

# The “6<sup>th</sup>” Sun - A Survival Guide

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## What is the “6<sup>th</sup>” Sun?

The concept of a series of “Suns” is Mayan in origin. Each “Sun” provides the energies for each stage of human development on Earth.

The Mayan Calendar provides a framework of measurement that allowed the builders of the Calendar to track the progress of each Sun and predict when the old Sun would change to a new Sun, heralding a potential change of state of being for Earth’s inhabitants.

The Mayan Calendar is reputed to be 5,250 years old and it began with the start of a “5<sup>th</sup> Sun” and completed, at midnight, on the 21<sup>st</sup> of December 2012 where the Calendar returned to zero and marked the shift to the “6<sup>th</sup> Sun”. The Calendar is actually 7,000 years old – see later.

There was a huge amount of confusion surrounding the ending of the Mayan Calendar with many predicting the end of the world – the destruction of planet Earth. The end of the Earth clearly did not happen, so what did?

The Mayan Calendar is based on the time cycles that relate to Guatemala, the Mayan homeland. The Calendar ended, and re-set itself, at midnight on the 21<sup>st</sup> of December 2012 Guatemala time.

This relates to:

7 am GMT in London on the 22<sup>nd</sup>

6 pm in Sydney, Australia, on the 22<sup>nd</sup>

2 am in New York, America, on the 22<sup>nd</sup>

So what happened?

To understand what actually happened, we have to look at the fundamental make-up of our Universe and how we on Earth fit into the Universe’s whole and the way in which we exist.

We, humans, have become so used to seeing ourselves in a physical way that we have, largely, forgotten that we are a created collection of energy frequencies - something we call a soul or a consciousness.

In order to take on our physical bodies, the soul constructs a shell made up of the energy frequencies that are specific to the Earth. This energetic shell we more usually call our bodies.

It is easy to forget that we are, like everything else that exists within the whole of Creation, comprised of energy frequencies that collect together to form physical matter.

Underlying the constructive energies of this Universe is the concept of freedom of choice. Each soul exists in a state and a location of its own choosing.

In order to come to Earth we have made a soul choice to be here and to take on the energies of the Earth in order to become physical. We become physical because we have made a free choice to experience what being physical is all about.

We are not a body that has a soul but a soul that has built for itself a body.

Our souls are comprised of a specific set of energy frequencies that add up to an average of 50 dimensions.

Unfortunately, not all of the energies of the soul are contained within the physical body. These dimensional energies are divided into two parts:

The so-called “Higher Self” and the “Physical Self”

The physical self is the amount of soul energy contained within the physical body – comprising of approximately 12 or 13 dimensions – personified by the seven

primary “Chakras” – see later. The remainder of the soul – approximately 27 or 28 dimensions, makes up the higher self.

Both the higher and lower aspects of the soul have total freedom of choice in accordance with the fundamental energy structure of this Universe.

When we first arrived on Earth, at the time of Atlantis, we had the whole of the soul contained within the physical body. But, owing to the Earth’s particular set of energy frequencies, we decided, 7,000 years ago, to divide the soul into its higher and physical components. The reason for dividing the soul in this way was in order to explore how we could live on Earth and bring the whole of the soul back into the body – soul re-integration.

This choice, to divide the soul and explore how we could re-integrate it back into the body, is known, within the Akashic<sup>2</sup>, as “The Human Plan”.

The full story of why we were forced to divide the soul in this way is outside of the scope of this particular essay. See the author’s previous essays and books.

## The Human Plan

Essentially, The Human Plan was a plan where all of the souls that had chosen to come to Earth would collectively work together to discover the frequency at which both the Earth and humans needed to resonate in order to re-merge the whole soul back into the body and maintain that whole soul state permanently.

The Earth considers a Human Being to be a whole soul contained within a physical body and so, for the past 7,000 years, the Earth has considered us to be sub-human. The purpose of the Human Plan was to make us a true Human Being again.

When the Human Plan was formulated, it was known that the solar system and galaxy work on approximately 26,000 year cycles and so the Human Plan was timed to end at the point at which one cycle completed and another begun. This beginning of this new galactic cycle, a 6<sup>th</sup> Sun, would provide us with a massive influx of new energies that would allow us to complete the Human Plan and move forwards into a new era of soul re-integration, a new era of being Human Beings once again.

This is the significance of the Mayan Calendar and what the 6<sup>th</sup> Sun is all about – new energies leading to a new state of being.

According to the Akashic, the 7,000 years of the Human Plan actually ran out at the end of 2011 and this coincided with the ending of the last “epoch” of the Mayan Calendar on the 28<sup>th</sup> of October.

The ending of the last epoch and the Human Plan also coincided with the ending of a huge build up of energies that brought humanity and the Earth into frequency parity where the process of soul re-integration could begin.

The additional year between the end of 2011 and the 21<sup>st</sup> of December 2012 was given to us to allow us to clear out any final emotional problems that we had not been able to clear before then.

However, humans being humans, we didn’t finalise our part of the bargain with the Earth and a huge number of people who had stated that they were ready to undergo soul re-integration were not.

But, the Earth being the mother-figure that She has always been took pity on human failings and instead of insisting that those who were not in a position to undergo soul re-integration left the planet, She modulated the huge new energies of the 6<sup>th</sup> Sun to give those who lagged behind a little more time.

The Earth did not need to do this as almost 3 million people, world-wide, have already undergone full soul re-integration.

No matter what reasons people come up with to excuse their lack of completion, these 3 million had overcome all of their difficulties and completed their soul re-integration. Given this level of completions, the Earth could have called a halt to our sub-human presence on Earth and insisted that we leave and return to our places of soul origin. But the Earth is a caring mother and She has allowed Her children a little more time to achieve their chosen aims.

The 21<sup>st</sup> of December 2012 was the perfect opportunity for those who *were* ready to undergo full soul re-integration to take advantage of the energy change. Unfortunately nobody in the westernised world did take advantage of this opportunity but about 300,000 in the non-westernised world did – these people raised the total of Human Beings up to almost 3 million.

## Failure?

In 1996, a new energy source was connected to the planet. This new energy was designed to provide all of our soul energy needs through 2012 and far into the future.

Along with this energy connection a question was asked. This question was:

“Are you, as an individual, ready to complete your part of the Human Plan?”

This question was asked on a higher self level to ensure that the answers received were as accurate and honest as possible. What is meant by this is that if you asked the average person on the street the same question the answers would have ranged from “what are you talking about?” from those who are unaware of their potential for change, to “of course I am” from those who consider themselves “spiritual”.

Given that many of those who consider themselves to be spiritually aware would have said “yes” regardless of their state of readiness and many of those who are not spiritually aware are ready even though they do not understand the concept, the only way of determining as accurate an answer as possible was to ask the question of our higher selves as the higher self can be nothing but totally honest.

The results were disappointing.

The global population in 1996, according to the Akashic, peaked at 7.4 billion and 60 per cent of that population said they were *not* ready to complete their part of the Human Plan.

Since 1996, the population has markedly dropped in numbers and by the start of 2012 the global population was around 3.9 billion where it remains in the present day.

This means that every single person, alive on the planet today, is capable of completing their individual part of the Human Plan and re-integrating their whole soul back into the body. So why are there only 3 million people who have?

Looking back through human history, it can be seen that there were several points when we could have undergone this change but, for whatever reason, did not.

There is no apparent reason for humanity’s failures. Except perhaps one: people are too afraid to acknowledge the freedom of choice they actually have in their lives and find it

easier to put up with their failures than to work towards a larger success.

The 21<sup>st</sup> of December 2012 was not a failure because the 6<sup>th</sup> Sun formed as it was intended to. What was a failure was people’s inability to let go of their past and freely move into a new future. 3 million people have made this change, regardless of their personal circumstances or the circumstances imposed upon them by the likes of governments and the Illuminati so why did nobody else?

It is the answer to this last question that is the reason for this essay and the reason why the Earth took pity on Her “children” and modulated the impact of the energies of the 6<sup>th</sup> Sun.

What humanity now needs to do is to understand its potential and actively work towards fulfilling that potential.

We have time to achieve this and every person who is currently alive has the potential to achieve this, what is required is the will to change themselves.

## Human Potential

We humans have forgotten who we are. All we see of ourselves is the energy patterns we consider to be our physical bodies inhabiting a world which has physical boundaries.

We have forgotten that we are a soul, an immense collection of energy frequencies and dimensions that are capable of transcending all physical constraints.

For those who are familiar with the work of mediums, they know that the “essence” of who we are exists before we are born and continues after we have physically died. The soul, the consciousness, does not die, that is eternal. What changes is that we choose to take on a new life by building for ourselves a new “physical” body and, once that body is exhausted, we step out of it – just like shedding a worn out suit of clothing.

For the past seven thousand years, we have been living an existence which has been limited by our dividing the soul into two – the higher self and the physical self. Whilst living out our brief physical lives, we have largely lost touch with our higher selves and have come to see ourselves as just physical lumps with only limited senses with which to view our world. We have senses that allow us to see, smell, hear, feel and taste.

We were not always like this. When we first came to this wonderful Earth, we had the whole of the soul within the physical body and we were able to interact with every living thing; both physically and psychically. We were not limited by the five physical senses but perceived our world in ways in which we cannot even imagine. The five physical senses are like single notes in comparison to the full symphony of true perception. This is why it is so difficult to explain what our full potential actually is – we do not have the vocabulary to explain it in words.

But, try to imagine that every colour forms its own rainbow of subtle hues that merge and re-form into new colours that our eyes cannot currently see. This is like seeing the world in colour when we have been used to looking only in black and white.

Try to imagine that every sound has individual notes that all harmonise together. This is like listening to music in full surround sound when we have been used to listening to the world in mono.

Try to imagine a world where we require extremely little in the way of physical food as we can draw nutrition from the air we breathe and the energy patterns of the Earth.

Try to imagine a world where we can transport our bodies along the thoughts we make. If we wish to travel somewhere we just have to think ourselves there and take the body along the line of those thoughts.

These are just a tiny fraction of what it is like to have the whole of the soul within the physical body and it is this whole soul state that all of us, on Earth today, are capable of achieving.

All of those who stated in 1996 that they were ready to undergo full soul re-integration are capable of so doing. All of those who stated in 1996 that they were ready of undergoing full soul re-integration should have been clearing out the last of their emotional problems since then in order to undergo full soul re-integration by the time the 6<sup>th</sup> Sun began.

So why haven't they? Why did we not have a mass re-integration around the 21<sup>st</sup> of December 2012? After all, every soul in the Universe has known of our plans, the Human Plan, for the past 7,000 years.

Where do we begin to look for answers to these questions?

Well, we can look at religion.

For something like 4,000 years we have been told that the soul is something that only “God” can understand and direct. We have been told that “God” directs our lives on every level even though we are also told that we have free will and freedom of choice over our actions. More recently, religions have distanced themselves from the concept of the soul as they have failed to explain what they have been telling us to believe for so long.

We can look at science.

For the past few hundred years we have had scientists telling us that we do not need to understand the world as they will be able to explain it all for us – we just have to trust in them. And yet, science can explain so very little with any confidence. Every hundred years or so, or even less in the 20<sup>th</sup> century, they completely reverse what we were told to believe previously as they have discovered that they were entirely wrong and still expect us to take their collective word for it.

We can look at medicine.

Also for the past few hundred years we have had doctors telling us that we don't have to worry about looking after our bodies as they will do that for us. Their drugs and forms of surgery will cure us of all ills. And yet medical treatment has not cured any of our ills; in fact, more people die of the medical treatment they receive than any other single cause<sup>4</sup>.

So if all of the traditional sources of information have so obviously failed to live up to their promises, where do we go to understand who and what we are and what our full potential is?

We need to look to ourselves, to communicate with the greater part of ourselves – our higher self.

How do we achieve this?

Well, we can start with the bits we are most familiar with – our own bodies and our illnesses.

## **The Root Causes of Illness**

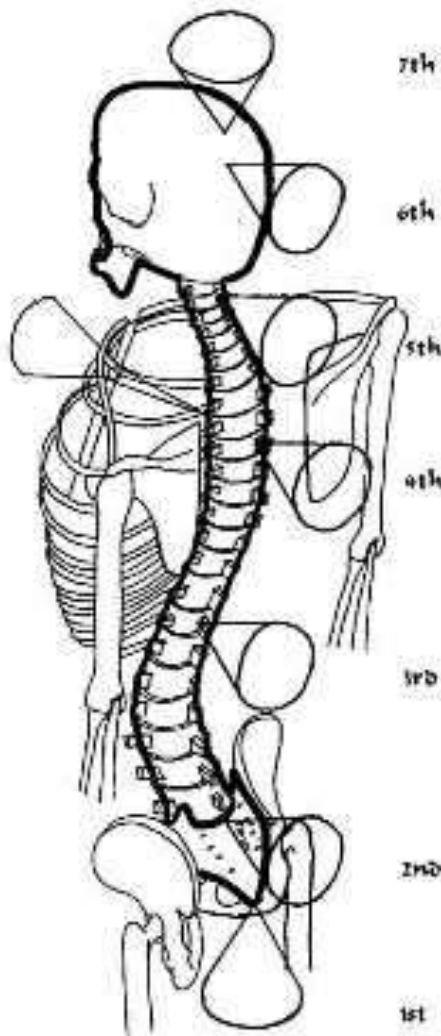
**T**he body is not physical. The body is made by the soul from energy patterns that are available on the Earth. These energies form combinations that produce highly compacted patterns that we consider to be physical.



As our bodies are formed of energy then it follows that symptoms of illness arise because some of these energy patterns have become disrupted. If we heal these disruptions, we can heal the body of the symptoms. We have just forgotten how to do this.

The reasons for symptoms of illness arising in the first place are actually very simple and straightforward, as is their cure, it is just that we have forgotten how to read the body. By listening to the body, we are also listening to our higher self – our soul.

Most people are now familiar with the word “Chakra”. This is a Sanskrit word which translates as meaning “spinning wheel” or “spinning wheel of light”. This is a description of what a Chakra looks like when viewed from the front or the back. When looked at from the side, it looks like an ice cream cone – see Illustration One.



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**Illustration One**  
**The Seven Primary Chakras**

Over the 7,000 years of the Human Plan, many individuals and many cultures have been aware of the chakras and the function they play in our everyday lives. Unfortunately, when the knowledge of the chakras was brought to the west, that knowledge became “westernised” and watered down into something romantic and, in many, many instances, the true connection that the chakras have between the body and the soul have become lost.

The seven primary chakras are located on the spine and *not* in individual organs; the chakras look like “ice-cream-cones” of energy, spinning vortices, and *not* like a rose or a lotus blossom opening. There has also been a great deal of speculation as to the number of chakras ranging from 4 to 13, all located somewhere along the spine.

There are only 7 primary chakras along the spine however, there are a total of 238 chakras located in the body and these additional 231 are usually known as the acupuncture points.

The body is constructed around the soul with the main concentration of soul energy being down the spine. At relevant positions along the spine, the soul energy opens up into distinct vortices of energy and each of these vortices (chakras) relates to specific organs and to specific regions of our lives.

The chakras are the energies of the soul made physical and the most direct way that our higher self uses to communicate with us.

A symptom of illness is our higher self letting us know that we have strayed from our chosen path in life.

Every single person on the planet has these chakras in exactly the same location and each chakra relates to the same organs and the same regions of our lives – nobody is any different.

### The First Chakra

The first chakra is located at the very bottom of the spine.

The energy flow from the soul is directed from the higher self through the top of the head and down the spine. That soul energy then connects into the planet’s own consciousness energy through the first chakra. This is why this chakra is also sometimes known as the “root” chakra as it literally “roots” the soul to the planet.

As this chakra's primary function is to connect us with the planet, it deals with our sense of security – this is the chakra that deals with our “fight or flight” response to whatever situation we find ourselves in.

This first chakra relates to the skin, the muscles and to the skeleton. It also relates to the kidneys and the urinary tract and the adrenal glands.

The way in which it works is this:

If we are in a situation where we feel mildly insecure (stressed), and we want someone to give us reassurance, the skin becomes affected with eczema.

If we are not reassured, the muscles become stiff.

If we feel insecure over a prolonged period of time, the skeleton (particularly the spine) becomes affected resulting in osteoporosis.

The first chakra can also become imbalanced in more immediate ways through the kidneys and urinary tract. If we suddenly feel insecure and do not know where to turn for reassurance, we can urinate – this is why the young and the elderly can become incontinent.

There are several ways in which the first chakra can be re-balanced.

First, by doing something practical, something that makes us feel “grounded”. This can be things like washing dishes by hand instead of using a dishwasher. Taking up a hobby such as sewing or carpentry. Walking in a garden, particularly in bare feet, to help re-connect with the ground.

Use a meditation that works with and re-balances all of the chakras, paying particular attention to the first chakra.

*Note: if you use a chakra balancing meditation; you must balance all of the chakras during the meditation – it is no good just working on one chakra, all must be worked on or you will create a greater imbalance in the energies of the chakras.*

### **The Second Chakra**

**T**he second chakra – also called the sacral chakra – is located where the spine meets the pelvis and opens equally both front and back of the spine. In other words, the vortex of energy extends to the front as well as to the back of the spine – in order to avoid confusion, Illustration One only shows the back view.

This chakra relates to the lower spine, the pelvis, uterus and ovaries in women and testicles and prostate in men.

The second chakra has two functions – primary and secondary.

Its primary function is to do with our creativity and its secondary function is with our sexual (husband and wife-type) relationships.

Virtually all of the problems people experiences with this chakra are connected to relationship problems.

For example:

Lower back pain is short-term insecurity within a relationship.

Hip pain is long-term insecurity within a relationship.

Problems with the ovaries and/or the uterus are related to the withdrawal of a woman's sense of nurture from a relationship.

Problems with the testes and the prostate are related to a man's withdrawal from a relationship.

All of these relationship problems can be overcome if you begin to work with the chakra's primary function by taking up a creative hobby. The deeper the relationship problems, the more creative you will need to become to overcome the physical symptoms. You will also need to make use of the giveaway.

### **The Third Chakra**

**T**he third chakra – also called the solar plexus chakra – is located just above the tummy button. Again, it is located on the spine and opens equally front and back of the body.

The primary function is to do with personal power and its secondary function is to do with the emotions we either do, or do not, express in personal power situations.

The chakra relates to the mid to lower spine; the liver; gall bladder; pancreas; spleen – and through the spleen, the lower body lymphatic system; stomach and both large and small intestines.

Briefly, it works like this:

Personal power is all about how seriously we are taken by others in terms of how in control of a situation we are.

If we feel insecure whilst in a position of authority, the mid to lower spine becomes

affected (connecting in with the first chakra – insecurity around a particular chakra).

The organs become affected if we feel we are not able to properly express the emotions connected with these kinds of situations.

The liver processes the emotions but deals specifically with fear, guilt and jealousy.

The gall bladder stores unexpressed anger.

The pancreas is all about emotional force; if we should have shouted at somebody but all we did was mutter under our breath, all of the unexpressed force is stored in the pancreas.

The spleen becomes blocked with unexpressed frustration.

The lower body lymphatic system is part of the immune system and removes infections from the body. The lymphatic system also becomes blocked because of frustration and this mainly manifests as cellulite.

The stomach deals with immediate situations to which we have a strong emotional response e.g. if we encounter a situation such as a car crash, we can vomit as we have no appropriate way of dealing with it.

The small intestines deal with processing our stored emotional responses.

The large intestine deals with long-term emotional storage e.g. if we tend to hold on to past emotions, we become constipated.

Weight gain is not caused by the food we eat but by holding on to emotions. If we clear the old emotions, the weight disappears of its own accord – see later.

The best way of dealing with third chakra problems is to deal with a problem as it arises. In other words, express your emotions fully and honestly to the person who is causing you the problem. Very often, the person causing the problem does not know that they have hurt or upset you, by telling them how they have hurt or upset you will usually clear the air and you will not store unexpressed emotions.

To clear old emotions, make use of the giveaway.

*Note: as we have progressed through our process of change, many people have noticed that if they do not express themselves at the time something occurs to cause them hurt or upset, they have felt a response in the appropriate organ immediately.*

The third chakra is, arguably, the most important chakra in the body as everyone is

affected by third chakra issues at some time or another.

As far as your higher self is concerned, this region of the body is crucial to this process of change and past, stored, unexpressed emotions *must* be cleared.

For example: If you have always had problems expressing yourself to (let us say) a family member, you must resolve your problem with them before your higher self will allow you to move on.

This may sound harsh but the higher self needs for the body to be in balance, if you have an unresolved situation, such as with a family member, your higher self will bring about confrontations until you settle your differences properly.

If the family member is no longer alive, you will need to use the giveaway.

### The Fourth Chakra

The fourth chakra – also called the heart chakra – is located on the spine at a level with the heart. It also opens equally front and back of the spine – see Illustration One.

The heart chakra's primary function is the connection between the higher self and the physical body – this is how the higher self communicates to the body and produces symptoms of illness. Its secondary function is to do with how we express love; either to ourselves or to others.

The heart chakra works with the endocrine system, the blood and circulation and, through the thymus gland, the upper body lymphatic system.

The endocrine system is the body's hormones. The word hormone is Greek and means messenger and it is this system that the higher self uses to pass messages to the physical body. If you pay proper attention to the messages from your higher self, your intuition, hormonal imbalances will be corrected.

The blood and circulation becomes affected when we are unsure about how we express our love towards others – men are particularly prone to these problems which often results in heart disease or heart attack.

The thymus gland is located in the chest, just above the heart. Its primary function is to regulate the upper body lymphatic system and the immune system. On a chakra level, it deals with how we express love towards

ourselves (issues surrounding self worth) and mainly affects women as this lack of self worth is the root cause of breast cancer. Self worth means finding the balance between looking after your own needs as opposed to the needs of others – women often feel that any time they give to themselves is selfish and look after everyone else instead; this leads to breast cancer.

Problems associated with the fourth chakra will be resolved by learning to listen to what your higher self has to say – acting on your intuition, especially when it comes to events in your life that affect you directly.

We also need to learn to express love openly, whether to ourselves or to others – keeping our heart closed is very unhealthy for us – but, as always, these expressions of love need to be in balance; love yourself as you would love others.

### **The Fifth Chakra**

**T**he fifth chakra – also called the throat chakra – is located on the spine just above the Adams apple. It also opens equally front and back of the spine.

The chakra's primary function is with expressions of the self whilst its secondary function is communication and judgement.

It works with the lungs and bronchial channels, the vocal cords and the thyroid.

An expression that epitomises the fifth chakra is “get it off your chest”. If we do not express ourselves correctly, we end up with lung congestion. Lung cancer has nothing to do with smoking; it is lack of self expression.

Problems with the vocal cords are obviously about our unwillingness to “speak our truth”.

Thyroid problems are connected to insecurity about speaking out. An underactive thyroid slows down the body's metabolism and we gain weight over the whole body – this is indicative of a wish to appear larger and more important than we actually feel; if we blow ourselves up in this way, we hope we will look too important for someone to ask us what we think about a situation. An overactive thyroid speeds up the metabolism making us extremely thin. It is indicative of a wish to move around too fast and be too thin for anyone to catch you to ask for your opinion.

The best way of dealing with fifth chakra problems is to learn to speak your truth in all

situations. This does not mean being rude to people; just honest.

The giveaway is also very effective for helping to clear problems associated with this chakra.

### **The Sixth Chakra**

**T**he sixth Chakra – also known as the third eye chakra – is located in the centre of the forehead, just above the bridge of the nose but in an alignment with the spine.

This chakra's primary function is more to do with our sense of self within a “spiritual”, almost universal context as much as a physical being. Its secondary function is our psychic vision – the seat of “intuition”.

The chakra connects in with the ears; nose; the left eye; the lower brain and the central nervous system and the pituitary gland.

The eyes are all about what we do, or do not, want to see in the world around us. Short sighted means that we only want to see what is immediately in front of us whilst long sighted means we only want to look at events that occur away from us and not look at what is immediately in front.

The ears are about our hearing, going deaf is a want to not hear something or somebody. Most instances of deafness arise because that person has a chattering partner that they no longer listen to.

The lower brain and central nervous system is how we bring the outside world into the body. Problems with the nervous system – such as Parkinson's, Alzheimer's etc. are caused by a withdrawal from the world, a wish to disassociate from the outside and live only in an inner world of our own making.

The pituitary gland is located at the base of the brain, at the top of the brain stem. It is one of the body's master glands controlling the thymus and endocrine system. Problems with the pituitary stem from our psychic vision – if we do not use our intuition, it will affect the pituitary creating physical problems throughout the body through the hormones.

Sixth chakra problems arise because we have begun to withdraw from the world around us. To remedy such symptoms we need to become a part of, and fully interactive with, the world again.



## The Seventh Chakra

The seventh chakra – also known as the crown chakra – is located at the top of the head in alignment with the spine.

The seventh chakra is the direct energetic connection between the higher self and the physical self and works with the upper brain, the pineal gland and the right eye.

The upper brain is the interface between all of the body's physical functions and the higher self. Through this chakra, the higher self monitors the body's activities and well being.

The pineal gland is located at the back of the brain and produces a hormone called Melatonin. Melatonin is an extremely important hormone as it is the master hormone behind several other hormones. Primarily, it controls the body's "clock" – when to go to sleep and when to wake up. The primary symptom of this aspect of melatonin is ME.

Melatonin also controls the production of thyroxin, in conjunction with the thymus and the thyroid.

Melatonin is also the body's primary anti-oxidant. When we are asleep, the Melatonin sweeps through the body clearing out toxins. The biggest problem associated with this chakra is ME (myalgic encephalomyelitis). This is where the sufferer has no energy to do anything. The symptoms arise because we have refused to listen to the prompts of the higher self and we are being shut down until we start to make some right moves in our lives. Once we decide to make positive changes and head off in new life directions, our energy returns.

## Conclusion

This has been an extremely shortened description of how the higher self communicates to us through the physical body. Symptoms of illness are the higher self's way of telling us that we have strayed from our chosen life's path (for a full description of the chakras and the body see *Everything You Always Wanted to Know About the Body...* and *The Sequel to Everything*).

If we pay attention to the body – the higher self's messages – all symptoms of illness will disappear.

Yes, it is that simple; we can all cure ourselves of any health problem if we listen to

our bodies and take action to correct the symptoms.

It should also be noted that having symptoms of illness does not prevent anyone from undergoing full soul re-integration.

What the soul wants from us is to acknowledge that we understand that we have made those symptoms arise in the first place and have begun to take steps to remedy the actions that created the symptoms.

One of the best places to start in clearing the energy imbalances that caused the symptoms is to use the giveaway.

## The Colours of the Chakras

When we were in a full soul state, we did not have any chakras. The whole of the soul was within the body and so the need for concentrations of soul energy, in the chakra locations were not required.

With the whole of the soul within the body, we knew who and what we were and what our needs were. We were also totally honest with ourselves and in our interactions with others. It was only when we divided the soul into two, the higher self and the physical self, that guidance from our higher self was necessary and so the chakras were formed to provide this direct communication.

When we embarked on the Human Plan, 7,000 years ago, the chakras did not have any colours. As we became more and more physical, the energies within the body dropped and, ultimately, we ended up with the chakras taking on colours that reflected our energetic state. These are the "rainbow" colours that most people are familiar with.

These rainbow colours are:

Red for the first chakra

Orange for the second chakra

Yellow for the third chakra

Green for the fourth chakra

Blue for the fifth chakra

Indigo for the sixth chakra

Violet for the seventh chakra

These colours reflect the energy frequencies from which the chakras are constructed.

However, since 1996, we have been taking on board new energy frequencies which mean that, as the chakras have risen in frequency, they have been changing colours to an intermediary stage.

The first chakra became copper gold

The second became petrol blue

The third became petrol green  
The fourth became transparent with “flecks”  
of all the other colours swirling in the chakra  
vortex  
The fifth also became transparent but with  
fewer flecks of colour to the fourth  
The sixth became transparent but with fewer  
flecks of colour than the fifth  
The seventh became totally transparent –  
pure soul energy

Since the year 2000, nobody on the planet  
has the original rainbow colours, all have  
moved on to at least the intermediary colours.

As we cleared out more and more of our  
emotional issues, we were able to take on  
board more of the energy frequencies of the  
higher self. As we did this, the colours of the  
chakras changed again: they all became  
transparent.

If we further prepared ourselves for soul re-  
integration, and took on more of the higher  
self, the chakras disappeared all together –  
the energies flowing up and down the spine  
smoothed out and just became low frequency  
at the base of the spine and higher  
frequencies at the top of the head. By the time  
you reach this stage, you will have taken on a  
fair percentage of the higher self and the  
body contains a total of something like 20  
dimensions.

Many millions of people were at this stage of  
development by the 21<sup>st</sup> of December 2012.

In other words, they had resolved all of their  
emotional difficulties and become honest  
enough to not build any more emotional  
blockages.

The reason why these people did not  
complete soul re-integration on the 21<sup>st</sup> is  
down to individual choice. The main reason  
being that on a higher self level, they all  
agreed that they would undergo soul re-  
integration at the same time as everyone else.

What everyone else needs to do is to catch up  
with these people who are totally ready.

## Diet

If we are listening to our higher self  
through the chakras, we will not become  
ill. That is a statement of fact based on my  
35 or so years of working with people as a  
psychic surgeon – see About the Author.  
If we keep the energies of the chakras in as  
pure a state as possible, we can eat virtually

anything and it will not affect our health or  
our weight.

However, we do not yet live in that perfect  
world (although we will after soul re-  
integration).

Our everyday lives mean that we have to  
make compromises and this leads to, at least,  
minor imbalances in the energies of the  
chakras. With these imbalances in place, the  
food we eat can have major impacts on our  
health and on our weight and so we need to  
ensure that we only eat the foods that our  
body actually needs. We also need to keep  
our food sources as chemical free as possible.

Given the way in which we live our lives  
leads to imbalances in the energies of the  
chakras, we need to ensure that we provide  
ourselves with the correct nutrients and  
balance of fats, sugars, starches and  
carbohydrates. This is in order that we are  
able to function correctly and maintain the  
body’s cells in as peak a condition as our lives  
allow.

In order to maximise cell efficiency, we need  
to eat a diet that feeds the cells properly.  
What follows is totally at odds with currently  
accepted “healthy eating” practices and  
dietary recommendations.

For the past thirty years, we have been told  
that we need to cut down on saturated fats,  
increase polyunsaturated fats and increase  
our carbohydrate intake and reduce  
cholesterol.

This is the exact opposite of what the body’s  
cells actually need.

To understand this statement, we need to  
understand how humans developed on Earth.

It is now acknowledged that our direct  
ancestors were Cro-Magnon Man. These  
proto-humans first appeared, planet-wide,  
about 3.5 million years ago.

They were hunter-gatherers; that means that  
they hunted for meat and gathered fruit,  
berries and nuts as the seasons permitted.  
They ate very little in the way of vegetable  
matter and even less in the way of grains or  
cereals. This lifestyle continued for over 3  
million years. In other words, the human  
body is built around the body-form that  
developed as the Cro-Magnon evolved.

The human body's primary dietary needs are centred around meat and saturated fats with some fruits, nuts and berries and very little in the way of carbohydrate.

The simplest way of showing that our current so-called "healthy diet" is wrong for us is to ask these questions:

After thirty years of eating for health, why do we have illnesses reaching epidemic proportions particularly obesity and diabetes?

If our diets are so healthy, why are we not healthy?

As our great grandparents' diet was the exact opposite of what we currently eat, in terms of fats and carbohydrates, why did they not have worse health problems especially as most of our current killer diseases were unheard of in their time?

It is very clear that our bodies are in a state of terminal decline and yet we are *supposed* to be eating the diet that is the most healthy for us.

So what changes should we be making to our diets to reverse this trend towards life-threatening diseases?

Firstly, we need to understand the basic components required by the body and why they are necessary.

## Cholesterol

**C**holesterol is, arguably, the most important substance that the body produces for its own well being.

We all "know" about cholesterol:

It comes from eating saturated fat.

We must keep our blood cholesterol levels *below* 3 millimoles per litre (mmol/l) – (actually, the current recommendation is 4 mmol/l but there are moves to reduce it to 3). The body's natural level is about 6.2 – 6.8 depending on the individual. Some people have higher levels.

Very few people are aware that cholesterol is, in fact, manufactured by the liver.

The liver expends a huge amount of energy producing cholesterol in a very complex chemical sequence that does *not* involve any kind of fat. The liver does this 24 hours per day, 365 days per year. The liver does this

because every single cell within the body, of which there are trillions, needs cholesterol every single day.

The only difference eating food that is high in cholesterol makes is that the body uses the cholesterol taken from food to *reduce* the amount of cholesterol produced by the liver.

Q. How many types of cholesterol are there?

A. One – it is called cholesterol.

Q. What are HDL and LDL?

A. HDL stands for High Density Lipoprotein and transports cholesterol from the liver to wherever it is needed within the body.

LDL stands for Low Density Lipoprotein and collects any excess cholesterol from the blood and (probably) returns the excess to the liver for recycling.

HDL and LDL are lipoproteins and are *not* types of cholesterol.

Q. My doctor has given me a blood cholesterol count – what does it mean?

A. Cholesterol does not exist in the blood, what doctors give out are lipoprotein counts.

Q. Why should I reduce my cholesterol levels?

A. You shouldn't. You cannot have too much cholesterol in the body as the body is self regulating; the liver only produces what the body needs and no more.

Q. Can you have too much cholesterol?

A. No; there is no such thing as too much cholesterol, the liver only produces as much as the body requires and no more. Whatever your cholesterol level is, it is what your body needs. A high cholesterol level means that the body has problems which it is attempting to repair. If you reduce the body's cholesterol levels, it cannot repair itself and the cells begin to die, eventually leading to death.

Q. So what does cholesterol do?

A. Its primary role is to do with maintaining the integrity of the walls of the body's cells – too little cholesterol and the body's cells begin to collapse with disastrous consequences; cancer being a prime example.

The brain is made up of roughly 70 per cent fat and 30 per cent cholesterol. The brain also uses cholesterol to pass messages across the synaptic gaps.

Every single cell within your body needs a supply of cholesterol every 24 hours

otherwise the cell cannot maintain its integrity which would allow in viruses, bacteria and other undesirable debris.

When a cell dies, cholesterol is needed to build its replacement cell.

If you cut yourself, the area of the cut is flooded with cholesterol to build new cells to repair the damage and rebuild the skin or, if the cut is internal, such as in an artery, the damaged region is flooded with cholesterol to repair the damage – cholesterol does not cause heart disease, it is part of the body's defence and repair mechanisms.

A simple truth is that when your mother became pregnant with you, if her body did not produce sufficient cholesterol, you would not be here.

Simply put, cholesterol is necessary to create life and maintain that life once it exists. Denying the body its ability to self-repair, by taking cholesterol reducing drugs, is a form of suicide.

Q. What happens if cholesterol levels are artificially reduced such as by taking statins or cholesterol reducing foods?

A. The first side effect of statins is reduced short-term memory – this can be quite severe in some instances.

Over time, statins reduce the body's store of co-enzyme Q10 which begins to destroy the body's connective tissue. This results in the muscles atrophying and the body becomes very much weakened.

There is then a ripple-down effect where all of the body's systems gradually decline eventually leading to death.

A cholesterol count of 4, or below, leads to mental problems, depression, paranoia and whole system failure eventually leading to death.

Cholesterol is essential for life and the maintenance of the physical body - natural cholesterol levels are essential.

This is so far against the current medical advice and advertising propaganda that there will be many of you saying this is rubbish. Fine. The author has no problem with that, I would suggest that you get yourself clued up and do some research for yourself. As a start try:

*"The Great Cholesterol Con"* by Dr Malcolm Kendrick published by John Blake Publishing Ltd., ISBN 978-1-84454-360-1

## Fats

There are four different types of fats:

**Saturated fats** – these are obtained from meats, butter, whole milk etc.

**Mono-unsaturated fats** – these are obtained from olive oil, palm oil, coconut oil etc.

**Poly-unsaturated fats** – these are obtained from vegetables such as corn oil, sunflower oil, etc.

**Transitionary fats** (commonly called trans-fats) – these do not occur naturally but are man-made from vegetable oils.

In order for the body to function properly, it needs a varying combination of the first three fats on a day to day basis.

The fourth type of fat – trans-fats – is not digestible by the body and can cause considerable harm by disrupting many of the body's systems.

As we saw earlier, our bodies evolved as "hunter-gatherers" with our primary source of nourishment derived from meats.

Although we consider ourselves to be "wise man" (Homo Sapien), our bodies have not evolved beyond our basic hunter-gatherer requirements. In other words, our bodies still consider the best source of nutrients to be from meat and the saturated fats associated with it.

As a simple example:

Since the early 1800's, explorers have encountered many peoples living a "traditional" hunter-gatherer life-style in many parts of the planet.

When these traditional peoples were forced into eating a "western" diet, they all became subject to exactly the same illnesses and ailments that we do in the west. Before the introduction of a western diet, these peoples were extremely healthy.

The most recent example of this is with the Inuit and Eskimo peoples of northern Canada. These peoples have always had a diet which is comprised entirely of meat and fish with only a very small percentage of their diets made up by seasonal nuts and berries.

They were extremely healthy and they had no histories of obesity, diabetes or heart disease. In recent years, following western intervention, their diet now includes a severe reduction of fats, the introduction of white bread and cereals and their health has deteriorated to the point where obesity,



diabetes and heart disease are as prevalent as in North America.

The only thing that has changed is their diets and they have gone from people who were extremely healthy and perfectly adapted to their environment to requiring medication and hospitalisation.

The plight of the Inuit and the Eskimo perfectly illustrate that a traditional diet high in saturated fats is healthy whilst our western so-called “healthy diet” (low saturated fats and high carbohydrates) is a killer.

The two biggest problems with our western diet are carbohydrates and trans-fats. We will look briefly at the problems of carbohydrates later but let us first look briefly at trans-fats.

Vegetable oils (poly-unsaturated fats) are liquid at room temperature. This makes them unsuitable for spreading on bread. In order to make them spreadable, they are turned into margarine. In order to do this the oils have to be hydrogenated, heated, and put under enormous pressure.

The molecular structure of vegetable oil is “kinked”. It is this kink that prevents the oils solidifying at room temperature. In order to achieve room temperature solidity, the molecular structure needs to be straightened. This straightening is achieved by adding a hydrogen atom into the area where the molecule is kinked – this is hydrogenation and it is a very haphazard process.

A simple explanation would be this:

The vegetable oils are heated to very high temperatures and put under huge pressure. The oil is then bombarded with hydrogen atoms in the hope that they will connect into the correct place in the oil molecules.

This is why they are called trans-fats; the hydrogen atom creates what is known as a trans bond within the molecule.

The process of hydrogenation is very haphazard and the resulting oil is swamped with unpaired hydrogen atoms. These unpaired atoms act as free radicals within the body whenever hydrogenated oils are eaten resulting in a huge amount of damage to the body’s cells.

To make these hydrogenated oils into margarine, they undergo numerous chemical processes which all add other chemicals into the mixture. At the other end of the manufacturing process the margarine emerges as a grey gloopy substance. To make it more palatable, a coloured dye is added – yellow – to make it look more like butter!

Margarine contains an average of 25 artificial or chemical ingredients; butter contains one natural ingredient – milk.

The number of health problems that are connected to our eating hydrogenated oils and margarines – trans-fats – is huge and too long to list here but primary amongst them are heart disease, cancers (particularly breast cancers) and obesity.

The following foods are all extremely high in trans-fats:

Pre-baked pastries from commercial bakers

Pre-made meals from commercial suppliers

Fast foods of all kinds

To understand the kinds of mixture of fats that our body actually needs is demonstrated by the fats present in breast milk.

Assuming that your mother had sufficient cholesterol in her body to make you, once you are born, the best start the infant can have is to be fed breast milk produced by the mother. Not only does breast milk provide natural immunity to many bacteria and viruses, it only contains the mixture of fats that the growing infant needs.

Breast milk is made up as follows:

Saturated fat – 54 per cent

Mono-unsaturated fat – 39 per cent

Poly-unsaturated fat – 8 per cent

If saturated fats were unhealthy for us, our mother’s bodies would not produce it in such quantities in the food she manufactures to feed her child.

Our bodies need saturated fats.

## Carbohydrates

When we speak about carbohydrates, we usually think of foods like bread, sugar, pasta, potatoes, etc. But, this is too narrow a definition as fruit and vegetables are also carbohydrates.

Essentially all sugars and all starches are carbohydrates from whatever source. Everything that is vegetable or derived from vegetable sources is a carbohydrate. Or, put another way, virtually all foods that are not meat or fat are carbohydrates.

What makes carbohydrates so appealing to eat is that we usually get an energy “rush” which makes us feel as though we have eaten the right thing.

The problem with carbohydrates stems from how the body processes them.

When we eat carbohydrates, the body converts them to glucose. Whilst glucose is seen as an energy source, it is not one that the body can handle easily.

In order to maintain the body, the body's cells need an energy source. If the source of the energy is glucose, the cells cannot accept it in that form. In order for the cells to make use of glucose, the body also needs to produce insulin.

Insulin acts a little like a key in that it "unlocks" the cells and allows the glucose in. However, the body's cells can only make use of a limited amount of glucose to supply its energy needs. When a cell has reached its "glucose threshold", the cell is still crying out for an energy source and, if the food we have eaten can only supply glucose (from carbohydrates); the pancreas is forced into producing more and more insulin to "unlock" the cell walls. Over a period of time, the cells increasingly resist the glucose and the insulin. Once this stage is reached, the cells are, effectively, insulin intolerant – a state of diabetes. As the cells no longer accept the glucose, the insulin then stores the glucose in fat cells.

The more the cells become insulin intolerant, the more the glucose is stored in fat cells resulting not only in diabetes but also obesity. Being overweight does not cause diabetes, being insulin intolerant because of a high carbohydrate diet causes weight gain.

However, if we substitute saturated fat for carbohydrates in our diet, the cells readily accept the fat, our insulin levels drop and we lose weight. This is why high fat/low carbohydrate weight loss diets actually work.

## A Correct Diet

The current "healthy diet" that we have been propagandised into believing is good for us – high carbohydrates/low saturated fats – is the exact opposite of what the body actually needs to maintain a healthy body.

There have been thousands of studies carried out to prove the "healthy diet" is the right one and every one of them has failed to do so. The results of scientific studies depend on who was paying for the study to be carried out.

Scientific studies are written in three parts. The first part is an introduction – a declaration of what the study is being carried out for. The second part is the actual results reached from the experiment whilst the third part is a summary of results and how they have been interpreted by those who carried out the study.

Most scientists and doctors only read the introduction and the final summary; very few read the body of the study – the actual study data – if they read any of the studies at all.

If the study was sponsored by, let's say, the margarine industry, the summary will conclude that the high carbohydrate/low saturated fat diet is correct. But, if you then study the actual data, you will find that this conclusion is not borne out by the facts that the study uncovered. In other words, a high saturated fat/low carbohydrate diet is the best.

The margarine industry is a good example to choose as they have been trying to prove that margarine is healthier than butter ever since margarine was first developed at the end of the 1800's. It all began as a marketing ploy to promote margarine over butter and the whole thing has mushroomed from there.

We noted earlier that our bodies have evolved to live on a high fat diet. Once we stopped living as hunter-gatherers, we developed a diet that was best for our changed life-styles. This is the diet eaten by our ancestors such as our great grandparents.

Their diet was:

Fatty meat, butter, whole milk, hard cheese, lard and dripping, some fish and some fruit and vegetables in season all cooked from fresh ingredients.

Their diet is what our current diet should be.

The proportions of these various types of foods that are necessary for optimum body performance are these:

Carbohydrates: 10 – 15 % of total calories

Protein: 15 – 25% of total calories

Fat: 60 – 70 % of total calories

Again, these conclusions are totally at odds with the advice we are led to believe and many will be sceptical.

Fine. Go and research your diet for yourself and then you will see how much we have been wilfully misled. As a start try:

*"Trick and Treat"* by Barry Groves published by Hammersmith Press Ltd.

ISBN 978-1-905140-22-0

## Weight Gain

If we are listening to our higher self and acting on its advice, we can eat virtually anything and will not gain weight. The current trend in diets towards the low fat/high carbohydrate will cause weight gain if the chakras are not functioning at their peak.

However, if we adopt the correct diet – high saturated fat/low carbohydrate, we can still gain weight. This type of weight gain is connected with the 3<sup>rd</sup> chakra.

Weight gain is included here because it is a major issue for many people and its cause has an impact on soul re-integration.

All of the organs that process our emotions are connected with the 3<sup>rd</sup> chakra and these are the same organs that process our food. But, weight gain does not come from the food we eat therefore it must be caused by our emotions.

This is why women have particular problems with weight gain and constipation. It also has to do with the way in which women's brains work and how they see themselves in society. Now before you attack me for being an anti-feminist, I need to explain these statements.

So let us start at the top.

If you ask a man to find a solution to a problem, he will think about it and come up with an average of 3 solutions.

If you ask a woman to find a solution to the same problem she will think about it and come up with an average of 103 solutions.

Many women claim this proves that women have a superior intellect to men.

That is an argument I am not getting into as it would cause me too much trouble, but we need to look at why women arrive at so many solutions.

If you analyse the solutions arrived at by women, you will find that she has produced generally similar practical solutions to a man. The extra number of solutions are variations on the basic answers but each variation has an emotion attached.

In other words, it isn't a question of any one solution being the correct practical way of dealing with the problem it is how she will *feel* about the solution. Each extra solution has a different emotion attached to it.

The problem then is once the problem is solved, she still has 102 other solutions that

have an emotional attachment and those emotional attachments remain unresolved. As they are unresolved, they stay within her body causing blockages in the third chakra.

As we come down the body, we then arrive at the fifth chakra.

This chakra controls the function of the thyroid gland which is all about communication and expression of self and controls the body's metabolism.

We live in a world dominated by men and male values. In this world, women are not usually allowed to express themselves. This lack of expression slows down the function of the thyroid, the body's metabolism slows and weight is gained.

Then we come down to the 3<sup>rd</sup> chakra.

This chakra is all about personal power – how seriously a woman's ideas are taken.

Again, given our male dominated world, it is difficult for a woman to express her personal power effectively and this affects all of the abdominal organs.

So let us look at the organs of the 3<sup>rd</sup> chakra again.

It starts with the stomach. If we find ourselves in a situation where we have an overwhelming emotional response, we can vomit. If we have to “swallow” our response – situations we cannot “stomach” – we build up weaknesses which can, in later years lead to stomach cancer.

The stomach leads on to the small intestines. These process our emotional responses. However, if we overwhelm the small intestines with too many emotions (as in over thinking problems), it becomes sluggish and it cannot process food properly, leading to bloating and constipation or cycles of constipation and diarrhoea.

The large intestines store long term emotional debris. Where the small and large intestines meet is a region called the caecum. If we have difficulty transferring emotions between them being processed and going into long term storage, this area can become inflamed leading to Crohn's Disease. If we do not clear our emotions as we go through life, they end up being stored in the large intestines leading to constipation, bloating and dehydration.

Around the digestive system, we have the other abdominal organs.

The liver is the central processor for all emotions but deals specifically with fear, guilt and jealousy. If any of these emotions are felt

then they can cause disruption to the liver's function: in digestive terms, that means the production of bile which is used to help break down the fats in our diet.

The gall bladder deals with unexpressed anger. This organ also produces bile.

The spleen chemically encodes the contents of our blood and so is responsible for how well we absorb nutrition from our food. It also controls the function of the lower body's lymphatic system – the lymph's are part of the immune system and are nearly as extensive as our blood vessels. On an emotional level, the spleen deals with frustration. Too much frustration held in the spleen leads to poor nutrition and cellulite.

The final organ is the pancreas. This produces a huge range of chemical substances, particularly hormones. On an emotional level, the pancreas deals with emotional force – how forcibly we express ourselves; if we should have shouted at someone but all we did was to mutter under our breath, all of the unexpressed emotion blocks up the pancreas's function.

Sometimes, organs will connect together to show why we have problems. For example: diabetes is caused by a breakdown in the communication between the pancreas and the liver. So if we read the two organs functions together: the liver and fear and the pancreas and emotional force we have a symptom of someone who is too fearful to express themselves fully.

The reason for spending some time on explaining how not expressing emotions is a cause for many bodily problems is that is also a problem in terms of soul re-integration.

Emotions trapped in the body take up space that could, and should, be occupied by the higher self.

Women, in particular have problems in these regions not only due to the way in which their mind works but also in how society expects them to behave and so many women have had difficulties arriving at the point where they can re-integrate their higher self because they do not know how to clear out all of these emotions that have become stuck.

To give you an example of what I mean.

I have been exchanging emails with a friend for a few years. Over that time she has worked very hard at clearing all of the problems she had in her life as she was determined to go through soul re-integration. When the 21<sup>st</sup> of December 2012 came and

went, she was confused about why she had felt so little change within herself. Then she sent me this email.

*Dear Chris*

*I have honestly lost heart a bit...There was some information I had been holding out on my husband prior to the 21<sup>st</sup> hoping that I would re-integrate and so not have to tell him...and now that nothing miraculous happened to our family on the 21<sup>st</sup> I was faced with the reality that there is life as we currently know it in the future and I still had been stifling my HS's voice...since I voiced my HS and my real thoughts on our relationship I lost 7lbs in 2 days, feel more energetic and have started my periods for the first time since last giving birth which was another strange thing to happen as I could not figure out why I hadn't had one for so long...until I read the thyroid issues in your body book.*

The reference to her periods starting again was because she cleared out her 2<sup>nd</sup> chakra – husband and wife-type relationships and the reference to the thyroid is to do with it belonging to the 5<sup>th</sup> chakra – expression of the self.

My friend's experience is typical of many people. So many were hoping that they would undergo soul re-integration on the 21<sup>st</sup> of December 2012 as a way of avoiding the elephant in the living room (the big emotional problems they have been avoiding for some time).

As my friend found out, it did not happen that way. One of the primary reasons why people in the western world did not re-integrate on the 21<sup>st</sup> of December 2012 was that they were more than knee deep in elephant poo. So deep in fact that their higher self could not get into the body as there was so little room.

My friends actions are the kinds of actions that so many people need to take – acknowledge the elephant and sort out whatever issue you have with those around you; literally sweep the poo out of your life.

This is why the Earth had to take measures to reduce the immediate impact of the 6<sup>th</sup> Sun; so many people who could have made full soul re-integration on that day had not done enough clearing. Literally, their higher self did not have enough space to get into.



So, be like my friend. Wake up to reality. Stop ignoring the elephant in the room and express yourself fully to those in your life who need it.

Do not avoid the person by taking it out on other people. You need to face up to the one person who has caused you the most problems. It could be your partner. It could be a parent or grandparent. It could be your boss or it could be your brother or sister. It does not matter who it is, you must resolve your grievances with that person.

There are only two options here: either you do confront the person and move on clear of your rubbish or you continue to ignore the issue and your body will go into further decline. If you go into decline, you are fighting the new energies of the 6<sup>th</sup> Sun and that will only make the decline happen all the faster.

The best way of helping you to clear out all of these pent up emotions is to make use of the giveaway (see footnote 3). Women, in particular need to make regular use of this useful tool preferably every day or, at least, every week.

The giveaway helps you to remove most of these types of stuck emotions but it will not clear enough to mean that you do not have to confront the person most causing you problems in your life – your higher self will insist that you clear the air with the person concerned.

Now we come to the second reason why nobody in the western world underwent soul re-integration on the 21<sup>st</sup> of December 2012.

## Channelled Messages

Every time we die, cast off our human body suit, we return to our natural soul state. When in this state, we have very often agreed to help someone who was still physical by becoming their “spirit guide”.

The ones we have agreed to help with their life’s problems are usually people we have known in the life we have just completed or have known them from shared previous lifetimes.

These types of guides usually contact the ones they are guiding through mediums. These types of channelled messages are usually not a problem.

Another type of guide is where we enter into a meditation and find that we encounter a

spirit guide who has the persona of a Chinaman or perhaps a Native American or even something like a nun.

These types of “guides” are actually your higher self calling on experiences you gained when you were in a previous life and were that Chinaman or Native American etc. This is your higher self trying to say to you that you had the right kind of experience in those previous lives so all you need to do is to call on your past life memories to bring that experience forwards to this lifetime to deal with the problems you currently have in your present life.

These types of guides are also not a problem.

## The Velon

Where we do have problems is with people who are contacted by non-human entities who claim that they are here to help us and humanity to pass through these times of change.

In the past, many of these non-human entities were genuinely trying to help us but gradually, over a number of years, all of these types of messages have come from one group of ET’s. These are known within the Akashic as the Velon.

In the last few years every single channelled message that has been received by people on Earth has originated from the Velon who have taken on numerous disguises in a deliberate attempt to mislead humanity into following an agenda set by the Velon.

The number of disguises invented by the Velon is immense and certainly far too many to list here but some of the main ones are:

Ashtar Command, The Great White Brotherhood, The Council of Nine, The Annunaki, The Hathor, Galactic Federation of Light, Orion Empire, Reptilians, Ascended Sirians, Tall White Nordics, Venusians, Zetas and many, many more.

The Velon also claim to be:

Ascended Masters, Metatron, Mary Magdalene, Saint Germaine, the Christ Consciousness as well as many hundreds of Arch Angels and Angels.

I am not going into the full Velon story here as it would take far too long. The Velon story is fully covered in “*Project Human Extinction*” and “*The Annunaki Plan? Or the Human Plan?*”

The Velon are a race of “semi-physical” beings who originate from a galaxy 32 galaxies distant from our own.

The term “semi-physical” means that they are beings whose whole soul is within their bodies but their bodies are considerably less dense than humans. To each other, they are as solid as humans are to each other but humans would not be able to see them in their natural state unless they were particularly psychic. The semi-physical races are the ones who travel in “UFO’s”.

Essentially, the Velon underwent some kind of epiphany which made them believe that they were the people who should be living on Earth.

When they arrived here, about 300 hundred years ago, the Earth rejected them and they have been forced to remain outside of the solar system ever since.

However, a small group of the Velon did manage to break through into our solar system and land on Earth. Once they landed, they travelled back in time to about 6,000 years ago and dictated a story to a Sumerian scribe. This story was recorded on clay tablets and they have remained buried under the desert sands until Zecharia Sitchin began to translate them (see *The Annunaki Plan? or The Human Plan?*).

The story that is recorded on these clay tablets is that the Velon – in the guise of the Annunaki – are the creator gods of humans.

The story is complete fantasy but the translator of these tablets, Zecharia Sitchin, insists that the Annunaki story is the basis of the Old Testament.

Since Sitchin’s books, containing his translations, first appeared in the mid 1960’s many, many thousands of people have fallen for this fantasy story and firmly believe that the Annunaki (Velon) came to Earth and created humans.

This belief actively works against Mother Earth.

In addition to the thousands who see the Annunaki as their creators there are also many thousands who follow the Hathor. Again the Hathor are of Velon origin and have fooled humans into believing that the music they channel is beneficial to both humans and the Earth.

The Hathor have made direct attacks on the Earth, through their “celestoriiums”, but in addition the music they have channelled is aimed directly at attacking the Earth by

introducing energy frequencies, that are incompatible with the Earth Herself.

Other branches of the Velon race have channelled numerous requests for humans to build “portals” that are energy gateways from the Earth to outside of the solar system designed to allow the Velon free access into the solar system bypassing the solar system guardians and deliberately going against the Earth’s choices.

By deliberately acting against the Earth’s freedom of choice, they have broken the only “law” that this Universe works within – absolute freedom of choice to choose one’s actions but such choices cannot remove another soul’s right to choose their own actions.

Given that the Velon have broken the only law that this Universe operates within, they have been forcibly evicted from the rest of the Universe.

They would also have been evicted from the area around the solar system if it was not for the number of humans who actively want the Velon to stay.

Over the years, the Velon have contacted many channels on Earth claiming that they are beings who have come to Earth at this time to help us with our soul transitions.

The organisation that calls itself “Ashtar Command” has promised that they will supply ships that will transport humans away from the Earth in order for humans to “Ascend” to a “5<sup>th</sup> Dimension”. Many thousands of humans have fallen for this and continue to wish that Ashtar Command would arrive.

Then there is “The Galactic Federation” and “The Galactic Council”, both of whom are Velon and promise their help in humans achieving soul re-integration but they have re-written the Earth’s “time-line” so that soul re-integration (ascension to the 5<sup>th</sup> dimension) has been moved to 2025 or 2032 – their timings vary from message to message and from month to month.

In addition, there are hundreds of other organisations and individuals who channel material to human channels claiming that they are here to help. All of these organisations and individuals are Velon.

According to the Akashic, in the past thirty years, every (100%) channelled message received by human channels has originated from the Velon – no matter what source it is

claimed the messages come from, the ones producing the messages are the Velon.

The Velon have become such a problem that all of the other races have stopped channelling messages to human channels in the last thirty years.

If you receive any kind of channelled message, it will be from the Velon and no one else.

It is not only channelled information that the Velon control.

The Velon also took control of the Bavarian Illuminati as soon as it was formed in 1776 and have been in total control of the Illuminati up until very recently.

Many thousands of people, world-wide, are familiar with the translation work of Zecharia Sitchin and the Annunaki fantasy story that his translations tell. So many of these people see the Annunaki fantasy as being fact and believe that humans are a slave race created by the Annunaki and that the Annunaki planet, Nibiru, would return at the end of 2012 to claim us as slaves or take us to another planet.

All of this is Velon fantasy.

The first of these Velon originated channelled messages, which became public, was in 1875 when the Russian occultist Madame Helene Paetrovna Blavatsky founded the Theosophical Society.

Madame Blavatsky claimed that she was channelling messages from a group of Tibetan holy men from the Himalayas who called themselves "The Masters of Wisdom". Her main contact with this group called himself Djwahl Kuhl.

Unfortunately, these were Velon (see "*Project Human Extinction*" and "*The Annunaki Plan? Or the Human Plan?*").

Since then, the floodgates seem to have opened, in terms of channelled messages, and they all have one thing in common – they all originate from the Velon.

In more recent years, the Velon have been encouraging people to believe in one source more than any other and that is "Angels".

In addition, the Velon keep trying to tell us that we need to "Ascend to the 5<sup>th</sup> Dimension" but we cannot achieve this on Earth so we have to "ascend" to another planet.

## Angels

The Velon have adopted a huge number of disguises but by far the one that most people will be familiar with is "Angels".

The name "Angel" has an ancient past. The word itself means "messenger".

The original use of the word goes back to the days of the Old Testament where it was used by the various branches of the Jewish priesthood to denote those who carried messages between these branches. Messengers were called Angels and the chief messenger was called the Arch Angel.

In more recent times, the Catholic Church reinterpreted the word to mean "Messenger from God" and these messengers were depicted in church paintings as having wings and a halo.

However, in more recent times, the depiction and function of Angels, in a religious sense, became more widespread.

In Britain, it was written into law that everyone in the country must attend a religious service every week. As the vast majority of the population were Christian in their beliefs, they had to attend at least one church service every Sunday or they were fined the equivalent of one day's pay.

When the Industrial Revolution was in full swing, the mill owners, factory owners, steel works owners, mine owners etc, came together to lobby Parliament to drop the law requiring church attendance in order to gain an extra day's labour from their work force.

With the law repealed, the industrialists became very much richer, men women and children had to work seven days a week and church attendance dropped dramatically.

In order to overcome the drop in attendance, the church set about attracting new worshippers. The main target for the church became the children of the wealthy and so created new traditions such as Nativity Plays at Christmas and the portrayal of Angels took on a highly romantic gloss.

Most people's understanding of Angels stem from these romantic Victorian child-friendly images.

However, in very recent years, the image of Angels has changed yet again and instead of most people seeing them as messengers from God, they are seen as "Guardian Angels" who work with you every day to do such things as find you a parking space.

In reality, these types of Guardian Angels are “spirit guides” – see above.

When people now speak of “Angels”, what they really mean is a spirit guide and so the name has become very misleading and, in many respects, confusing.

Into this lack of proper definition and confusion has stepped the Velon.

Given that most people’s perceptions of Angels are of the romantic child-like Victorian sort, several million people have begun to work with angels as it seems to be a sort of gentle, harmless pink and fluffy sort of thing to do.

The problem is that every time you call on your “Angel”, you are actually reinforcing a connection to the Velon. Every time you reinforce this connection, the Velon implant you with an energy device or, if you already carry an implanted device, another device is implanted in your home.

Given the number of people who have fallen for the Angel fantasy, the number of Velon energy devices has risen to the point where they put Mother Earth under direct threat.

In addition to the energy devices implanted into those who call on their angels, and into their homes, the Velon, who control the Illuminati, have found ways to implant huge energy devices that are used by the military.

The main installation that uses Velon energy devices is HAARP.

HAARP is mainly used to alter weather patterns and use the weather as a weapon but the military has also admitted that they are using HAARP installations, now numbering 39, to flood the Earth with extra low frequency energies (ELF). The official reason is to use the ELF as ground penetrating radar to uncover underground terrorist bases as well as to discover previously hidden mineral and oil deposits.

As we noted earlier, the Earth raised Her base-note frequency specifically to help humans achieve soul re-integration. The ELF energies are specifically used to slow down the Earth’s frequencies with the intention of stopping people from re-integrating.

All of these actions put Mother Earth under threat and all of them are supporting the Velon.

To return to the question of “Angels”:

In 2010, many people received a suggestion that they invite three angels into their home for five days. All people had to do was to accept the suggestion and they would be placed on a waiting list and notified of the day on which these angels would turn up.

On the appointed day, you had to open your front door wide at 10.00 pm at night and welcome the three angels into your home. The three angels would remain in your home for five days but you would not know what they were doing for those five days and you were told not to question them. Then, on the fifth day, you would once again open your front door wide, at 10.00 pm at night, and thank the three angels for their visit.

Over 5,000 people fell for this.

Think about it for a minute.

If a friend rang you up and said:

“I am sending over three total strangers who you will welcome into your home. You will not ask them who they are or what they will be doing, but you must welcome them in for five days and nights. At the end of the five days and nights, you will open your front door for them and thank them for their visit”.

Your first reaction would be to ask:

“Who are these people?”

“What do they want with me?”

“What will they be doing whilst they are here?”

“What problems am I letting myself in for?”

The chances are that you would refuse your friend’s request without having a great deal more information.

Over 5,000 people fell for this.

Over 5,000 people opened their front doors and let these angels in.

Except:

These were not angels; they were Velon. Every home that they were invited into had a Velon energy device implanted within it and every person within that household was also implanted with an energy device. Every single one of these implanted energy devices emitted energies that were aimed at attacking Mother Earth.

By continuing to call upon your “angel” you are disempowering yourself and endangering Mother Earth. Instead of an angel; call upon your higher self.

If you were one of the 5,000 who opened their front doors at 10.00 pm, do not worry about having been implanted with strange energy devices. This Velon deception was known about and there was a dedicated



“crew” of people who, on a higher self level, were able to remove *all* of these devices from peoples’ homes.

Also, we underwent an acceleration of energies between November 2010 and November 2011. This acceleration was designed to bring everybody’s base-note energy frequencies into frequency parity with the Earth’s. Part of this frequency acceleration was modulated so as to remove *any and all* implanted devices.

## The Fifth Dimension

Let us try to put this concept of the 5<sup>th</sup> dimension into perspective.

If you read what we said earlier about the energy patterns, the dimensions, contained within the human body you will have seen that, traditionally, the body contained either 12 or 13 dimensions.

If you divide these dimensions between the chakras, it results in the 5<sup>th</sup> dimension being located in the 3<sup>rd</sup> chakra – the navel.

If your ambitions are to ascend to your navel then that is your choice. Personally, I would try to aim a little higher.

However, if you also read a little further about how the energies within the body have changed since 1996, you will see that the 5<sup>th</sup> dimension is now located even lower than the navel – it is now located where the 1<sup>st</sup> chakra used to be located; at the very base of the spine.

It is fair to say that we really do not need to worry about just where the 5<sup>th</sup> dimension is located as we are already very far beyond the energy patterns and frequencies the 5<sup>th</sup> dimension has to offer.

One of the main proponents of “Ascending to the 5<sup>th</sup> Dimension” is a Velon channelled source who call themselves The Galactic Federation of Light (GFOL).

The GFOL has been telling us that the date of the 21<sup>st</sup> of December 2012 is false for some years as they have pushed these planned changes forwards to 2025. Then they changed their minds and said that it was pushed forwards to 2032. This confusion of dates has continued for a few years.

Right up until the middle of December the GFOL were proclaiming that nothing was going to happen on the 21<sup>st</sup> as it had all been re-scheduled.



The caption to this picture reads:  
“Is the 5<sup>th</sup> Dimension up Here?”<sup>4</sup>

But then, shortly after the 21<sup>st</sup> of December, the GFOL produced the following proclamation:

*“It was anticipated that 22% would ascend into the 5<sup>th</sup> Dimension at the Cosmic Moment. In fact 31% ascended from the 3<sup>rd</sup> and 4<sup>th</sup> dimensions into the 5<sup>th</sup>. 57% of animals ascended into the 5<sup>th</sup> dimension and will guide us and radiate their wisdom to us. Source, the angels and masters were delighted...”*

So now we know; 31% of humans have found the 5<sup>th</sup> dimension by looking in the right place.

This message carries on for a while longer in the same vein. It is typical of the kind of messages that have been produced by the Velon/GFOL over the past few years - contradictory and meaningless, yet so many people have fallen for these messages in the hope that they will not have to take any responsibility for their own development, they are hoping that the Velon/GFOL and all of the other Velon originated organisations will do it all for them. What these people

seem to constantly overlook is the contradictions inherent within this new statement: If the time of ascension has been put back to either 2025 or 2032, then how can anything have happened on the 21<sup>st</sup> of December 2012? Let alone describing it as “the Cosmic Moment”.

## Guardians

There are those who act as “guardians” to the Earth. These souls have taken on the task of helping the Earth to fend off any attacks that originate from outside the solar system and are aimed at the Earth.

When the Velon first arrived here, Mother Earth rejected them and the guardians ensured that they did not enter the solar system.

Some Velon did manage to gain entry to the solar system but fortunately not that many. Even so, the few that did enter set about becoming influential in human affairs (see *Project Human Extinction*).

The remainder, many millions of Velon, were forced to stay outside of the solar system.

As they began their activities against the Earth, the Earth’s guardians were able to remove the vast majority of them.

The actions made by the Velon broke the one “Universal Law” – removing freedom of choice. In so doing, it allowed those who exist outside of our solar system to take action and the Velon have been evicted from this Universe (see *Human Soul*).

However, by then, the Velon had made contact with a large number of humans and these humans, effectively, invited the Velon in. In other words, these humans made a free choice to invite in the Velon who had contacted them.

Given this choice was freely made; those particular Velon could not be evicted along with the rest of their race. In all, 3.2 million Velon were able to remain close to our solar system and continue their attack on Mother Earth because humans wanted them there.

To explain “freedom of choice”:

Every soul that has been Created to inhabit this Universe has absolute freedom to choose their actions. The only limiting factor is that you cannot choose to act in such a way that it prevents another soul from making a free choice.

This “Law” applies throughout the whole Universe and it has never been broken by

souls from within this Universe until the Velon attempted to take over the Earth.

As soon as the Velon actions became clear, they were removed from the Universe.

Humans invited the Velon in and humans continue to freely choose to have the Velon here. Because of this freely made choice, the guardians’ ability to evict the Velon is extremely limited. Whilst humans continue to freely invite the Velon to stay, the guardians can do very little.

It could be said that, in contacting people through channelled means, the Velon did not present themselves as Velon but as some other race or being and that would be true.

But, instead of questioning who the Velon were and what their intentions were, the channeller just accepted them.

Don’t forget that we all have a higher self who tries to advise us and keep us on the straight and narrow but we have freedom of choice and have a tendency to ignore the messages of the higher self - our intuition - especially if our egos are being inflated by the events that our higher self is attempting to warn us against.

In addition, through our root chakras, we all have a soul to soul connection to Mother Earth and so on a deep level, these channellers would have known that Mother Earth rejected the Velon.

Also in addition, the human mass consciousness contained information on the Velon and why they had been rejected.

So all in all, there were no real reasons why people should have been fooled by the Velon because all the information warning people about the Velon and their intentions was freely and widely available.

And yet, some people’s egos were such that they overrode all of the warnings because they wanted to be seen as somebody special because they had been contacted by beings from outside of our solar system.

To explain what I mean by ego:

A few years ago, I was approached by a group of people who asked me if I could help and advise them to open an energy portal.

My first question was “Who has asked you to open a portal?” They couldn’t answer.

My second question was “Why do those who have asked you want a portal built?” Again, they couldn’t answer.

My third question was “If you don’t know who has asked you and you don’t know why

they want a portal, why do you want to build a portal?” Their answer was that “They would feel that they had carried out ‘important’ work and their group would be recognised for so doing”.

That is ego overriding common sense let alone the mass consciousness, their higher selves and Mother Earth.

Needless to say, I declined their request.

As far as everybody else is concerned, we still have gullibility about accepting the Velon, in whatever disguise they chose to present themselves in.

Everybody alive on the planet today knows, on some level or another, that we are undergoing a change of consciousness but most people look at their lives and think “how can I change?” and the usual answer is “I’ll have to do some work on myself but I am not sure I want to do that”. Into this area of self doubt stepped the Velon offering a magic, easy fix to these problems – “We’ll take you through to the 5<sup>th</sup> dimension, don’t you worry about it” and people said “yes please” in droves.

If you were walking down the street one day, thinking about life’s problems and you were approached by a total stranger. The stranger said to you “I can see that you are troubled, let me deal with all of your problems for you”.

The very first thing that would enter the heads of the vast majority of people is “What are they after, what are their motives. Nobody walks up to complete strangers and offers to take care of all of their problems for them”.

And yet people fell for the offer made by the Velon in their thousands without once questioning the motives of the Velon.

## Can Change Happen?

According to the Akashic, there are currently almost 3 million people on the planet who have fully re-integrated the soul back into the physical body.

All of these 3 million took part in the exercise to support Mother Earth on the Spring Equinox.

It must be remembered that all of these almost 3 million people underwent full soul re-integration at a time that they chose (freedom of choice) and all of them underwent full soul re-integration at a time when all of the current world problems, as well as their own personal problems, existed.

In other words, there is no barrier to *anyone* on the planet undergoing full soul re-integration if that is what they choose to do at any time they choose.

If a sufficient number of people underwent full soul re-integration, the Velon would be defeated and Mother Earth would return to nurturing Her children.

So what is stopping people from doing this?

Nothing.

Everyone has absolute freedom of choice to choose their actions and so any, or all, of the 2.5 billion people who stated at the end of October 2011 that they were ready to complete soul re-integration can so do anytime they choose.

The problem is that many of the statements made by these 2.5 billion about their state of readiness were a little optimistic and seems to be mainly due to The Human Plan coming to its end.

Most people seem to have said “The Human Plan has ended and I have one year to sort myself out so I had better say I am ready even if I am not!”

## Soul Re-integration

To explain a little about a “full soul state”:

We are used to living our lives with one quarter of the soul intact within our bodies – the physical self. When the other three quarters of the soul are brought into the physical body, the body undergoes numerous changes.

The body becomes lighter in density and emits an internal translucent glow. Our energy field, the aura, glows very brightly and extends a huge distance beyond the body. In other words, it becomes extremely obvious that you are not like other people but have an energy about you that marks you as very different.

If someone in this whole soul state walked down their local high street, they would immediately be recognised as someone “different” and either thought of as being some kind of “alien” or, more likely, be treated as some kind of “god-like” figure and a new religion would be built around them.

This is why you will not meet any of the almost 3 million people who have already undergone soul re-integration. They live in isolated communities well away from the westernised world and have cloaked themselves in psychic protection barriers. If

anyone, who has not re-integrated, approaches them, they cloak themselves behind these barriers and their presence will not be felt.

What was the promise we made Mother Earth?

In order to explore the problems related to the Earth's base-note frequency, we divided the soul into the higher self and the physical self.

In return, Mother Earth agreed to allow us to remain on the planet in a condition She considered to be "sub-human" – a Human Being, Mother Earth considers to be a fully physical being with the whole of the soul contained within the body. Whilst in our sub-human state, She would allow us a great deal of latitude in how we behaved and what avenues of research we pursued; as long as at the end of the 7,000 years allotted to The Human Plan, we returned to our true Human Being state or we left the planet.

This 7,000 year period ran out on the 28<sup>th</sup> of October 2011 and there could not be any time extension.

Not only was the time limit set by Mother Earth, it was also set by us and every other soul within this Universe has been doing everything thing they can to help us achieve our goals and fulfil our promise to Mother Earth – well, everyone in the Universe apart from the Velon as it turns out.

2.5 billion people on Earth stated, as of the 28<sup>th</sup> of October 2011, that they were ready and able to undergo full soul re-integration. Whilst many agreed together that it would be better if we all underwent soul re-integration together so that we could sweep away the influence of the Velon and the Illuminati in one move, not all of the 2.5 billion agreed to that.

So since the end of October 2011 we should have seen a slow trickle of people re-integrating. As the trickle continued, it should have triggered a growing number of people completing until the growing number of completions brought about the tsunami of over 2 billion souls sweeping away all those who would oppose human soul re-integration.

This has not happened.

The reasons for this lack of forwards movement has been difficult to understand; certainly the Velon presence and influence does not account for the problem as, after all, almost 3 million people have already completed soul re-integration.

So where does the problem lie?

On the face of it, there should be no problems at all given that all of the necessary energy patterns are in place and are freely available to everyone who chooses to make use of them.

The Velon are definitely a problem but they are causing people to be misled, as proven by the almost 3 million, if someone is ready to undergo soul re-integration, even the Velon cannot stop them.

The problem is with people themselves.

Most of the 2.5 billion who claim that they are ready and able appear not to be. If they were, they would have changed.

People's choices that were confirmed in October 2011 seem to have been very optimistic and coloured with a great deal of wishful thinking.

So how can you tell if you *are* ready?

This process of self-discovery is detailed in *The Human Soul* but here is a simple exercise that can help you understand where you are: Say a family member, a friend or a work colleague starts to criticise you; what is your immediate reaction?

1. You react angrily, totally denying the criticism and think of a way of criticising the person back.

2. You burst into tears and apologise profusely.

3. You consider what they have said and think about your own behaviour. If the criticism is accurate, you apologise and say you will deal with it. If the criticism is not accurate, you gently explain to the person that their criticism is unwarranted.

If your answer was 1 or 2, you still have some way to go to resolve your "issues" before you can re-integrate.

If your answer was 3, it means that you are well on your way to where you need to be and probably could re-integrate at any time you choose.

That is a very simple exercise to illustrate what is meant when people say you still have "issues" to resolve.

Issues are really just an indication of how honest you are with others and how honest you are with yourself.

In answer 3, the person honestly considers whether the criticism is valid. If it is valid,



they modify their behaviour. If the criticism is not valid, they calmly explain that the person making the criticism is mistaken. That is being honest with themselves and with others.

Everybody needs to take a long hard, but most of all, honest look at themselves to see if they are totally honest with the world. If you are not, then you need to make some changes in the way in which you see yourself and your relationship with other people.

That is all that is needed. It is that simple – total honesty with yourself and with others indicates that you are ready to move on.

If you realise that you are not totally honest with yourself or with others, you are not ready for soul re-integration and you will need to deal with your lack of honesty very quickly if you still want to undergo soul re-integration.

## The Future

Every single soul who is currently in human form chose to be on Earth at this time. Nobody has been forced to be here, every soul made a totally free choice to be here at the end of the Human Plan.

I'll say that again:

Every soul that is in human form, freely made a choice to be a part of the completion of The Human Plan.

That means that every single one of the current 3.9 billion population could have completed soul re-integration.

Many have chosen not to undergo soul re-integration and that is a matter of a choice freely made by them as an individual. Nobody has stood and judged them – they have judged themselves and, for whatever personal reasons, have decided that they will not continue.

As far as Mother Earth is concerned, that is fine; She wishes them well and hopes that they will find their completion when they are away from the Earth. And She is letting them go with Her love.

For those who have chosen to remain on Earth and complete our individual parts of The Human Plan, we have some hard decisions to make.

Do we take the extra few steps necessary to resolve our issues or do we not?

Don't forget, The Human Plan has already completed and the Earth has allowed us a

brief period, during 2013, where we can fulfil the promises we made to the Earth and to ourselves but instead of only having the tired old energies of the previous Sun to help us, we now have the bright, new energies of the 6<sup>th</sup> Sun that began on the 22<sup>nd</sup> of December 2012.

There is one thing to remember in all of this:

**NOBODY CAN DO IT FOR YOU!**

Only you can move yourself forwards and you cannot take anyone with you.

Neither can anyone take you with them.

If you have chosen to undergo soul re-integration then it is you and you alone who has to take action to fulfil your choice.

Many people say that they are not sorting themselves out because of their partners, their children or their parents (see *The Human Soul*).

The reality is that each of the people with whom you share your life is an individual soul and they have made their own choices. They will either undergo soul re-integration or they will not.

**YOU CANNOT TAKE THEM WITH YOU.**

If their choice is not to undergo soul re-integration then there is nothing you or anyone else can do, to change that situation.

They have made their choices based on how they see themselves and how they see the world – did they take your choice into consideration when they made their choice?

**NO.**

So what makes you think that you can change their choice? You can't.

If you have chosen to proceed through your own soul re-integration then you cannot take anyone else's choice into account. It was your choice and they have made their choices; if their choice is not the same as yours, you must leave them behind if you are to stay on Earth.

This may sound harsh but it is the reality. Freedom of choice is absolute. If you try to drag somebody with you because you don't think that have made the right choice for themselves, you are breaking the fundamental energy patterns on which this Universe was Created.

Not only are you trying to go against their freely made choice but you will also hold yourself back because whatever you try to do for them will fail and you will run out of time

for you to do what you need to do for yourself and you will fail. Is that what you want?

The other concern people have is to do with what happens to their pets? If they complete their soul re-integration, will their pets be OK?

All animals are very psychic and so they know what you want of them. The problem is that we usually do not know what they want from us.

Undergoing full soul re-integration means that you will not leave your pets behind but will be able to live with them but with you having full psychic communication with your pets. Both of you will know exactly what the other wants and so you will have the perfect partnership.

That is a situation which is worth speeding up your soul re-integration to achieve!

The problem is that humans are being humans and are endlessly prevaricating – I want to do this, but...

Humans will always find an excuse for not doing something and the more times you use the word “but” is an indication of how far away from soul re-integration you really are.

Every single person on the planet has made up their mind about whether they undergo soul re-integration or not. Now is the time to take action.

Remember the agreement we made with Mother Earth at the start of The Human Plan: We will give ourselves 7,000 years to find the new base-note frequency that is needed to return to being a true Human Being living on Earth. If we fail to achieve this goal, we will leave the planet and return to our place of soul origin.

That is the agreement all of us freely entered into with Mother Earth.

It means what it says:

If I do not re-integrate the whole of my soul back into my body by the end of the 7,000 year period, I will die, leave the Earth and go somewhere else.

It is your choice.

Only you can choose.

Only you can act.

## A Divine Plan?

Another block to people moving towards soul re-integration is that there is a “Divine Plan” at work and that God will lead us to where “He” wants us to be.

This belief in a Divine Plan is largely held by those who have deeply held beliefs in one of the world’s religions.

According to the Akashic, all religions are man-made.

To understand what is recorded within the Akashic, we must understand the fundamental make up of our Universe.

There is a “Creationery Source”; a being of immense energy patterns; a being so immense that we cannot even begin to comprehend the potential that such a being has.

But this Creationery Source is a being who thinks and contemplates and imagines whilst “It” travels through the vast voids of non-universal space that it inhabits.

Then It had an idea:

“What would happen if there was a universe where all of the souls that inhabited it had absolute freedom of choice to choose their actions?”

It is from this thought that our Universe was Created.

This is the Divine Plan: Every soul that has been Created to inhabit this Universe has absolute freedom of choice to choose their actions. What we cannot do is to choose to act in such a way as to remove the choice of other Created souls.

This is what our Universe is all about. This is why our Universe, and all of the souls who inhabit it were Created – to exercise free choice.

The Creator does not interfere in our plans. The Creator does not direct the actions of individuals.

If the Creator did interfere in the actions of the souls that inhabit this Universe, It would be breaking the only “Law” under which this Universe operates. If the Creator interfered in the choices the souls of this Universe made then there would be no point in the Universe continuing; it would collapse in on itself as the fundamental energy patterns from which this Universe is constructed would have been destroyed by the one who Created it.

## Where Do We Go From Here?

We have a new “Sun”. A new source of energy that is designed to move us forwards into a new and unlimited future as full Human Beings. This new Sun began, Guatemala time, at one minute into the 22<sup>nd</sup> of December 2012.

What this 6<sup>th</sup> Sun represents is an opportunity to leave our limited past behind and step into a new reality.

As we moved into the New Year, billions of people should have made that first step into our new reality.

What I have attempted to do with this essay is to help people to understand why that first step was not taken by all those who chose to be a part of it. Hopefully, this essay has shown that there were reasons for our hesitancy but that those reasons can be simply overcome.

Our potential is still there, it has not gone away – the energies of the 6<sup>th</sup> Sun and the will of Mother Earth will not allow that to happen – and so we are faced with a choice: “Do I fulfil my potential, fulfil my promise, or do I not?”

Only you can choose.

All of the almost 3 million people who have already fulfilled their promise and potential went through the same kind of doubts and hopes that everyone else on the planet is going through. The difference is that they saw through the Velon lies and mis-directions and they saw that the answer they sought was in their own hands and they found the fortitude to take the necessary steps to find their own honesty and truth.

If they can do it then so can everyone else who has chosen to.

What we currently have is a brief respite from the pressures exerted by the energies of the 6<sup>th</sup> Sun. This respite has been gifted to us by Mother Earth as she understands the trials and conflicts that humans have collectively undergone and has modulated the energies of the 6<sup>th</sup> Sun so that their impact is softened.

What we need to do is to respond to Mother Earth’s kindness and understanding and clear out our emotional past to clear the way for your higher self to re-merge into the body.

We need to ignore the messages of the Velon; we need to ignore the ridiculous posturing of politicians and bankers and we need to concentrate on resolving our own lives.

It is only in this way that we can move forwards into the future we have chosen for ourselves.

But do not wait too long. This respite provided by Mother Earth will not last too long into the New Year. Once the energies of the new Sun begin to build in earnest, their pressures will be irresistible and those pressures are for change, to re-build true Human Beings once again.

Mother Earth exists for the sole purpose of being a home for Human Beings. Every soul that is currently human came to Earth to be a Human Being and share the joy of that full existence with Mother Earth.

It is time we came of age.

## Summary

Every single one of the current 3.9 billion people who are alive on Mother Earth today can survive the energy pressures of the 6<sup>th</sup> Sun. Not only survive but thrive and work with the energies that this 6<sup>th</sup> Sun has to offer. Re-integration of the full soul back into the body can still be achieved by everyone who chooses to and is prepared to complete the work they have already started. Regardless of the choices made at the time of the various censuses, if you choose to undergo re-integration, Mother Earth has provided us with a breathing space to complete our choices; to fulfil our promise.

But time is short.

- If there is someone in your life who you have avoided clearing the air with, you must now do so.
- If that person is dead, use the giveaway.
- Use the giveaway to clear all of the accumulated emotional debris you have acquired during your life. This is extremely important as all of the space taken up by these unwanted emotions takes up space that should be occupied by your higher self.
- Learn to make greater contact with your higher self – listen to your intuition and your body; this is your higher self communicating with you. There also meditations to help in the book *Synthesis*.
- Make sure you have a proper diet. Ensure that you eat some meat and saturated fats and avoid anything

containing chemicals, trans-fats, or is genetically modified.

- Make sure that your cholesterol levels are as close to natural as possible. This is particularly important if you live and work in areas that are saturated with Wi-Fi frequencies – Wi-Fi slowly destroys the body's cells and so you need cholesterol to protect you from and undo the damage.
- Avoid news papers and TV news as much as possible. The reports they carry are designed to create fear and disinformation.
- Avoid channelled messages. These are deliberately designed to mislead you and prevent you from re-integrating.
- Avoid taking to the streets to protest. All this kind of protest will get you is arrested and jailed without charge or shot.

Remember, almost 3 million people have already re-integrated – there is nothing to stop you joining them – other than yourself.

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\* *A follow up essay is planned for release during February 2013 explaining the energetic implications of the 6<sup>th</sup> Sun and the forces acting against the Earth and humanity.*

## A Note about the Author

My waking up to the fact that I had some kind of psychic capabilities began when I was aged 7. I didn't know at the time what these abilities were nor was there anyone I could ask and, like so many children who exhibit psychic potential, I was "actively discouraged" by my parents.

In the following years, I worked as an architect but began to investigate the psychic potential in my early twenties after I had left home.

What I found was that I was somehow "hardwired" into the Akashic (see footnote 2) – the record keeping aspect of the Universe.

At the same time, I also began to develop as a healer and later a psychic surgeon. For the last 35 years, I have been actively working with the Akashic and as a healer. All of the information in my 11 books has come from the Akashic and from my experiences as a healer.

Following a determined effort by the Velon to kill me, and a continuing series of psychic attacks by both the Velon and the NSA, I have had to give up seeing healing clients as well as stop travelling to give talks and workshops. I live in Wales with my beloved Di.

### As a Further Note

This is reproduced from a previous essay but it seemed appropriate to repeat it here.

I can hear many of you starting to say something along the lines of:

"So where does he get off criticising me? If he is so wonderful, why hasn't he undergone soul re-integration?"

The answer to that is: I did undergo full soul re-integration 10 years ago but it was requested that I return.

Since the age of 7, I knew that I could access a source of information that others could not – this is the Akashic. Also, for the past 35 years I have been working as a healer and, in recent years, as a psychic surgeon.

10 years ago, I underwent the process of change, of soul re-integration.

It was wonderful, beyond anything that I had imagined. Every sense becomes heightened to a level where every single colour becomes a rainbow of colours that do not exist in the physical world. Every smell is expressed in colours and impressions of what originated it (although you can switch off to the more unsavoury ones). Touching something is like reading its history and, if it is living, its sense



of being. All of the senses become so enlarged that we do not have the vocabulary to express the sensations in words.

Every thought takes on a reality, every sensation becomes a part of you and every living thing shares its reality with you. It is a world beyond human imaginings, beyond human experience and beyond description.

However, given my ability to read the Akashic and to heal people, I was asked if I would reverse the process and return to the world of the human and continue to write about human history and human potential. How could I refuse Mother Earth?

So, 10 years ago, I returned and continued to write my 11 books, to give talks and to push my potential as a healer as far as I could.

My healing work developed in ways which allowed me to remove implants from people's bodies, particularly Velon implants. This work I did for many years and frequently came under attack by the Velon. Unfortunately, the Velon found a way through my defences – long story – and ended up causing me considerable physical damage.

This damage meant that I had to give up seeing people for healing and stop giving talks. Instead, I have written more books and more articles and essays to try to encourage people to understand that we are a part of Mother Earth, we have a potential and that potential can only be fulfilled by undergoing soul re-integration.

My experience of soul re-integration is an extremely happy one. The transition was unbelievably simple and straight forwards – I experienced no difficulties or problems of any kind. One minute I was my normal self; the next my “super self”. The only problems I experienced was with returning to my previous state – that process took several days of recovery.

I am just me – nothing beyond the ordinary, nothing beyond anyone else but if I can undergo soul re-integration in such a calm and peaceful way, I cannot understand why anyone is reluctant to fulfil their potential and to honour the promise they made to Mother Earth at the start of The Human Plan 7,000 years ago.

## Footnotes

### 1. Dimensions

There is a huge amount of misunderstanding about what is meant by dimensions. All this talk about “ascending to the 5<sup>th</sup> dimension” sounds exotic and attractive but, in so many respects, it is meaningless.

It is said that we live in a 3 dimensional, possibly a 4 dimensional world; but what does that mean?

Dimensions in this sense are purely and simply a method of locating ourselves on the planet's surface.

For example, think of the room in which you are reading this. It has a ceiling, four walls and a floor. The floor and ceiling have a length and a width and the walls have a height. In other words, the room has three dimensions – three physical measurements.

A 4<sup>th</sup> dimension can be added, although not everyone agrees with this, by including time as another form of measurement.

That is it. That is what is meant by we live in a 3 or 4 dimensional world – nothing more.

If you read the description of the chakras above, I was referring to dimensions to describe the kinds of energy contained within the body.

This is the other kind of dimension and it is this form of measurement that has led to all of the confusion.

In this sense, a dimension is a measure of quantity of energy located in a particular region.

A dimension can be seen as being a range of energy frequencies that gather below a particular line. The energies below the line are in one particular dimension whilst the energy frequencies above the line are in a higher dimension.

It is a little like the frequency dial on a radio.

Dimensions are another form of measurement, but in this case they measure available energy and not physical spaces.

To give you some examples from the Akashic: The Universe has the energy potential of an almost infinite amount of energy. But it can be measured in dimensions. The figure is: 39,000,000,000,000,000,000,000,000,000,000,000,000 (39 followed by thirty nine zeros).

Our solar system has the energy potential of 397 dimensions.

## 2. The Akashic

This is something else where there seems to be a great deal of confusion.

This Universe has been Created in order for the Creator to learn – to answer Its questions. In order to learn, each and every event that takes place within the Universe is recorded in a form of energy pattern. This energy is called the Akashic and is connected directly to the Creator.

Every single event is recorded within the Akashic so the Akashic operates on a universe level, on a galaxy level, a solar system level and a planetary level.

It does not operate on the level of individual human-sized souls.

Each soul has been imbued with the inherent right to choose its own actions. Whilst those choices of actions are being taken, the activities of the individual are recorded within the soul as memories. Once that soul decides to leave the universe, the soul's memories are then downloaded into the Creator.

This downloading of individual choice and individual experience remains totally within the individual soul as this is what free choice is all about. The Creator does not interfere in the choices or actions of individual souls as that would remove freedom of choice and that would make the Creation of this Universe pointless.

As far as we on Earth are concerned, our choices made since our point of Creation are recorded in our higher self. But the choices we made and the experiences gained from those choices whilst we are in a physical body in past lives are recorded in our DNA.

Seventy five per cent of our DNA – what scientists call “junk” DNA – are past life memories.

Once we are adult, we only need about 3 per cent of our DNA to run the body. 75 per cent of our DNA is past life memory and the remaining 22 per cent are memories of this lifetime that accumulate as we go through our life. This is why those who have illnesses such as Alzheimer's cannot remember what happened ten minutes ago but can remember in great detail what happened 50 years ago as they are able to call on this lifetime's DNA memories.

## 3. The Giveaway

Throughout our lives we find ourselves in situations where we feel we are unable to express ourselves as fully as we would like. This can be with members of the family, with friends or colleagues or with our employer. The problem is that all of the unexpressed emotions of these kinds of situations become lodged in our internal organs. If the emotional debris becomes too great, it can cause the organ to break down and generate symptoms of illness.

This has been bad enough in the past but, as we undergo our process of change, the storage of old emotions will actually hold us back if not actively prevent us from moving forwards. Obviously, these stored emotions need to be removed from our bodies.

**The best way of clearing these emotions is to confront the person who brought about the emotions in the first place and express to them how you really feel.**

If you are unable, for whatever reason, to do that, the next best way of clearing these stored emotions is with a process called “The Giveaway”.

The giveaway is a process of writing down all of the emotions that you have stored away. This sounds as though it cannot work – until you try it. What you will find is that once you start, all sorts of emotions and situations that you thought you had dealt with will come to the surface and you will realise that you are carrying a huge amount of emotion from your past.

For this exercise, you will need:

One old newspaper

Several pencils

One glass of organic red wine (optional)

One candle (optional)

The most important thing to remember about this exercise is that:

**YOU DO NOT READ IT BACK.**

The reason for this is that if you read back what you have written, you will take all of the emotions back in and have to start again.

This is the reason for the newspaper and the pencil; it is virtually impossible to read pencil on newsprint. It is also the reason for the candle; if you use this exercise in the evening with only candle-light, it makes it even more difficult to read.

The optional glass of organic red wine is included as it helps you to relax and allow your expression of held emotions to flow more freely.

So, find a quiet time in your day where you will not be disturbed. Collect your newspaper and pencils and sit down somewhere comfortable.

Think about something that has happened recently which made you upset but you could not express yourself fully. Using a pencil on the newspaper, start to write to the person who brought about the emotions. Write in whatever language you like – the stronger the language the better.

As you write, you will find that other emotions connected with other events come to the surface. That is fine, you can add those to what you are writing – just keep on going.

Once you have finished a session of writing, rip up the sheet of newspaper you have been writing on and dispose of it – burning it is best if you can. Don't worry if you cannot burn it, just rip it up into the smallest pieces you can and throw them in the rubbish.

You will need to do this exercise many, many times. This is not just a one-off exercise.

You will know when you have written enough about a particular situation when you are able to think back on the events and not feel any emotion at all. If you think back and still feel emotions rising up, you need to do another giveaway

This exercise sounds far too simple to you any good. Try it and you will find that a huge weight feels as though it is being lifted from you.

You can also write to inanimate objects that have caused you stress – such as broken pipes, a leaking fridge, traffic jams, queues in the supermarket, etc. etc. It makes no difference what the situation is, write a letter to it and it will clear out the emotions. It can also be on any type of paper not only newspaper.

Just remember **DO NOT READ IT BACK** or you will undo all of the work you have done in writing by taking all of the emotions back into the body.

This exercise works and works extremely well and will actively help you through your transition.

**Please Note: this exercise has to be written by hand – it cannot be done on a computer. If you try to use a computer, you will inevitably read it back off the screen making the exercise pointless!**

#### 4. Medical Treatment

The American Medical Association (AMA) became so concerned about the number of law suits against its doctor members by bereaved relatives that it decided to carry out an investigation into the effectiveness of medical treatment in America.

Their study took five years and was published in 2008.

Their findings were this:

Every year, 760,000 people died as a direct result of the medical treatment they had been given – no other factors were involved.

Of these 760,000 deaths, 136,000 were caused by the side effects of prescribed drugs.

There was a second category where the patient did have a serious illness but their cause of death was the medical treatment they received for this illness and not the illness itself.

In this category, the AMA recorded 2 million deaths per year.

The AMA considers that these figures are the tip of the ice burg.

In Britain, the British Medical Association (BMA) did not carry out a survey similar to the AMA's but, in a response to a Parliamentary question, they estimated that 93,000 patients die every year as a direct result of the medical treatment they received.

In addition, the BMA reported that every year in Britain 250,000 people are hospitalised because of the side effects of the drugs they have been prescribed. Of these quarter of a million patients, 10,000 die.

I am told that the AMA study results are still available on their web site.

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by Miles Johnston which lasts approx. 2hrs.

(this interview is also available on YouTube)

Both DVD's are available from: [eileen@gibson398.orangehome.co.uk](mailto:eileen@gibson398.orangehome.co.uk)

Four one hour audio interviews are also available on: [www.thespiritguides.co.uk](http://www.thespiritguides.co.uk)

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