as your world continues its ascension to higher Light.

I am Athena. I loved your world once and now I have returned.

Adama of Telos: Change is Coming

It is I, Adama, High Priest of Telos and the Lemurian Brotherhood on earth. Many of you were born here again on earth, who are our brethren, the Lemurians, and you are among the leaders in the waves of lightworkers on earth. Your heart is particularly with this planet as you have been here in greater times of prevailing love, and you wish to see this time of love commence again.

I say that it is happening again. These heady times of love for all, shared love with the cosmos and with all your earth brothers and sisters, the reunification of earthlings under one common state: the state of Love, is around the corner.

Each successive wave of the galactic sun's love sends you closer to those heady times of stress-free, worry free living. Where happiness and caring for all around you will prevail.

You will be able to throw caution to the wind, unlike now. Now you must be careful of treachery and psychological enslavement by others as you wish to help them. Those who wish to help can become the victims in your dark systems. This will change. You will be able to love without a care for your own safety as this is the nirvana that awaits you in your world of tomorrow.

For now choose your companions well. We see this idyllic world happening for you within 30 of your Gregorian years. Much must be accomplished in that time to change your fortunes. The abolishment of financial systems is key and this is beginning now. The transition will be slow because your people need to adjust to it slowly. We cannot change your world's fortunes at once – it must be done at a speed that your people can manage the change. That is the delay.

Galactics and Agarthans can change your world overnight. Your people cannot change overnight. They are too compromised. The change must come at a speed they can manage and assimilate –

because they are the creators and upholders of the energy of this change!

This is why change cannot happen overnight. Those who want change overnight are capable of assimilating those energies so you feel this is going too slowly. Yes, for you but this is a collective process of love shining through your people. The love will come through when the people can carry the frequency.

So it must go slowly, lest they reject the change. Do you understand?

Me: I get it! People change slowly and they hold all the power to reject or accept the change. So it has to happen at a pace that they can accept it. At least the majority. What happens to those who don't accept it, Adama?

A: They go to a slower timeline. But change they must. All will return to the shining light beings they are, and will leave the darkness behind.

Me: Thank you!

A: It is my pleasure to deliver this message of love to you all today. For those ready for change, have patience. Thank you Sharon.

I remain,

Adama, High Priest of Telos

Adama of Telos: Make Forgiveness a Habit

Me: Hi Adama, I'm hearing what you're telling me while doing this meditation.... this is a new way of looking at forgiveness. I'm used to thinking of forgiveness as something you dispense towards others for your own sake, but now you have a different angle on it....

A: Yes, the angle you speak of is when you are in a situation where you are annoyed, angry, irritated, upset in any way by another person's comment or action, to forgive yourself.

Me: Interesting... so why should I forgive myself if I haven't done anything wrong?

A: But in effect you have done something wrong – you condemned the other person's behaviour as being unfit in some way. Whereas they are simply being themselves.

Me: I think this is a new way, a completely new way of looking at things.

A: It would be, yes.

Me: So when someone says something offensive, why do I have to forgive myself?

A: For labelling it as offensive. For taking offense. For not being loving towards that person. For reacting as if that person were at fault in some way.

Me: Wow. Mind blown.

A: Your ego is the one who takes offense. You are accustomed to certain social parameters you must work within and the expectation is that all must fit these parameters. What if you dropped all of these parameters and simply allowed each person to be them self? What if you saw the flaw

within yourself for not allowing the person to be them self? Yes, all beings are divine beings, no matter how they should express that.

All interactions are interactions of love, no matter what they should be.

Forgive yourself for forgetting that and returning to your old standard of expectation. Your egotistical earth rules.

Your social parameters say that X will behave in a certain way in order to show me the respect I deserve. There are socially acceptable ways of showing respect and there are people who do not abide by them for one reason or another.

You so often say that the only thing you can change is yourself. So focus on that. See the fault as lying with yourself, not the other. See the fault, the shortsightedness as being your own, not the other.

Me: There are still people I wouldn't want around me because of their need to create chaos. So does that mean I'm unforgiving by your terms?

A: Yes.

Me: I don't want them creating chaos and negativity.

A: So could you reach a compromise then?

Me: I'm not having toxic, chaotic people around me. If that were the case I would have to live with my parents again and I'm not doing that.

A: So you have not forgiven yourself for not accepting your parents as they were.

Me: Are you saying that forgiveness is a double edged sword? There are two sides to it?

A: You can forgive your parents for wronging you. But you have not forgiven yourself for not being able to love your parents. When you forgive yourself for not being able to love your parents, you will become loving towards them.

Me: So complete acceptance of them as they were.

A: Yes.

Me: I'll have to think about this.

A: Begin by asking yourself, "What if I were to forgive myself for not accepting this person as they are?"

Me: I would become self-loving.

A: And what if you were to forgive that person for being that way?

Me: Mmmm. Doesn't make sense now.

A: There is nothing to forgive. People are simply the way that they are. It is that you react that needs to be forgiven. It is that you react without love that needs to be forgiven.

Me: Interesting....

A: When you try to forgive others for what they have done when in fact they were simply being themselves. It is your label of offensive or obnoxious that needs to be forgiven.

Me: But they did compromise my life to a terrible standard. They created a lot of pain in me.

A: And what have you done with this pain then?

Me: I healed it. True. Without their having done this I wouldn't be where I am today.....

A: So it was all for the greater good in the end. All of life is. When you don't see the greater good in suffering, then you don't understand life. You certainly don't understand the life of Jesus.

Me: No. Never studied that much.

A: There are also expectations. There is an expectation that all parents will do everything possible to ensure their child's happiness. When in fact this isn't true. So expectations must change as well. It is all for the learning.

Me: I can feel some fear because then I think that it'll be like the grave scene in Michael Jackson's thriller video. All the worst offenders will come out to get me.

A: You have dealt with many offenders in your lifetime. When you forgive yourself for seeing their action as offensive, all rancour is dropped. The lesson of loving all no matter what – unconditional love – is learned.

Me: Can I still set a boundary?

A: Based on what? There was no offense.

Me: ummmmm....

A: You are learning to become a fifth dimensional. That is what fifth dimensionals behave like – they love all.

Me: Okay. I'm pretty sure me and Ivo discussed forgiveness before and we talked about either forgiving them or forgiving both them and myself.

A: Forgiveness is necessary for you as you are in the public eye and you're very aware that people either deliberately or not deliberately offend you. When you take offense and forgive yourself for taking the offense then nothing is wrong. All is still love.

You are afraid because you think that with no boundaries that everyone will come out to offend you. But in not putting up boundaries you are stepping into a greater awareness of the being a whole consciousness with others. Boundaries are a way of learning who you are, how you prefer to be treated and as a defense mechanism. Not having boundaries means to stop taking offense or to forgive yourself when offense was taken. To continue to be part of the one.

Me: I'll have to think about it.

A: You said that 2019 was “your year,” the year you step even closer to your divinity. You have all the books you think you will need to study. You have the Law of One. You have books on every subject you feel you need to study to understand yourself as a consciousness, an energy being and you are also working on the Course in Miracles now.

Me: Which is a miracle because I've put it off for a long time!

A: You weren't ready. You now are. Wait till you hear of the surprises Sananda has in store for you.

Me: Okay. It's good he's broken it into 365 segments because it's not something you could do in a month even, I feel.

A: It's very important. But remember what I said in this video. There is no offense. There is only learning. There is only love.

Me: You always make me teary-eyed!

A: Love does that. The truth does that. For someone who has longed for the truth for so long, it is emotional when you finally hear it.

Me: Ivo tells me the truth and I'm forgiving myself right now for finding offense at your words.

A: You said yesterday to stop personalizing people's statements. You are thinking that I am saying that Ivo does not tell you the truth. He does. He tells you the next truth you need to hear to build

your process. There are levels of awareness and you are all opening to higher consciousness now. There is no offense. There is only learning. There is only love.

Forgive yourself for not understanding. It is you that is ignorant and I do not mean that in a slanderous way. You do not know. Forgive yourself for not knowing and take the time to learn. We will be with you to remind you.

Me: True. There is no offense. There is only learning. There is only love.

A: Ivo has told you that those you take offense at are your teachers and you have paid lip service to this. Now jump in to the lesson feet first. LOL

Me: Got it! Thank you Adama, my man of love.

A: You are very welcome. Adieu.

Me: LOL Adama, you're not getting off this lightly.

A: I'm here for you, as always.

Me: So, I put up the first video to this series and then you referred to the Course in Miracles (as channeled by Jesus) which I'm doing. Then I listened to lesson 46 today and Jesus' comment (through channeler Tina Spalding) talked about forgiveness and the first thing it said is that, "God does not forgive because God never condemns," which I believe is what you were getting at.

Then Jesus said that we have to work on forgiving as a way of living, and he said that he forgives us for being overweight.. he loves us as we are. LOL I know a lot of people who worry about being less than because they're overweight. I got over that. I think it'd be healthier but in this

world of hormone imbalanced people, who wouldn't be overweight? It's not our fault, I believe. This is part of the unhealthiness the Matrix likes to keep us in and overweight is just a sign.

A: Yes, earthlings are suffering and this goes back to my first point: when you forgive yourself for taking offense at others' behaviour, when you stop seeing their behaviour as offensive you'll have less reason to dislike living. Less reason to fear. And for those who are inclined, less reason to overeat or over imbibe to cope with your stress. Your stress is created by your thoughts, and your thoughts are largely of condemnation.

Many point fingers at others seeing them as the problem, where the finger should be pointed at the one doing the condemning and forgiveness taken immediately. Align with your soul, who sees through the eyes of love, not with the ego which sees through the eyes of separation, hate and fear.

Me: So in the case of someone who, say, has come to my apartment and not that I even have any, taken my jewellery. What do you do then? Do I condemn? Can I set a boundary?

A: In that case you would restrict that person's access to your apartment. You would have to forgive them their act and perhaps speak to them about retrieving the jewellery. Boundaries would be necessary but no rancour held.

But in the cases where no physical manifestation was required in order to complete the lesson, where nothing was stolen, hurt, raped, injured, taken in any way, then this is much simpler to practice. Those who accost you for your views, those who seek to argue with you, simply forgive yourself for not being able to love them as they are, because this is your shortsightedness. This is what you've learned, so now unlearn it.

Me: I get that. In theory, yes, but the next time I forget and get pissed off at someone....

A: Then you need to remember and work on forgiving yourself for forgetting and then for continuing to behave in the old unloving ways that are so painful to you and so many others upon our planet.

Many of you are seeking to live in ways of higher vibration and to love all as they are regardless of what they have said to you, and on a planet of such imbalance as your outer earth, forgiveness is necessary.

You learned as a child that others commit transgressions against you. You've seen on TV that certain behaviours merit punishment, that others should be judged as insufficient because of who they are and what they do, when in fact to allow oneself to be loving towards all despite what they do is the key to freedom. It truly is. You hold no malice or fear within your being towards others who are unaware of the love that surrounds them and who behave in less than loving ways. They're in pain. And when you condemn them, you are in pain.

So forgive yourself for not being as loving as would be optimal for your own happiness – because your focus on externals for your own happiness is seeing it the wrong way. When you allow others to affect your happiness then you balance on a scary precipice indeed! Your day is fine until Joe does something at the office that you find offensive, and then your day is ruined. When you don't take offense, your day is still fine and life goes well.

In your case, you started to ask the right questions in order to advance to this. You asked, “This is what I'm doing and it's still painful. Isn't there a better way? What can I do differently?” And there is. This is the better way. To love all including yourself, and refuse to see all around you as transgressions of your boundaries. See all around you in a way that is intended to allow you to learn to love, to heal yourself so that you too, can become completely loving towards others.

Me: I see that. That makes it so clear.

A: Yes, you need to set boundaries when physical transgressions are made, however when you live your life from a loving, forgiving stance, you don't attract those who transgress against you – you attract people of like mind as you have learned the lesson all the offenders were sent to teach you – stop condemning and learn to love all as they are.

Me: I see that.

A: When you defend yourself from the transgressor, you put up resistance. The energy stops with you because your seeing it as offensive slows down its frequency. It was being released and on its way to becoming part of the ethers when you caught it by slowing its frequency down. You trapped it within your light body because you charged this energy with a low frequency. Now it's yours to deal with. Rather than free flowing around the universe, it's now stuck in your light body and your problem to transmute and release it. This is alchemy and you're all alchemists.

When you see all as love, despite what you've been taught, the energy continues to flow around you. It's as if you're playing baseball and the ball comes to you. Do you catch the ball and throw it back or do you let it fly past you?

Me: I don't think you'd win the game doing that, LOL.

A: And this is how you've been taught. To win the game. Winning this game of love is different – your life becomes a lot easier when you let things flow through you rather than catching the energy and making blocks for yourself. And like I said, these blocks are made by your resisting them with fear-based responses.

When you say, “Oh! Hold on there!” you're catching the energy. You're holding onto the energy. You engage in alchemy all the time without realizing it.

Me: Yes, we do.

A: So, when you understand that all is one and all is love, you need to develop a different perspective on day to day transactions. Seeing everything as love is definitely a lot easier than seeing everything as fear.

Me: True.

A: You've all been taught to see through fear. Now change that. Make life easier for yourself. You asked the questions the other day. You've got them written on one of your sticky notes.

Me: Yes, I'm a sticky note fanatic.

A: The question says that you're sick of having negative interactions with others – you deal with the public who malign you, try to argue with you, bait you, try to manipulate you, and now you're tired of it. When you see all through loving eyes, none of this will bother you. When you see yourselves all as One who are helping each other on the road to wholeness, yes, like the “Holy” one you call God, it is actually Wholly with a W that you mean. Nonetheless, you're all taking the road back to wholeness and every one is helping the other. It might not appear to be that but it is. Your interpretation of what's happening prevents you from seeing the purpose behind all actions.

The key to this is understanding that it's your reaction that keeps the ball moving. When you throw the ball back to the pitcher in your baseball game, you're keeping the ball moving. Your lack of a negative reaction will release the doer to find another subject. You can be aware; you don't have to be oblivious. Just be loving, and if not, then forgiving of yourself for not being loving.

Me: Thank you Adama

A: I'm always here to be of assistance to you. You're all on an important journey of the self. Adieu.

Adama of Telos: Hearing Your Intuition

Me: Hi, Adama! Wow! Here we are again this week!

A: I would like to respond to the question you are mulling in your head on how to use your intuition.

Me: Okay! Great!

A: You're correct when you think that the student of intuition should ask themselves. Period. They should ask themselves because first of all, so many of you ask others what they think. First, ask yourselves. And the more you're in the habit of going inside for your opinion or an answer, or you ask of yourself to know something, the more your intuitive muscles will be flexed!

Me: True.

A: If need be, take a period of isolation away from others and spend time with yourself. Take one weekend to be alone so that you'll get in the habit of asking yourself the answers.

Me: Good idea!

A: So many of you aren't isolated enough to begin using your intuition with your technology always available to you. You are always connected to others, who you can ask. So stop this, even for a weekend. Try some meditation as well. Sit quietly and let your mind chatter all it wants to. Just know that there is a higher dimensional being listening to the chatter and observing. When you understand this intellectually first, it's easier to make a breakthrough to become that observer.

Me: Good point!

A: You are the observer, not the chattering mind. You've been misled to believe otherwise.

Me: So the chattering mind dies when the body dies, and so there is peace in death.

A: Death of the body only, not of the soul. There is always peace in the soul. You can access this in life as well. There's no need to wait till death.

Me: So asking yourself to initiate intuition should be practised.

A: Yes, and raising one's vibration as high as possible. You're all higher energy beings, all the lightworkers are, so that should be easy enough to access when you sit still and listen to what's inside of you. Yes, it's a still world, a calming pond, but with messages and truth. Going inside your higher being is a wonderful journey.

Me: So other questions we might ask would be like, "What do you think?" "What do you feel?" "How do you feel about this?" "What does your gut say?" For the beginner it's probably best to become as quiet as possible, to quiet the mind down.

A: Yes, but your people know about their "gut feelings." They do. They call it that and that's one way the intuition has been allowed to be heard throughout all of the attempts to drown it out. The other way you've been taught to trust your intuition is to pick up on your first thoughts and feelings about something. It can be very quick and will interject itself just before the rational mind will begin to play its messages based on your beliefs.

The intuition isn't based on your belief system – it's based on the truth. And it might contradict your beliefs so then people tend to dismiss it. But then they get a nagging feeling. That's another thing in your western society that you're used to calling it. A nagging feeling.

You've been using your intuition all along. You also say that "you just knew – somehow I knew!" and that's also your intuition.

To gain confidence in your abilities, sit and think of times you knew someone else was incorrect because your gut told you so. Think of times you just knew something to be right but you couldn't explain it. Think of times you knew you had to do something and to do something else would be wrong. Those are examples of your people listening to their intuition. Thankfully, it's not dead for many.

Me: Oh! Very good, thanks Adama.

A: And perhaps the rational mind gets in the way and you make a mistake. Just keep trying. Persist and you'll get better at it. You won't start off perfectly.

There are other ways your higher self, which is your intuition, will try to get a message across. There are tokens you might see. Feathers. Money on the floor. These all mean things and can be related back to whatever problem you're trying to solve. It can also be the presence of the deceased around you who are trying to communicate as well. Feathers often mean angels. They understand what symbols you associate with them and they will work with that.

Me: What symbol would the higher self associate with themselves?

A: It depends on the person. You understand your totem to be a panther, so for you it is cats.

Me: I see cats all the time, I even live with one.

A: So that's symbolic of your living with your higher self.

Me: He thinks he is! LOL

A: He's also an alpha so that's also a symbol. Life talks to you. There are signs everywhere to help you and to show you and to affirm to you.

Me: I guess you guys understand that we're kind of deaf dumb and blind, eh?

A: (smiling) We work with you to the best of our abilities.

Me: I keep seeing a cat on my bed. It's bigger than my cat and I can see its outlines, not any color.

A: So the message you'd derive from seeing that cat is perhaps to turn inward. What was going on at the time and how were you responding? The cat would be a sign from your higher self.

Me: She usually just yells at me. A bit louder than her normal voice because I can hear her.

A: If your mind is too busy...

Me: Yeah, true. I can drown her out. So best to stay as peaceful as possible.

A: Yes. The intuitive side is the right side of the brain, which correlates to the parasympathetic nervous system, and this system is triggered by relaxation and creates a peaceful mind.

So, for the intuitive learner, strive to be peaceful, relax more, ask yourself more often for your own opinion. You'll hear your intellect but you'll start to hear your intuition behind it. The quieter voice.

Me: Thanks Adama!

A: You're so welcome.

Adama of Telos: Change Fear to Love

Me: Hello, Adama.

A: Hello, Sharon. How are you?

Me: Today, I'm well. Catching up on work that I couldn't get done this week.

A: Yes, ascension again. It does slow you down. All of you. At this point, the energies are quite high so they're reaching places within your light body that have been locked away from the light for many years. In your case, strong feelings from your childhood that were developed at a time when you didn't know better, when you were a victim of your circumstances, and the pain you experience in releasing them is debilitating. We apologize for this, however it will not last much longer.

Me: I hope not! It's no fun. For all others out there going through gut wrenching grief and pain, I sympathize.

A: You took on a lot in this lifetime and you realize that it was so you could be of service to this world. We of Telos are pleased to see so many doing the work necessary to rejoin us in our lives of love. We live with the utmost of love and joy in our lives beneath you, and it pains us to see you going through your sometimes horrific experiences on the surface, however we realize this is all necessary. Your fear must be changed to love and this process of transformation is occurring now for many.

Me: So it's happening organically. But we can also work to aid this process.

A: Of course. Or to start the process. I admire the course you're writing on your website where people are given lessons to help rid themselves of negativity, to stop being victims. Yes, it is a program being run to target your minds, however those strong enough can counteract this programming. And those are the lightworkers.

Me: Yes. Thank you.

A: The point is to love. Our power is love, nothing else. There is no power in fear or fear-based actions. It would appear to be powerful when you exert power over others, but in fact it isn't.

Me: I feel an a-ha moment coming on!

A: Yes. When you shoot another person and kill them, you have in fact, killed yourself because we are all one. So you've gained nothing, in fact now there's a necessity to rebalance that deed. The energies are now out of balance. Your people have been taught that when your energies are out of balance, that's when you are to feel good because you've reduced your fear. But this is a lie of course. You don't know how to feel your energies in balance because of your off-balance lifestyles of fear and hatred of others. You think that that's normal. It isn't. Love is normal, not fear.

Having power over others is not power at all – it is fearing others. When you shoot another person it's because you fear they will harm you. Your shooting them doesn't increase love; it reduces your fear momentarily.

Me: True.

A: So that is fear. You're spending your lives alleviating fears, not learning to love. Bringing love into your lives is a question of changing old behaviours or rendering them powerless by replacing them with loving thoughts. Rebalancing your karma, taking a new road in life – the road of loving all regardless.

Me: So if someone wants to shoot me and I refuse to fear them and stand there in love instead of hate, will I still die?

A: Perhaps you will, but understand that when you are loving and don't fear these things, they don't happen to you.

Me: Unless that's in your contract, I'm finding. If you're contracted to live this type of experience because maybe you've done it in a past life and need to rebalance the act, it'll happen to you, whether you fear it or not.

A: Yes, true. But it's best not to fear in order to stop the karmic wheel from rolling.

Me: The way to do that is to love all?

A: Yes, when you love all, you love yourself as well. It is balance.

In any day, look at how you react to others' and their behaviours. Ask yourself, "How can I be more loving in all that I do today?" Go through your day either at intervals or in the evening and review your day. How did you act? Was it loving? Why wasn't it? What do you need to do better next time? Always look to take the more loving route, because you always benefit as well. Always.

Your people live lives where they think they benefit by hating others, but this isn't true. Indeed, how can you benefit by being angry at another?

Me: I used to think it helped me maintain boundaries with others.

A: So you see that you've got what appears to be a benefit, but in fact it's a lie. You were attempting to be invulnerable by being angry at others, but in fact it shows your vulnerability. Because to be invulnerable to others is to be loving, nothing else. That is our natural way.

And that's a good point, Sharon. In your daily review, look at what false benefit you feel you derive from these behaviours.

Me: So always go within, not without, to create change.

A: Exactly! Ivo has taught you well.

Me: I'm not where I want to be yet.

A: Yes, you still seek invulnerability. It's coming. Just wait and keep looking at yourself, not others.

Me: Thank you.

A: Remember, your power always is in loving, not hating.

Me: What if there are people you don't want to love, like my neighbours?

A: You fear them.

Me: I think their chain smoking is going to kill me, that's what it is!

A: Then it will. When you don't believe you'll die of cancer, you won't. Your life is your creation. You can die how you wish to. But if your focus is on fear you'll experience that fear so you can move past it, in this life or others. It doesn't matter to your soul. It can always create another you to keep working towards love.

Me: That sounds kind of disrespectful, Adama.

A: It's not. You go on living forever in higher dimensions. It's just that your earth life will abate. You all fear death and it's not to be feared. You all will live forever. Nobody will extinguish your being. You're all immortal. It's just whether you have a physical experience or not. You fear death because you don't wish to lose loved ones, or they're dependent upon you for their livelihood. These are all things that shouldn't be. You should be able to communicate with those

in spirit and now many of you are, so you see they don't go away. Even the ones you wish would go away never leave you. As for your family depending on you for their livelihood, also this is because of your society's systems and again, this is wrong.

Me: But you have children. Who do they depend on if their parents pass?

A: Their parents who will still guide them, but they will live with close others who will raise them as their own. It's not a problem. The fact is, we live very long lives and incidental deaths like you experience are rare. We die of old age, when we choose to leave. So there's no fear of death, or of life either.

Your people fear life and in so doing, create a vicious circle of fear. It has to be broken.

Me: Yes. I'm just looking at my areas. One is money.

A: Yes. Don't fear not having enough, love having everything you need.

Me: But I don't.

A: So create it by loving it.

Me: Okay, thank you Adama

A: Only too happy to serve. I bid you adieu.

Me: kiss kiss (thinking) Hmmm. Basically he's saying love everything, even your boundary-violating neighbours and all that you lack, love it to abundance..... sounds good.... In the case of lack, love the opposite of abundance. In the case of nasty neighbours, love them and you won't hate them anymore anyway.... Are you reducing fear or increasing love? Good stuff!

Adama of Telos: Unity Consciousness

Adama: Congratulations, Sharon, you made it.

Me: Thank you.

A: You are doing the Course in Miracles and now have managed, for a small length of time, to see from the higher perspective of us all being one and of one mind. Yes, you are one mind with those in Agartha, and of those within the heavens. All one mind. It is beautiful, extremely beautiful!

You have gone from thinking as the lower mind does, which relates to the physical body as being the primary source of existence. There are those you have encountered in your life that feel that there is nothing beyond physicality they are so mired in their lower minds. Love them despite their erroneous thinking.

Earth was created in order to experience separation. It is a learning school. You see the curriculum that Ashtar Sheran had specified is tier 1 for the initiate of cosmic education and if you will post that here then others can know as well, because all have completed or are completing the 7 tiers of divine knowledge now.

Understanding present state of being.

The Origin of all life and form.

Remembering who you really are.

Learning how to transform (yourself) for lifetime knowledge and research.

Organized molecular manifestation on infinite levels of form.

Understanding the higher purpose of choice in those standard states of being and what your higher goals are.

Memorizing, living, and mastering the seven states of Heavenly life.

Begin the work of raising levels of matrix and energy states within a heavier core existence such as Earth.

So you see, this is the earth curriculum for many right now. For lightworkers and starseeds, it is a question of removing what is in the way to block their remembering. For earthlings, it is a question of doing the learning for the first time. The lightworkers are the old souls with the knowledge already innate and the earthlings are learning this as they are first time initiates of this course of divine knowledge.

You have made a milestone jump in your remembrance because you were able to hold the energy of unity consciousness over the course of a day. And your posts this morning express yourself from this higher perspective.

Me: And I'm sure as my vibrational frequency lowers, I'll drop down into unhealed negativity and back into duality consciousness, and there's no shame in that. I just heal it and the more I heal it, the more I'm able to hold the frequency of unity consciousness. It's a process that everyone is going through.

A: So you asked me, "What is unity consciousness?" It is the frequency of love. Non-judgmental, non-divisive, uncritical. It is unconditional love of all. It is the frequency of God's love. God is us. We are god. We are god mind. All have that within them. It is to be remembered. For those earthlings, it is to be remembered but for the first time.

That is the purpose of physicality – to create a false state of separation. But it is the mind that is not separate and the higher mind must be sought out to experience unity again. A return to source that we all seek. To believe that you are separate from others is believing in the illusion.

Me: Yes, imagine a life where people don't think they have to attack you because they realize that you're all one mind.

A: Life in separation, especially as dense as it is on the surface, is difficult. But it is all for the learning, especially now with the dark being removed. Earth will be re-zoned not to include free will. It will be re-zoned to specify non-violence. Violence will never be permitted again upon this planet.

Me: Hallelujah!

A: Aggression won't be allowed and earth will once again become an Eden. It will be a planet of learning still but it will be glorious with your people on a path of self-realization. With your advanced DNA and your individual minds focused on creation and spiritual advancement of technology, it will be glorious. You will make such a contribution to the all of life!

Me: Me, yeah, that's an idea, Adama. Thanks. Higher collective mind and individual minds. Some kind of way to distinguish which I'm talking about: the separated mind or the unified mind because we have both.

A: Your separated minds, your physical minds, will align with the higher collective mind and will work in unison with the rest of the galaxy and universe. It will be wonderful!

Me: Oh yeah! And you're going to be the top soul of earth, aren't you?

A: Yes, I will be the representative for earth's inner and outer peoples to the galaxy.

Me: What if we want someone else?

A: I will work with a council.

Me: What if we want another representative?

A: (smiling) I will prove myself worthy of your vote.

Me: Okay! I know people here get fearful that the positive ETs want to take over, and the dark likes to promote that fear within us. So I think we would prefer a democratic system where we vote you in as our leader.

A: Very well. I am already representing all of earth to the councils and I speak of your matters as well as earth is all one collective.

Me: You'll have to win over the outer surface populace. That's all I'm going to say. They might try and hold out for Jesus, Buddha, Muhammed or Ala.

A: Very well. (smiling)

Me: So another thought, when will the Agarthans show themselves to us on the outer surface? What should I call us as a group? I can't say earthlings because you're earthlings as well. Surface earthlings maybe. When will that happen?

A: It has already happened for some. However, I remind you that your people are to become multi-dimensional first. Then you will meet and see us. Your focus on physicality needs to be pointed out to you. It's not important to have a physical body to relate to another human. There are many beings who are disembodied that you are learning to relate to, and this comes from becoming multi-dimensional.

Me: True. So what about physical contact?

A: It won't happen before the re-zoning of the earth. As long as your people are violent and aggressive, we won't be showing ourselves to you in the masses. We choose those who we enact

with by virtue of your mindset. If it is fear-based and aggressive, then you won't see us. If it is loving and calm, then you have a much better chance of meeting one or more of us, either astrally or in the physical. Eventually, we will be as one people.

Me: Thank you Adama!

A: You're most welcome, Sharon. Again, congratulations. We are most happy for you.

Sharon Stewart: What is Love?

Do you want to know what love is?

When someone loves you, they let you go through your lessons and help you to ascend. That's love.

They don't pander to your ego, they don't help to keep you stuck in egotism, "not enough-ism," in your victimhood, in your superiority complex, in your emotional issues, powerless, whatever... and they don't feel sorry for you because they know you chose to do this growth before you were born!

They help you grow beyond what you currently perceive yourself to be. These are all problems associated with living as a physical person in the lower mind.

The one who loves you helps you to reconnect with higher mind or to help that current connection grow stronger. They help you become an actualized, powerful authentic person.

This is what Ivo has done for me in the past 19 years, 14 years of which were as a nameless guide I spoke to in my head and another 5 with the realization that he is an ET, a twin flame and my love of a million years, not just a guide.

THAT is love. What we call love here is codependency, which is the language of the Matrix and the language of suffering at hand of another person! Connect to your ET team and you'll find a whole new world of loving people to help strengthen your soul connection.

More of Sharon's blog posts at: <https://sharonsblog1111.weebly.com/>

Epilogue

Please keep an eye out for more information from Ivo and my friends from beyond the veil. Ivo's mandate is to deal with the Awakening, Ascension and moving to 5D Consciousness, Contact and New World Order issues.

Also please watch for videos from the growing Implant Communications Team! Ashtar Sheran, Ivo of Vega, Akon of Alpha Centauri, Archangel Michael, Adama of Telos, Mira of the Pleiadian High Council, Emro of Sirius and more!

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Please watch out for more books. In these changing times, we need the voices of ETs to help us out

in matters that will make a difference to humanity on this Earth and on other worlds.

Thanks you!

Sharon Stewart, Author

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More books channeled by Ivo and Sharon:

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answering all your questions, getting you up to speed quickly and in the know!

Ivo on Ascension and the Liberation of Planet Earth – Ivo tells us about the Ascension process,
what's happening to our bodies as we move closer to 5D (fifth dimensional earth), and what is
going on behind the scenes that only the galactics can know!

Ivo on the Importance of Universal Law - Jason, a Sharon and Ivo follower, says it best: "Wow!

What an amazing read! This book has really shown me how to further align myself by expanding the fundamental understanding of the universal laws that govern the world around us. After reading this book, my intuition has been enhanced greatly. It is showing me that universal law is so much more broad and complex than I initially understood or imagined. It appears to be a highly interconnected system ranging from many creations and civilizations where it can detect frequency vibrations of all intricate ranges. Anything out of balance or alignment can be easily perceived and then corrected. I cannot thank you enough Ivo and Sharon for taking your precious time to write this book. There is so much love and knowledge in your materials it is most unprecedented!"

**HOW TO ACCESS YOUR MULTI-DIMENSIONALITY MORE EASILY - THAT'S YOUR TWIN FLAME,
YOUR PAST INCARNATIONS AND WHO YOU WERE BEFORE YOU CAME HERE**

Ivo: Yes, that is exactly correct, my dear. That is why we wrote the book. When you align with universal law, you can remember much more readily than if not aligned. You are given the choice daily to live as a galactic soul on earth, or to live as a physical earthling on earth. This choice is about your alignment: with your ego or with your soul. Your soul aligns with universal law and this is what all the videos we have are about: how to understand what your soul wants for you and how it views life. When you understand how your soul views your life and its purpose, you stop running afoul of universal law. Then it becomes easier to acquire the information about your true identity, and carry on with higher levels of your lightwork. It is difficult to understand your higher purpose when you are predominantly living from ego. It is that simple.

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