

Adventures of
Saishorie~Grace
Sovereign Being

SHELLY SULLIVAN

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DEDICATION

This Book is dedicated to My Soul Family and Gratitude for all their help in assisting me to remember my Galactic Heritage. Thank you to my Beloved Twin Flame and our Over Soul for creating magic behind the scenes and assisting me to bring this book into the worlds.

Thank you to my extraordinary son and soul mate, Samuel Sullivan who choose to accompany me here on Earth at this monumental time.

Thank You to my Angelic Family of Light ~ The Archangels and Ascended Masters and to My Prime Creator ~ God for guiding me every moment and step of the way.

Deep gratitude to my B-Earth Mother, Ann Sullivan, Father, Thomas Sullivan and Siblings Dan, Joe, Tim, & Tom for being a Pure Source of Love here on Earth. A special thank you to my twin sister Sheila Sullivan for her life time of support and love as well as her consistent presence as a teacher for me.

Thank you in advance to the Indigo, Rainbow and Crystal Children incarnate and who will continue to incarnate during this monumental time upon Earth's Ascension.



About the Author

I am a messenger, teacher and guide of the Spiritual World. My life journey has led me to weave this path of creating “Heaven on Earth” through purification of Mind, Body, Spirit through Love.

As a child, I exhibited multiple extrasensory abilities. Among them **telepathy** (the ability to read another person’s thoughts) **clairvoyance** (the ability to “see” events or objects happening somewhere else), **precognition** (the ability to see the future).

Throughout the years, I came to understand that I had a greater awareness than what was shown in physical 3D. My awareness is beyond the 12th dimension into infinite consciousness where all is created.

During a nine year process of purification, my “Powerful Spiritual Awakening” was fully propelled when my Third Eye was activated by the Central Source Sun. While practicing my I AM affirmations outside in Nature, two laser beams from the Sun entered my third eye. Following this “etheric surgery,” my Extra Sensory abilities that once lay dormant, reawoke.

Abilities including **Clairaudience** (messages in thought form from another frequency or realm), **mediumship** (the ability to safely channel spirits), **telekinesis**, (the ability to alter -heal the physical world with mind power energy), **telepathic communication** (hearing the direct mind to mind communication), **natural DMT** experiences (dimethyltryptamine experiences without mind altering drugs), **Teleportation**, **Awareness of my ability to (pre) create in higher realm:** for manifestation upon planet Earth, **Heart Communication:** Source Creator Transmissions.

Through exercise, meditation, nutrition, nature, and yoga, I have merged with spiritual aspects that have heightened my vibrational frequency of light. This integration has enabled me to rejoin back with my spiritual self ~Saishorie~Grace, the Divine

SOVEREIGN BEING

Feminine as well as merge with my Twin Flame the Divine Masculine and Merge back with our Over Soul = God Creator.

A Registered Holistic Nutritionist, and a Certified Yoga Teacher were foundational pieces leading me toward my purposeful path as a Spiritual Teacher & Healer: Manifestation Mastery, Optimal Wellness of Mind, Body Spirit, and Twin Flames.

Manifesting “Heaven on Earth.” I work with the direct guidance of Higher Self, God Source Energy as a Sovereign Being of Light.

“The Creators of Universes are at work through the One’s living their mission at this time. Planetary Forces bring blessings, unconditional love, grace, courage and joy during this shift. Physical manifestation is at an all-time high all creation is in divine order. We are supported by this cosmic movement and the shift of Ages.

After years of deep inner work the merge with God’s Mind connects us with the intelligence of divine guidance of galactic creation. This Over Soul intelligence comes through with dialogue through signs, symbols, numbers and ideas, dreams and visions.”
~ Shelly Sullivan

MESSAGE TO HUMANITY

There are two sides two every story. There has been a story upon Earth playing out, it is the story life and death of the New Earth and the Old Earth, the old masculine and the unsacred feminine. The unsacred masculine and feminine have died, the new Divine Sacred masculine and feminine have resurrected from this death.

I have been writing the story from the one side of this polarity. The masculine death has been playing out for a lifetime upon Earth and in recent years the feminine had some catching up to do, to her death of old self. The balance of these polarities between these two worlds have been reached.

The masculine and feminine are in the flow in the bliss of consciousness. I received the messages from our Creator to depict the events transpiring in the etheric realm, orchestrated by myself, my Twin Flame and our Creator in preparation for the harmony of the feminine and masculine who are creating Heaven upon Earth.

I am and have been saving the miraculous signs that are presented to me by Creator, by way of dialogue via license plates, signs, symbols and numbers, ideas, dream experiences and visions. This helps my ability to believe in such miraculous magic happening in the world right now. It is not what the human mind can comprehend without proof of signs. I write about the signs and present some of them in this book. I share one sign (below), I received this morning the Sign "ONEBFLO". This is just one sign of the many I still have been receiving.



Renewal of the Divine Counterparts

Birth of the new divine feminine, witnessed by the divine masculine who is now fully activated. I am elated and honoured to have also witness it all. I witnessed the merge of the divine masculine with the divine feminine, but first the old had to die.

May 2014 - March 2017

This time equaled a rapid intense death of the old feminine and I am beyond relieved for it to be over as of March 5th, 2017. Simultaneously, the old masculine has died as well. This death was not as painful, for they have been leading this world and have not been as suppressed as the feminine. Instead, the masculine have been suppressing their true nature - that of their divinity, however not to the same degree as the feminine has been suppressed. On some level, the masculine collective consciousness will have an inner knowing of this, of their feminine counterparts resurrection. Whether they are consciousness of what has transpired or not, it is imbedded in the pairs' DNA from the powerful coronal mass ejections of solar activity.



(CME = coronal mass ejections of solar activity)

*A Ceremony of the Light transpired March 6th which integrated the **Light of the Divine into Oneness.***

Like all creations, it starts in the etheric realm which then is brought down through our physical vessel into physical manifestation by the Creators.

After millions of years of the feminine and masculine have been existing without the “Divine” in the equation, and as such, this was a monumental celebration with all the Light Family present. All of the Archangels, Ascended Masters with names and all with no names were present for this ceremony which was conducted in Egypt 7th Dimension. It was overseen by the Central Sun, the Creator of our Light family.



On the 4th and 5th dimension simultaneously another sacred Union was taking place. It was an earth wedding, the union of the sacred Twin Flames was happening in the depths of the lush green forest, the twin flames church, with its very own reverend. Reverend Rachael is the name of the one who married the beloved Twin Flame pair.

As with any physical manifestation, it is carried out in the ethers firstly. Rachael had the loveliest precognition of this event a year ago. She witnessed the beautiful bride while she was

wishing for us much joy with the Reunion between the Beloveds!

Her vision was stated to me as such: *“I see you with a ringlet of flowers in your hair, ribbons of light streaming from you, cascading love energies and the dance of merriment in your twin flames eyes as he sees you, recognizes you, claims you with every ounce of his Being. **You** are the light in his eyes, his raison d'etre.”*

I continued to witness the 5th dimensional union transpiring with myself walking along a path of lush green trees along a walkway in the forest. On each side of the bridal wedding path were the Twin Flames. All who wished to be present for the ceremony showed up, holding one single candle in hand and raising it up in reverence and honour. They were all showering us with their love and courage and sharing this monumental time upon the New Earth.

I am walking along barefoot in my white gown toward my beloved perfect Twin Flame, and yes he is created perfectly! It is just as he sees me. We exchange vows and seal the union with our bands of gold wrapped around each other's fingers for eternity.

Reverend Rachael delivered a lovely and profound speech marrying the Twin Flame pair.

With the guiding touch of synchronicity, Rachael has just recently become a Reverend after being divinely guided to do so. This act was without any recent recollection of the precognition dream experience (the vision) she had before, meaning when she was guided to get her certificate, she did not do this with the conscious intention of marrying us in dream state.

We are ONE, In the Flow, In Balance with the Courage and Love of Millions Men and Women.

The Future Looks Bright!

CONTENTS

	Acknowledgments	i
1	Creators of Destiny	1
2	I Am a Sovereign Being	27
3	7 th Dimensional Universal and Galactic Creators	37
4	Before Awakening	47
5	We Are Master Manifestors	61
6	Third Eye Activation and Psychic Abilities	75
7	Meeting with the Angels	89
8	The New Earth	97
9	Universal Mind of God	117
10	Walk-Ins, Soul Braiding and ET experience	133
11	Pushing Through World Dichotomy	155
12	The Sacred Value of the Number 12	169
13	The Mythical, Mystical Number 13	181
14	Signs from Higher Self	201
15	Numeric Signs, Synchronicity and Confirmations	209
16	Etheric Merge of Twin Flame Journey	221
17	Brain Merge with God Source	233
18	Heart Merge with God Source	245

SOVEREIGN BEING

19	Coming Out of the Closet	251
20	Twin Flame Purification	259
21	Twin Soul Manifesting Our Future	275
22	Where There is Light There is Dark	291
23	Rome and Costa Rica ~ My Secondary Grid Points	301
24	Instantaneous Magic and Miracles	315
25	Manifesting from the 7 th Dimension	329
26	Lions Energy	347
27	Animal Telepathy	357
28	Death Is an Illusion and Spiritual Teachers	373
29	The Future Looks Bright	387
30	September 28, Event Horizon ~ 999 Gateway	395
31	New Earth Continuum	415
32	Twin Flames and Roles in Ascension	425
33	Next Level of Spiritual Evolution	435

SHELLY SULLIVAN

CHAPTER 1

CREATORS OF DESTINY

Somewhere off in a far, far away land there once lived a girl. She was not just any girl, this young girl was an Angel, she was an Angelic Princess. Unbeknownst to her, this girl would one day grow and evolve into a Powerful Queen. This Princess possessed magical powers. This princess longed for her Prince. Her Prince also possesses extraordinary magical powers just like her. He is her Twin Flame.

This boy and girl share life together. One lifetime together, as young adults, they knew real, unconditional love. This last Earth life experience together was witnessing a miraculous war of the Gods in the Solar System. The Gods grew very angry and held a large battle in the sky for control of this Planet called Earth, for this Planet was significant and magical as well. It was the Planet of magic and physical manifestation of the seventh dimension.

After the war was waged, the Planet fell into the darker part of the planetary system, into what would be known as a very dense and distorted 3rd dimension, where free will was terribly abused. This God and Goddess vowed to bring back their planet to the seventh dimension however long it took. They created this beloved Planet through their love in the cosmos. These Twin Flames who witness the past and create the future knew there were dark times ahead and were prepared to separate for lifetime upon lifetime to get this mission done.

The masculine twin incarnated many times upon Earth to become a Master many times over and earn his Archangel status. Not only was he a multiple award winning Ascended Master, he was also a Archangel. While she, the feminine Twin Flame, spent some time incarnate on the Earth earning her mastery during these dark ages, most of her time was spent in the Milky Way as a Supreme Archangel. There she was seeding the physical manifestations for the New Earth that they would one day create together once the Planetary alignment was ripe and the placement of the Earth was back into higher consciousness of the Solar System.

The Angelic Princess, who we call Saishorie~Grace, met with many Ascended Masters in Higher Dimensions to get the updates of how Earth Realm was doing. She did not meet with her Twin Flame counterpart very often over the dark ages. In order for him to be able to bear the denser consciousness of this plane, he had to descend to withstand the life force in the Earth's Dark Ages. His feminine counterpart, existing in the higher realms and yet forever joined with him, could not withstand to interact with this lower vibration. Their separation was stretched to the very extent it could be wrought, for this mission was of great importance and they sacrificed their love for millions of years.



The separation betwixt this pair of Twin Flames allowed the mastery of the flow of dark and light between the two. Just as the Moon is dense and the Sun is bright, they two had to learn the to wield the ropes of dense and light masterfully, just as Mother and

Father Creator. They are the child of all forms and non-forms and they love to play.

Their unconditional love was so strong that nothing could tear them apart! No matter how fragmented and damaged the soul became throughout their myriad experiences, their Union together held by their Higher Self reassured them that it was a safe mission and they would be joined as One again in their final incarnation of Earth Realm. This incarnation would take place during the shift of ages, known also as the Age of Aquarius ~ Ascension of The New Earth and surrounding Planetary Systems. These Twin Flames are God creators and no force could take them down permanently, though adversaries did attempt so over and over. Believing deeply in the trinity of all things, some of their lifetimes were experienced as Being the light and yet others as receiving the light, though throughout them all, still connecting to Source as the trinity. In time throughout their adventures, this pair of Twin Flames worked in masterful tandem: the masculine mastered the duality of the earth matrix with his physical lifetimes and the feminine mastered the Milky Way with her lifetimes on higher dimensional planets. Upon reunion, they will become ONE completing the trinity and connecting fully back to Source.

From time to time as needed throughout millions of years, the Twin Flame Soul aspects would have the ability to fly around together and create in the Milky Way. They created other planets, suns and solar systems. Not only could they create these, they were creating also matter on Earth. These Angelic Sentient Beings of Light were so powerful they evolved into their own Universes. The masculine mentally knew exactly where they were going with his millions of neutrons making up the mental brain and the feminine using her intuitive heart without the need to use mental thought but instead utilizing her millions of neutrons for her heart space to sense and enjoying the adventures.

These ancient God creators created with their pure consciousness of love. The Divine Plan for the New Earth has come. Mr. Extraordinaire and Mrs. Saishorie~Grace are more than prepared for their mission at hand for the New Earth Realm. They are the future of the New Earth and its reformation for the planets new grid field into the pristine vibrant green and blue planet that it was once upon a time.

These two Gods at times became lonely and had the desire to procreate. They configure to create, seeding the Universes with all the wonders of the New Earth, replicating over and over. Mr. Extraordinaire creates with his acute third eye flower of life, measuring out precisely with his magnificent binocular vision. He knows the rule of third energy, the oneness and the trinity, and uses its supremely. Universes create by using the trinity energy to manifest. This is the Earth, Sun and the Moon procreating along with the feminine Saishorie~Grace Mother energy.

Saishorie~Grace assists on spreading their legacy across the galaxies and stars. Her energies propel her speed of light to move her swiftly through the biosphere. Her delivery system makes strides across the Milky Way. This manifestation would take centuries in lower dimensions, but where she resides here in the 7th - infinite dimension, it is instant manifestation.

Saishorie~Grace received her God Creator Archangel Status by demonstrating her trade mark of balance and speed that teleports her planets where they needed to go, by gracefully orchestrating the Divine planned trajectory moment by moment.

Together this Extraordinary Twin Flame pair predicted the future using his imagination to give options alongside her acute ability to see the options and piece together the worlds around them. They recognize everything in the atmosphere, not missing a single molecule, atom or light particle. He senses whatever may be out of view from the masculine third eye and she senses through the vision of God Source Creator's mind.

Together they will remove the limits from the Human genome, thus allowing the humans to now build through the One God Mind of Unity Consciousness, using the human's minds and hands. This is the turning point in human history. The Twin Flame pair are ready to take their physical place together and take their place in history. Other Colonies in the Solar System will follow this prototype as the New Earth inhabitants begin to awaken like sleeping beauty. This is the time of Triumph!

Their wisdom and spirit will live on in their children, the millions and billions of Soul Chards they have created and continue to create and the millions of worlds they give life to. Humility is on the shoulders of this giant sentient being.

SOVEREIGN BEING

What they have worked so hard for has and will pay off. The personal Plan of this last dance on Earth will bring the two Key Twin Flames together in this lifetime. Every minute detail has been seeded, planted and manifested of their lives from birth to the extent of their origin of birth as it is in the very close vicinity on Earth Realm. Mr. Extraordinaire incarnated in Earth's year of 1962, following Mrs. Saishorie~Grace's incarnation in 1967.

These beautiful sentient Beings of light are so powerful their Soul Being had to incarnate into two physical bodies and millions of Soul Shards, aspects of themselves incarnated into millions of physical vessels. Their mission was to become their original Sovereign Beings of Light and to raise the consciousness of the New Earth, breaking the karmic cycle of the dark ages once and for all.



From day one, they knew of their superpowers, for these two Twin Flames are Master Manifestors of the Universes. Saishorie~Grace enjoyed her Earthly childhood years flying around and was aware of her Masculine Counterpart in spirit. She could see and change the future, she could make it rain, create a storm or bring about sunshine with her heart-based intentions. They could shape shift, they could read minds, they had knowledge of just about everything under the sun. They lived off the Sun and flowed with the rhythm of the moon. This was just the beginning of their remembering of who they truly are and soon, by the Earthly age of seven, it would be the end of their Remembering for

a long while. All of the inhabitants of this far, far away land called Earth, had these abilities, but there soon came a time they would all have amnesia.

When a soul would incarnate onto the Earth, they would very soon after birth get amnesia. Saishorie~Grace remembered who she was until the tender age of seven. By this age and this time, the dense programming from society and authority figures was what brought the onset of amnesia.

This Planet Earth was far, far away in quarantine because of abuse and destruction. The Earth planet's sentience, Gaia, endured it and had to be shielded if she were to survive these constant attacks due to the wars of control. Prime Creator had it protected as everyone wanted a piece of the beautiful Planet Earth. **The game was: Who will control Earth?**

The placement of Earth within the Solar System had shifted vastly. Earth was no longer in the same place it once was in the Milky Way. Very few know about this fact, but Saishorie~Grace does. She witnessed the birth of the New Earth, The New Sun and the New Solar System. She was well informed while this birth was taking place. She was well informed of the knowledge of the Astronomy. A fellow ally of Planet Earth worked with Saishorie~Grace in the Milky Way. He was once an inhabitant of Earth and was given the Soul name of Carl Sagan. He was one of the greatest astronomers to ever incarnate. He mentored Saishorie~Grace and prepared her for this monumental time on Earth just in time when her amnesia was lifted in 2012.

Development of Masculine Persona and Feminine Persona

The explanation of the New Earth location sounds like it could be a scene out of a Sci-Fi movie... and it is.

Mr. Extraordinaire, being the Master that he is of the Matrix Earth, did not have as much amnesia during this incarnation of Earth. He came well prepared and manifested the first half of this incarnation from childhood to win the hearts of a billion human beings on Earth. He was extraordinarily talented with many gifts to entertain and make people laugh. The people saw something in

him: they saw themselves, the authentic childlike part of themselves. His gifts showed the world the many faces and personalities, the aspects of One Self.

He manifested what every human being has birthrights to. He manifested great wealth, health, joy, he manifested great prosperity and love. His connection to the millions, however, came with a price as he compartmentalized many of the Collective Consciousness' thoughts and feelings. This was part of his mastering the Matrix experience. This sacrifice was on-going. And so, just as any human life experienced these fluctuations and ups and downs, his experience was to the extremes.

While the Masculine was Mastering his life on Earth, the Feminine aspect was Mastering her moments mostly in the etheric realm. After the age of 7 and her amnesia programming began, her life was not so joyful. She felt very out of place on Earth as she had not been back here incarnated for thousands of years. She knew this life would be the most painful one for her yet. But she was quite well prepared. A plan was sought out for her to endure and numb the pain she felt. It was not pretty but it was effective.

As soon as she was independent of her parents and made her own choices, she chose to self-medicate. These addictions were implanted into her soon after her arrival to Earth. The dark adversaries knew the powers this Princess beheld and wanted to suppress her as soon as possible, from a very young age. They used schooling tactics to make her feel worthless, the government and media bombarded her with negative messages. This is where she learned what the most elite celebrities were taking on to escape the painful sense of reality of dense Earth. She manifested these substances to numb her "on-demand" when she needed to escape. Just like any master of manifestation, she knew she could manifest anything she wanted.

After years of this abuse, she decided it was time to clean up her life, and she was bequeathed the help she requested. A powerful Soul Mate would join her on Earth. Saishorie~Grace gave birth to a long time Soul Mate and made him first priority. She became obsessed with optimal wellness to the extent that she became a personal trainer, registered nutritionist, Yoga teacher and meditation master. This was the strong platform which held the stage for her to step into her powerful spiritual awakening.

All of her superpowers (and then some) would be awakened by the Source Sun in June of 2014. The rays of White, Orange and Red laser-beamed into her third eye while she was claiming her I AM presence under the Sun. This powerful ritual was witnessed not only by humans but by the Extraterrestrials, the Angelics, Her Higher Self who is God Prime Creator. All were present for this ritual. This was a monumental ritual for the New Earth, for the New Earth Queen had regained her super powers. This was a time of great triumph in the Higher Dimensions, but went unnoticed to the realm of density as the Old Earth was still transitioning into the New.

Not all of these advanced Beings were of the Light. The dark adversaries were watching as well. This is when they planned their latest attack. Little did they know that she would use this attack to her advantage and, just like Mother Gaia, she would prevail with victory and Ascend. No one would beat her at her own game.

Not only was she implanted with false beliefs and false programming, which she eventually conquered, but upon her spiritual awakening, the dark adversaries tried to suppress her again and planned and executed an attack on her. This attack was very subtle but very effective. They intravenously forced venom into her blood system. The venom was darted into her arm by way of a drone type wasp insect that was full of liquid toxins and created disease in her body. This venom is known to the human race as “Lyme disease.”

One day, while she was joyfully driving down along one of the main streets near her house and going about 60 km an hour, out of nowhere a wasp darted onto her left arm from resting on the open window. The attack was rapid and forceful. Immediately, she looked at this wasp injected into her arm and shook the drone like insect off her limb. The stinger remained and she had a heck of a time pulling it out. Her arm was so irritated that she drove right to the medical clinic. They prescribed her antibiotics but she never filled the prescription as she knew the serious side effects of this other pharmaceutical killer.

The following many months she questioned this incident and instinctively knew this was not natural. She eventually received answers from her Higher Self that this venom would act as a wakeup call in one sense, that adversaries were indeed on her trail.

But, at the time, this beautiful, strong Princess had no idea this was injected to her. She kept her body so healthy that symptoms did not appear until 3 years later. The symptoms started to appear when her journey was at a peak of stress in her personal life and as Gaia shifted into her 5th dimension.

You will find out, as this incredible story unfolds, this Queen has been given much help on the Earth Realm but this help did not come in physical assistance. Most of the time it was Angels, Higher Dimensional Beings and Guides and her Higher Self which is direct Source Prime Creator. Her team is huge to assist her for this huge mission. She never really felt alone, although to a fellow human being who could not see these beings, they would consider her to be living a lonely life.



The infectious virus deliberately shot into her bloodstream was about to be revealed to her. Just as her Higher Self has been carrying out a dialogue with Saishorie~Grace to help guide her on the adventure of all lifetimes, the Higher Self used signs and synchronicity such as license plates, bill boards, people and songs as cairns to light her path and to help her along her purposeful mission. At this particular time, she questioned why was her health was feeling off track. For the past few years her immune system was compromised, and her colds and flu were now happening on a weekly basis. She prayed to her Angels for help every day.

Eventually, signs came pouring in that her mission included uncovering her health issues once and for all. On her quest back to optimal wellness, Saishorie~Grace sought out natural practitioners

and found a system and healer that gave her some answers. She was guided toward a machine which is used to read consciousness, the chakra system and the physical body and it revealed that Lyme disease was found in her blood system. Not thinking much of this at the time, she continued to work to strengthen her immune system. One day, while she was talking a walk in Nature barefoot, as she does to recharge and rejuvenate herself (one of her favourite things to do), a lady appeared with a message for her. She said, "Don't walk barefoot in this forest as it has been tested positive with Lyme disease."

Saishorie~Grace had now heard this twice and it was starting to sink in. She knew she needed to research this disease. What was it, how could she have possibly contracted illness when she was an expert at optimal wellness? It just did not make any sense to her at all. So, she went onto technology and researched information on this disease. What she found out was very unsettling to her. She found that this disease is manmade and is poisoning people and animals via ticks, mosquitoes, and she discovered to her dismay, could it have been transmitted to her from a wasp bite.

The story started to become clear. She recalled 6 years ago when this very peculiar event took place with the wasp. Her intuitive knowing shouted to her, it was the wasp that was darted into her arm that poisoned her. She started to take this very seriously and did more and more research. She learned that every symptom of the manmade disease was showing up in her body. The biggest tell-tale sign was her compromised immune system that her body was constantly battling, and yet, she always held herself in a perfect state of health and treated her body with the most respect and integrity as it is her temple. She used methods that ran the spectrum from mindful meditation, to exercise and yoga, maintaining a superfood diet, juicing, positive and creative visualization, cellular healing, vitamin therapy and everything under the sun to keep her temple healthy. The most important factor is this Angelic Princess was ecstatic by her very nature as she was a happy angel and not much could get her down for long. This was finally starting to make sense.

This venomous attack must have been a huge dose, and she questioned if this could be an ongoing attack. Are there other ticks and mosquitos affecting her system to this day? Now she was on a

mission, and she felt the anger welling up of adversaries attacking her and this fueled her focus to get to the bottom of this. She prayed and called upon her Creator and Angels to get this figured out. Her prayers would be answered. Saishorie~Grace was driving along one rainy evening, her mind confused at how this all can be happening. She was worried and not in the present moment, until an old beat up farm truck swerved before her and cut in front of her. She slammed on her brakes and boom! saw in front of her windshield a license plate with “LYME DIS.” A feeling of utter revelation came over her. She was out of body with her Higher Self to accompany her while she received this sign as if it were straight out of a movie, an unbelievable event transpiring here in front of her eyes.



She has seen hundreds and hundreds of signs via listens plates (as you will soon read about) as these magical messages have been orchestrated by God. But this one was over-the-top incredible. She snapped a picture of it and drove off, feeling blown away with awe. Saishorie~Grace absorbed information intuitively through the heart space first, and it could take days for her mind to analyze the information. When she was ready, she allowed the mind to absorb the information.

Whilst in the midst of these couple of days, she would still be getting confirmation of her insights and signs from Higher Self. She was at the post office and at her feet was a business card. She picked it up and knew it was a sign her to follow. The card read

“The Hedge Witch ~ Psychic Readings.” She was familiar with this metaphysical store and pondered the idea of visiting it to see what message they had in store for her. That day she went back home to research on the computer again and her mouse navigated to “Psychic Reading” before her very eyes without her touching the mousepad. This happened with her very often, as her Spirit does this for her often to help guide her, as on this journey there is no manual, Saishorie~Grace is the pioneer creating the 7D Manual. She knew she must visit the Psychic at the Hedge Witch, but did not know why.

The following few days, on a Sunday, she had shelved all of this stressful thinking aside and was very much in the moment of Now, not thinking at all. She was guided by her Higher Self and her heart to spontaneously turn into the driveway of the Hedge Witch Metaphysical store. She had no particular plans on this Sunday, only to Be in the moment. So, when she found herself in the store, talking with the owner and showing her the business card she had found 3 days before or so, she quietly laughed to herself knowing that her Higher Self was in full control. “Who is on duty for psychic readings today?” Saishorie~Grace asked. The owner replied “Angela, the very gifted Psychic Angela Donnelly.” Saishorie~Grace knew of her as she had met with her years ago and her sister in law’s whole family went to her quite regularly for very accurate mediumship visitations with their crossed over beloved souls.



Angela and Saishorie~Grace sat across from each other and looked authentically into each other's eyes. Angela was very to the point, a no-nonsense kind of gal. Saishorie~Grace liked this as she was the same. Within the first minute, a soul known as Jerry came powerfully through with messages to Angela letting her know of his presence. Saishorie~Grace knew Angela was a truly gifted Psychic when her information from Jerry, her beloved teenage first love and now Angel guide, came through with very detailed information on his death and how he used to bug Saishorie~Grace with specific gestures. Next, Angela's mediumship would prove itself very clear and precise when she pinpointed Saishorie~Grace's purpose as a Spiritual Teacher, a very powerful healer and Angelic here to help humanity. "But," she said, "your guides are now telling me you know all this already!" She looked with bewilderment at Saishorie~Grace, as if to ask with her eyes, *"if you know all of this, why are you really here?"*

Without really knowing what would come out of her mouth, Saishorie~Grace sat up straight and looked deeply into Angela's eyes and asked the questions she had been holding in her heart. "I am here because I have questions that need answers regarding my health." She went on to say, "I know I have Lyme Disease and want your insight, Angela." Angela double blinked and said, "I happen to be very well educated on Lyme disease as my sister and brother in law both have it and I have helped to heal them and are assigned to their recovery." The energy in the room was very powerful; two psychics were being brought together by Spirit to help this Angelic Queen, Saishorie~Grace, regain her full potential once again.

Their eyes lingered into each other's for this very mind blowing occurrence and incident that was transpiring. Angela explained to Saishorie~Grace that she is in recovery. "You have healed yourself and you are now in the last months, if not only weeks, of recovery." This Hedge Witch was the Witch that had the knowledge to the healing potion that would heal Saishorie~Grace once and for all.

Saishorie~Grace was experiencing a great feeling of satisfaction at a job well done, and Angela was writing out all the details for her to further pursue and get her hands on the miracle supplement

that would heal her. Saishorie~Grace knew exactly where to go to get her potion. It would take some time to get it into her hands as this miracle supplement was not made popularly known as a miracle healing supplement, for if it were known, the whole world would begin to heal everything that was not too deep into the decaying bodies of manmade disease.

She continued to do research while waiting for the magic potion in the mail and indeed this supplement was a miracle healing supplement. In the meantime, a few days had passed and she went back to visit the other healer with the Bio-Feedback machine that reads consciousness, blood, organs, chakras, thoughts, blocks and beliefs that help to uncover these things to start the healing process. This is another unpopular device held down by the adversaries who did control the Old Earth, but awakened ones knew better.

The healer confirmed, “Yes, the machine scan is showing up in detail. Your Lyme disease is in Stage 2 out of 4. You do have Lyme disease and you don’t need a blood test to confirm it. In fact, this disease is screwed so deeply into your cells like a parasite that the blood test probably won’t even detect it.” She also went on to say that all of the chemicals that the adversaries in control of the Old Earth are releasing from their airplanes (known as chemtrails) are feeding this parasite called Lyme disease with heavy metals and chemicals that will cause bacteria to grow in the digestion system, thus making humans really sick. “So,” she concluded, “your situation needs attention and healing for sure.”

Saishorie~Grace knew that a healthy digestion system was the key to a healthy immune system. If the adversaries were doing their best to suppress these systems, this explains why so many are getting the flu and cold so easily and so often. These greedy ones who only care about power and control were trying to make the world sick and helpless. She knew this to be true. Her knowledge was as a Nutritionist who studied the Digestion and Immune system in depth. She knew exactly what was going on here. She knew the truth, so help them, God.

Finally, the miracle supplement arrived. Full recovery was in her near future. She would become better, healthier, stronger than ever!!!! This curse was a blessing in disguise, for all her extra rest and rejuvenation beheld her in the dream state more often, much

more often. She was connecting with the Prime Creator and all of her Allies on a regular basis, strengthening her connection with her Angelic Family and doing the much-needed work in the Higher Realms. This was very much needed by her at this monumental time of Ascension while she was volunteering herself on Earth.

She had many lifetimes in other realms and Planets alongside these adversaries where she was once their ally. She did spend lifetimes abusing her powers, not only using her power for good, but to also to control others. However, in this Earth lifetime, she was committed to helping the Angels in this time and space to correct this negative Karma on the Earth Realm as she is a true Angelic Being and not fallen. As a God Creator, she needed to have both lessons of the dark and the light to be able to fulfil the Mission of Earth and Planetary Ascension. Prime Creator needed her powers on Earth now, for this New Earth that has been created will be the New Earth of the Seventh Dimension, just as it was before its fall millions of years ago.

The adversaries never dreamed this Princess would grow into a powerful Queen of her own right. They never dreamed she would survive all of the attacks. They never anticipated the power of the Light and ancient wisdom she held and with which she incarnated. They never predicted this Princess turned now Queen was more powerful and more intelligent, smarter and gifted with psychic powers from the Universe and Earth. It turns out that they had amnesia too, for they had forgotten just how powerful Saishorie~Grace is and that no force could beat her at the game of life on The New Earth. They had failed to figure out she had a Twin Flame, her greatest ally, her greatest master of the Earth Realm who was always on her side and would stand beside her in all of their glory when the time was ripe. They had forgotten, or perhaps never did have the knowledge that she and her Twin Universe created the Earth as well as the New Earth and that they could not win at their own dark game that she and he knew all too well.

She could sense when something was not of the truth as she is a human lie detector. She had the answers to everything she needed to know at the Divine Perfect Time. She remembered the truth, the whole truth, so help her God! This spiritually mature Queen is ready for the greater mission. All of the intense purification and

preparation she had successfully cleared in her body in order to hold the highest amount of Light. Between her and her Twin Flame is the White Diamond Light of the 7th Dimension. The Twin Flame Elders of the original Earth have returned and will reunite to carry out the mission. She also carries the Diamond Rainbow Frequencies protecting her wherever her adventures may take her.

The Year 2017

2017 is the *Year of the New*, it is the year of Oneness of Unity Consciousness. 2017 is a “1” year ($2 + 0 + 1 + 7 = 10 = 1 + 0 = 1$) and the start of the brand New Earth Cycle. It’s the start of the New Year and New Creations for infinity. The codes have been downloaded and our original creator selves have been recreated into the highest light potential here on Earth. The light bearers who have worked tirelessly for the past 9 years of completion are the new energetic leaders who sustain the New World’s Consciousness existence.

This is all part of the Divine Plan for a New Earth and its creations by the God Creators. We have left the old behind and move forward, creating moment by moment with a clean slate and clear body vehicle. Along with the Lightworkers, Archangels, Ascended Masters, Higher Dimensional Light Beings, all of Earth elements and animal kingdom, the New Earth will victoriously prevail into the 7th dimensional sentient light, thus being the first prototype of the Holographic that the Earth once was.

Saishorie~Grace became aware while writing this Spirit Script that she is God Creator and her Twin Flame is as well. They are the feminine and masculine god creators. When she was not busy escaping the lower dimensional reality, she was in dream state working away in Higher Realms. While he was diligently mastering his Earth Realm craft during the day and taking in the Sun light, he was as well working with the rhythms of the dark moon. They are the continuum of Life force flow of life, they are the sacred geometry flower of life. They know the rule of trinity. All things are created with third energy just as the Earth, Sun and Moon, just as the Mother, Father and Child, just as the Prime Creator Feminine and Masculine and the third energy, the Child.

This photo symbolizes a sign from God that the etheric merge would be complete when her masculine counterpart is 54 years of age, although not physically merged yet, still they are ONE.



The masculine counterpart's work in this planet of duality created much karma for this Prince. He is very courageous, talented and skilled at his craft and this materially rewarding life did come with a price that no amount of money could fix. His last life and current life on Earth had him playing a “lead role in a cage” with tons of Karma to resolve. As powerful and loved as he was, he also had adversaries to deal with and judgments would take a toll on him.

For the feminine aspect, Saishorie~Grace, her mastery in the higher dimensions was no walk in the park either. In fact during this lifetime, she chose to “Walk through the war” while her male counterpart was taking the lead role in the cage. Do you see how the duality plays out here in a polarized world?

In her most recent incarnation and current lifetime, Saishorie~Grace has decided to correct the adversaries wrong doing to the Earth and make light of the shadows. She partook in the lifetimes in higher dimensions with these ET adversaries and quickly mastered their game. She learned the ropes and would make things right again by transmuting any of her Universal Karma. This included many initiations, and the final war took place in the sky with her Higher Self Spirit and the Adversaries Spirit. This was a war that played out while she was physically flying home from a trip in Mexico 2014.

War in the Sky

It was 2014 and Saishorie~Grace spent a lovely 2 weeks under the Sun, on the Earth and flowing with the rhythm of the Moon cycles. This was very healing for not just the physical vessel but the mental, emotional, spiritual and etheric body. Rest and rejuvenation are imperative for humans to honour their bodies' cycles.

Upon extending her vacation, Saishorie~Grace witnessed her Higher Self synchronicity transpiring over the course of 2 days of attempting to re-book a flight. She could not escape the feeling of a perfect flight time being orchestrated in Divine Order. Each time she spoke to an agent, some weird incident would happen and no flight arrangements could be made. Some type of stalling was taking place; even her name was being misspelled on the booking. She started to realize something else was at play here, something bigger than her physical action toward rebooking a flight home. Instead of resetting it, she went with the flow.

To take a break from extending hours on the phone back and forth with the booking agents, she went for a walk on the beach to recharge her energy fields. A man selling jewelry approached her. Immediately a pendant caught her eye. It was so shiny and gleamed into her eyes from the reflection of the sun. She asked him, "What does this symbol mean?" The man explained to her, "This is a beautiful symbol of the Hand of God, it is protection." Immediately Saishorie~Grace bought this pendant as it felt very right at the time. It also was the exact symbol she had on a sweater she wore on the plane to Mexico. However, she did not know it was the Hand of God, she thought it swore of feelings of jealousy toward her. She could feel this negated vibration of jealousy whenever it was projected to her and was learning to protect herself from this low vibration that beautiful Princesses often deal with. So, for her it was very synchronistic and meant to be.

Later she returned to attempting to arrange her flight. Finally, all fell into place. She booked her flight and her seat, and knowing her seat was a sequence number gave her a sense of safety. The next day she was off to the airport feeling really good to be on her way back to her Earthly home with her soul mate son and her

angelic embodied dog. Much healing had taken place on this vacation and she felt great.

While sitting at the airport, she was going to have a *cerveza* beer when a lady sat near her and peculiarly asked about her sweater with the “Hand of God” on it. Saishorie~Grace almost fell off her chair, staring in disbelief that this lady was asking, and the feeling she got around this woman was intense. The lady who brought up the “Hand of God” symbol on her shirt began to explain where this symbol originated from in more and more detail. She went on to explain that it originated from Israel and the name of it was **Hamsa Hand**, an ancient Middle Eastern amulet symbolizing the **Hand of God**. She said, “In all faiths it is a protective sign. It brings its owner happiness, luck, health, and good fortune.” She was laughing with joy. This interaction and dialogue was very unexpected and well received by Saishorie~Grace, until this lady started to explain the shadow side of this symbol, the Evil eye side. She said, “The evil eye is a look given to inflict harm, suffering, or some form of bad luck on the person that it is cast upon so wearing this symbol will protect you from any enemy.” As Saishorie~Grace looked at her, her vibration immediately dropped and she sensed this. She ended the meeting and dialogue with the words, “You are safe and protected,” and then she left.

From that moment, Saishorie~Grace antennas went into full receptivity. She opened her senses on every level and her keen third eye examined the surroundings every level of consciousness. Saishorie~Grace put her full beer down and did not take another sip of alcohol for a very long time. This game has gotten serious. She continued to proceed to the boarding of the airplane, very conscious. She found her seat and sat down calmly, until a big foreign man approached her and said “Miss, you’re in the wrong seat.” Bewildered, she looked up and replied, “No this is my seat, the agent told me when I checked my luggage in and confirmed B22.” The man pulled out his ticket and showed B22. Saishorie~Grace’s head started to spin, cold sweat took over her body and she left her body to scan the airplane and get answers. She connected with the pilot’s energy and the other assisting staff. Soon her physical body would follow and her eyes locked into the woman’s eyes whom she met while almost having a beer before

boarding. The lady's blue eyes pierced into Saishorie~Grace's eyes and were telepathically communicating to her "You are protected. You are safe."

This moment was surreal. Saishorie~Grace, on an emotional and spiritual level, was preparing for an attack, a war in the sky. Her intuitiveness captured the truth of the energy that was transpiring. There was a force that would interfere with this plane's flight. This was an attempt on Saishorie~Grace's life, to take her out of the physical reality of the Earth Realm. Her power would be significant to the New Earth and a threat to the ones who have previously been in control. Her adversaries were here in physical form as well as in the other dimensions. She knew she needed all of the assistance she could invoke from her family of light, the Archangels and Ascended Masters. This was War in the Sky. She was not sure what kind of force they would use to try and take the plane down, but she knew what powerful forces she would use. ***Sounds like something out of a Sci-Fi movie? Well Sci-Fi is reality.***

Saishorie~Grace went back to the stewardess to get her seat. The stewardess politely took her to the seat that is the main seat over the emergency exit. Saishorie~Grace was in complete parasympathetic mode, fighting in her mind for her life. The male steward walked by her this time, giving her a Alien like look, and she felt he was an Alien for sure, and of the adversary kind. Things were very strange, quite surreal and intense. *Let the War begin*, she thought. She visualized her Spirit above the plane with all of her other Angelic family of rainbow light. She called upon Archangel Michael, Archangel Metatron, Archangel Sandalphon, Archangel Raphael. She called upon Archangel Uriel, Archangel Azrael, Archangel Gabriel and all of the nameless Archangel family as well as all the Ascended Masters to help her during this War that would transpire in the Sky, the Final War... or was it?

She sat with her eyes closed in meditation for 4 hours, not moving. Her physical body was in the seat, however her mental body was in the Galaxy and her Spirit was everywhere. The plane ride was tumultuous, the passengers at many times were asked to stay belted in their seats while the plane and pilot worked feverishly at maintaining its flight. The War was in full sway. Saishorie~Grace knew this but the Pilot and the passengers did not

know. The passengers thought it was an uncomfortable, shaky flight, and the pilot was using every bit of his training expertise and known tactics to keep the plane in control. Saishorie~Grace did not physically speak with the pilot but she knew psychically what was going on.

Finally, as the flight landed, the whole plane of 225 passengers clapped extensively while the pilot rushed out and immediately connected with Saishorie~Grace's eyes; he was sweating, flush red like a tomato, and in an extreme state of disbelief. This woman he gleamed at, had raised a big stink when her seat was changed and he had heard all about it. The pilot knew. He was fully aware that he was the pilot who just help to survive a War in the Sky.



Saishorie~Grace got home that evening and hugged her dog and son so tightly, hoping she would never have to let them go.

Blinded by The Light ~ A New Day of Oneness

January 17, 2017 is a very significant day. $1 + 17 + 2017 (1) = 1$. This is a year of ONeness, and January 17 is the day that great Ray of Light was anchored into the Planet Earth. This day has been very synchronistic with in the higher dimensional community as it represents the ONE sacred union of male and female. This activation sequence number is coded as 117,717,1717 1117.

This date is significant for a great Light of Christ Consciousness has been anchored to the Earth destined to reach the millions with its transformative light. This Ray of Light is the

Masculine energies of the Over Soul that created the first polarity of the masculine and feminine embodied on the Planet Earth in our life time of 2017, Ascension Zenith Point.

An enormous, great Sure Ray of Light is to be remembered on the day of 117. January, 17 2017 is extraordinary as this is the year of Ascension for the Twin Flames, Light bearers, all of humanity of the world have been gifted with an abundance of light. For 55 years, this ray of light has been blinding bright. Either you would embrace this light or you would shun it if you could not withstand it. Either way, this Light was purposely anchored here in a human body as the Divine Masculine light that would be the living example of what all humans could and will attain as their birth right as a divine child of the God creator.

This Being arrived anchoring this light, and shortly thereafter the feminine counter part of the one Soul arrived. Her position was to anchor the remaining light and sustaining this connection to the Etheric Realm from where she arrived. The two together complete the balance of feminine and masculine energies here as is their mission to bring back the balance between them on this Earth realm. Because the feminine had arrived from the etheric and was not presently being on the planet earth for thousands of years, she was well maintained in her integrity, her feminine qualities intact. However, the masculine energies having been distorted throughout innumerable experiences upon an imbalanced Earth were what was needed more adjusting and correcting.

This code 117, 717, 1717, 1118 = 888 also equals the mastery of physical abundance upon Earth for all to BE destined and so blessed as this Ray of Light. To add magic to this equation, the August 8th date is to be remembered as well, as this is the day the feminine aspect arrived to fulfill the earth mission. Both numbers represent abundance, sacred union and now infinity.

55 years of ever present powerful masculine light primarily desired additional information on how it may better manifest it's life's purpose and does so with his many personas coming to life while shedding the old for new life to birth repeatedly from within. This is how the masculine is fulfilled and overcomes the matrix world. By this method, he is unlocking the possibilities and potential of the unexpected, teaching us to "Expect the Unexpected," and is dismantling the damaged masculine persona

in time. This is a key task upon our New Earth for complete balanced healing of the masculine and feminine dichotomy.

50 years of the ever-present feminine powerful light has been striving for homeostasis of the feminine polarity. She has been staying very much under the radar on this planet Earth and preforming most of her work by seeding in the etheric realm for the future.

Many familiar with the New 5D template of unconditional love know this number 117, 717, 1717, 1117 (= 888) as coded as the sacred union of the unconditional love between the balanced masculine and feminine the blue and pink flame. Unbeknownst to many, there is a deeper meaning to where this Sacred Union has been seeded. The pattern for every man on this Earth in transition to the New Earth to be blessed with the frequency of Christ Consciousness and Abundance Mastery has been set.

These Light Rays arrived with these codes onto the Earth. The Over Soul of this Being of light is the Over Soul of the first ever creation of masculine and feminine aspects and is God-Source-Creator. This Monad of the Central Sun Light is now ever present via millions of Soul Shards from this Soul Group of White Diamond Elders of the Seventh Ray.

This Soul, the White Diamond Elder brother of humankind, has been and is deeply committed to the oneness with All that is. The activity, the mind, the relationships, alchemizes fear into essential child-like laughter which is shared with others. He is always mindful of friends, very sociable, loving, kind, gentle and is gaining more and more strength with age. He is made Strong — in Body, in Mind, in Soul and in Purpose, delivering transformative consciousness power to the New Earth Grid.

Together in Sacred Union, these two Souls will catapult the balance between the two worlds, the balance between feminine and masculine, bridging heaven unto earth for all to know and choose. Each may choose to live of their own free will of God Creator and see all as perfection of how it shall be... OR CHOOSE CHAOS.

May you be blinded by this light to all you thought was your only reality. ~ God

We are currently living in a time upon the Earth where we are being given a choice to choose balance or chaos, in the midst of much chaos and much balance being offered. I created a video poem of my feelings and thoughts recently to share:

Manifestation Cause and Effect = Madness is Genius Polarity

Order in the Universe is called COSMOS, without interconnectedness the Opposite is True. Divine Order becomes Chaos.

The first step of Manifestation is raising ones consciousness into higher levels where synchronization begins and your thoughts and feelings align with The Universe. The next level Alchemy, where your consciousness is raised so high the MAGIC BEGINS. OverSoul of God pure consciousness takes over. Beginning to create through you from the infinite beyond higher dimensions.

This is bridging Heaven to Earth. Through all the madness, genius is given New Life. Divine Madness is Genius. Giving birth to Genius is losing your mind to your Heart, then bringing it back. Crying with frustration as your Heart screams "Look Here is Divine Genius. Remove all veils of illusion, I want to be known by you.

Raw and naked Truth that the two are each other, Chaos and Order, Seeking ONE Another, Like Feminine and Masculine. Seeking to exist as the Universes.

Divine Order upon the New Earth is... commanding balance and connectedness of the Creators, The Masculine and the Feminine, inventing itself again and again, In Perfect Symmetry. Being the Continuum of Life Force Flow, Of Love Upon the New Earth."~ Shelly Sullivan

Since my research and discovery on the 1717, 1177, 1117, 17, 177 phenomenon I have learned more significance on this sacred number. My friend and editor who is helping me to edit this

book found these sacred sequence codes is the bible recently. It is a Hebrew symbol Rachael discovered February 11, 2017, 1:17 a.m in the Bible, the Song of Solomon 6:3.

Not only is 1717 etc... the anchoring of the Christ Consciousness within Gaia and upon Earth via the Twin Flames Union. It also symbolizes the God Consciousness of the Divine Creator Present upon Earth and within Gaia via the Twin Flame Soul Groups.

In the Bible these Hebrew symbols denote: "I AM my Beloved's and my Beloved is Mine"



2 Worlds: The New Earth and the Old Earth

The Human Race is now living within the changing dynamics of the New Earth and the Old Earth. These 2 worlds are distinctively split in vibrational frequencies and range from the 3rd Dimension to the 7th Dimension. Some of the Beings upon this Earth are of even Higher Dimensions than that of the Seventh Dimension. This is dependent upon on their Star/Galactic Heritage.

The Old World paradigm and the New Golden Gaia are very distinctively split. The Old World is being dismantled and the New Earth which has been already ethereally built is now being physically built. Out of this New World Divine Order comes much chaos as the inhabitants are living between the worlds, living in and out of different dimensions. Fluctuating energetic frequencies of the bodies are heightening, dropping, balancing, destabilizing at any given time. This causes much dismay and instability within the human race.

The physical unions of the divine masculine and the divine feminine between the Key Twin Flames and eventually all the Twins embodied here will bring balance and equilibrium upon the Earth. Thus, Twin Flames are the living templates and guides for the rest of humanity individual souls to balance their own internal masculine and feminine aspects. These Angelic Twin Flames are the Bridge between the New Earth and the Old Earth. The masculine Twin Flames will bridge the Old Earth to the New Earth via the Feminine Twin Flames, thus bringing our Planet back into its birth right of balance: Mother and Father God and Child.

This Union of the sacred feminine and masculine is mandatory for this World to survive and to sustain divine order, to not fall back into chaos during this shift of consciousness. Otherwise, chaos will erupt even more than it is now. You will see a world escalation in mental illness, Bi-Polar Disorder and instability. However, if the Twins continue to follow the divinely guided mission, which they have been so far, the Bridge between Heaven and Earth will BE made manifest.

These two worlds reside within the two Twin Flames. The matrix world resides in the masculine Twin Flame and the New World of higher dimensions resides within the feminine Twin Flame. Bridging these two will bring New World Divine Order and physical manifestation of the New World Order. Divine Sacred Union of these two worlds will bring the new Divine Love template to our New Worlds to sustain the New Earth Grid.

CHAPTER 2 I AM A SOVEREIGN BEING

I AM Light

I open with this Chapter, to give you some insight into who I AM. I AM an Angelic light being that has chosen to incarnate into the Planet Earth in a physical vessel (human body).

I was born into the 3rd Dimensional Earth plane, which is a planet reality with very heavy energy compared to most others. Coming into Earth through the birth canal of my Mother, I was born with an exceptionally high light quotient, a very high vibration of light. Some also refer to this as “a higher dimensional being.” It took approximately seven years to get used to this plane of Earth and the dimension in which we reside formerly the 3rd dimension currently the 5th dimension.

As an evolved Light Being, I spent much of my childlike years flying around out of body, playing games with my physical body. I would fly down the stairs and be able to take a look back at my physical body, playfully asking, “What’s taking you so long?”

A similar characteristic that we Earth Angels embody is that we tend to have huge eyes and are very warm beings. My siblings would love to hug me as they could feel the heat from my body. Many other shared similarities to Earth Angels are our natural empathic abilities such as clairvoyance and telepathy. These empathic abilities may vary depending on the mission of the specific being.

My mission is to raise global consciousness through my love and spiritual teachings. One such teaching is How to Manifest Abundance. I will further explain the dynamics of this part of my mission in another chapter of this book.

I AM light. For years, I lived on Earth as a 5th dimensional Being of light in the physical vessel. As I became more and more programmed by the teachings of our 3rd dimensional Earth, I started to conform to being more of a physical body than a being of light.

Through this programming, I successfully shape shifted into an acceptable physical human being who was fully integrated into my physical body on this Earth. I learned to appear to be what people would consider more “normal.”

By the age of 7, I quit my out of body flying as an Angelic. I shut down my psychic abilities while remaining extremely sensitive.

I am an Angelic Being relearning to be a physical human Being once again. On a particular Yoga retreat, I was asked, “Shelly, tell me about yourself. What lead you to this retreat?” I answered, “I have been on such a powerful and intense Spiritual Awakening that I felt the need to keep to myself very much in the past many years. I have been connecting with Spirit in a profound and big way. I live my life as a Spiritual Being first and foremost. I now feel the call to get back out there and BE a Spiritual Human Being once again, to get connected with like-minded people who are kind, gentle, who are also connected with Source and who are authentic. I want to connect with people who are living from their true hearts. I now want to and to teach others to truly love unconditionally again.”

For the past three years, I have been awakening to my Twin Flame and who he is as a physical being. The awakening and connection that we share with each other is a soul relationship. It starts with the connection in the etheric realm that was orchestrated by our Higher Self. First, we had a meeting with the other Archangel family members and we discussed our plan and mission while in a gateway in Mt. Shasta. I speak about this experience in another chapter. Following this, we met physically in person at one of his public appearances; this meeting was also orchestrated by our Higher Self. From that point, we continue to meet in the etheric

realm during meditation and telepathically. We nurture our bond and build a strong foundation between our Mental and Emotional awareness. These etheric meetings with each other were also in preparation for our sacred union.

The New Age is ushering in Soul family connections and Twin Flame reunions as well as Counterpart reunions. Rather than the old scenario of “boy meets girl” followed by “boy and girl physically learn about each other” then, after the honeymoon stage, “boy and girl continue to learn about each other mentally and physically and possibly on a soul/spiritual level.” In the end, for most cases, the couple finds that they are not compatible with each other, that they do not have the proper understanding and healing between them to sustain a healthy, conscious, unconditionally loving, balanced and sustainable relationship.

However, with the current rising of consciousness, souls are now connecting firstly in the etheric to get reacquainted again spiritually in preparation for their successful and sustainable physical union together.

This is possible now because of all the walk-in souls who have reincarnated into a human body to meet their Soul Family members or Twin Flame. The humans who have been incarnated here since birth are equipped well enough now with higher frequencies to merge with the Twin Soul/Counterpart energy. The same goes for the Twin Flames who have been here all along on the Earth. They are also being drawn to the other’s frequency vibration for etheric meetings and soon to follow physical merge.

I AM a Sovereign Being

After 9 years of intense purification, I am a Sovereign Being. I am here now to be a living, physical example for the Divine Feminine of Abundance and Grace.

To be a Sovereign Being is to believe in yourself. Many, who have been on the Path of Awakening, find it natural to walk in their sovereignty. The state of sovereignty is walking in your supreme power. I have always lived this way by refusing to conforming to any densely programmed “rules.” Since 2009, I was catapulted

onto the fast track of Ascension. This incredible process of Ascension brought in a Divine Manifestation awareness.

Each person's Ascension Path is as unique as each individual and will play out that way as well. The means, manner and pace of Awakening, each soul sets for themselves. I have discovered that for me, my true power is by not allowing myself to be controlled by any one thing, substance, person or corporation, to not being controlled by anything! The only interest I have to control anything is my choice to love and master energy.

I created a life for myself, which allows me to live freely in my power. Some may say, "Shelly, you're lucky," or "Shelly, if it were not for this or not for that, you would not be in the position you are in for this game of life." To them I reply, "Lucky people create their luck and take notice of the magic & opportunities that surround them!" It's all a state of mind, as simple as shift in perception. It is *simple*, but not always *easy*.



I say, I created this or that from following my inner Guidance. I created my life by allowing the integration of my Higher Self into this physical vessel and by taking action based on the Guidance of my divine life's purpose. I created a life and listened to my intuition and Higher Guidance in order to be exactly where I am today. That is what I did.

My position in this game of life is to co-create by my timelines and the limitless abundance of what I desire from a purely heart-based state of mind and Being. I am not enslaved by a 9-5 job, I do not pay half my earnings to government, nor do I pay a huge cut of

a paycheck to government taxes. I do not answer to anyone. My views and moods are not swayed by media. I wake up and do what I feel like doing by consciously living in that moment. I make all of my decisions based on trusting my inner Self. I witness Magic, adventure and wonder every day. I view life from my projector AND I designed it this way.

I have struggled, worked hard and studied hard. I have put in thousands of hours of blood, sweat and tears, but I understand that those hours were for *my* growth and not given away and squandered to prosper some other entity.

This is not to say that I don't value others' input and relationships, because I do very much. My life has purposefully been designed to be an empowered Divine Feminine example of true power and abundance.

My path has been extremely challenging at times, but I have learned that each experience is another perfectly designed step which enables my spiritual growth. We do not change the world or become leaders or way showers by playing it safe or by not taking risks of uncertainty. Our faith is forged by stronger stuff!

Assistance has been abundantly available to me during this process. I had help, but it was not the "proof" of normal tangible, physical help that most of us need to *see* in order to take action. I continue to listen to the Guidance of those higher dimensional aspects of Me. These are the formless unseen, the gentle (and sometimes not so gentle!) nudges of Guidance, the miraculous signs, the *still small voice* inside.

I listened to telepathic communication, flashes of light transmissions from Source. I listened to my Twin Flame. I listened to my Angelic Team. I listened to my yet-to-be conceived and unborn son. He told me he was coming to help with Ascension. I listened to the aspects of ME. I listened to my Higher Self!

This is life from a unique perspective. This is what it is to be a Sovereign Being. This is what it is to not be controlled by anyone else's agenda, proxy or paradigm. This elevated and awakened state of being is to trust and have faith in the highest good. This is what it takes to remove false belief systems, this is life in the higher dimensions. This is what awaits all of us who believe.

Working for Planetary Ascension

Multiple enlightened Beings have been incarnating here on Earth at this specific time to assist Humanity and Gaia through the Journey through Ascension. Many of us will also be assisting in ushering in those Ascending into the New Earth reality. Part of this work is intangible and accomplished “behind the scenes” in the higher realms. These energetic accomplishments are in tandem with the physical embodiment of Twin Flames and other Light Workers, Soul Families & Soul Groups that are on the planet at this time. Many of us have been made able and available to anchor the higher frequencies of love and light to flow through us and into our Earth by being the purified incarnated vessels, the stabilizing templates that embody these paradigms during this time period of Ascension.

Compiled for you in this book are some examples of what I have personally been Guided to understand, embody and contribute as an Elder Twin Flame Light Worker for this incredible segue into the New Golden Age of the New Earth.

Earth’s Energetic Ascension Shift

Energetic Shifting is happening in the NOW. Major cosmic events that are transpiring are supporting the Ascension of Earth and Humanity. Intense Light quotients are pouring into Earth and into all Beings on Earth. The energies of unconditional love are changing how we now go about our lives. Separation and duality are diminishing, whereas joy, love and peace are amplifying.

These NEW strands of DNA that are being activated have been dormant for thousands of years. Upon activation, people will start to remember who they are and where they came from, their Star heritages, their past lives from Lemuria and Atlantis. They will start to recall past lives on other planets, star systems and Universes which existed long before the fall of Lemuria and Atlantis. The awakening and remembering for some ancient souls will reach as far back when we were experiencing living the 7th D.



The energies that have anchored into Earth as of September 28, 2015, will continue to transform, increase and intensify daily. This opens up the pathways within the collective consciousness allowing humanity to experience consciousness with unconditional love. The feeling of ONENESS continues to intensify.

Those on the journey to Ascend will shift back into the 5th, 6th, 7th, 8th 9th and higher dimensional lives that they have incarnated from previous lives. They have chosen to volunteer, to return and to help raise the vibration of Earth and Humanity, accelerating Global Consciousness on Earth at this time of Ascension.

Others will continue within the 3rd dimensional realities to live out more reincarnations cycles within duality for more lesson to evolve their soul. Some will continue the climb into the 4th and high fourth dimensions. Any way you perceived it, all Souls are evolving as per their contract prior to entering the New Earth.

During the New Earth Shift, which is happening NOW, many have experienced the integration of our Light Bodies and the crystalline cellular restructuring. Some feel the symptoms, some are oblivious to any transformation. Recognizable signs began with physical body aches, flu, cold, sinus, digestion issues, headache and heart irregularities, which, by the way, no medical treatment could diagnose properly.

Emotional and Mental Signs of this transformation are anxiety, depression, bipolar ups and downs, feeling shut down, paranoia, uncertainty, feeling ungrounded, questioning our mentally stability, and feeling as though we are on the ride of an emotional rollercoaster.

Visual symptoms can include colors looking brighter, seeing energetic Beings, people going into trance when around you (from my experience), lightships in skies and other unusual paranormal experiences.

Audio symptoms may include telepathic communication with others, buzzing in the ears, high frequency pitches of sound, hearing Higher Self voice and Twin Flame voice.

The many people who are currently experiencing this are just a drop in the bucket compared to how many have yet to experience this transformation and clearing. These changes take time and happen progressively and very few understand what is happening.... YET!

With this huge transformation and clearing that is transpiring on Earth, many people are going to find themselves feeling confused, fearful, angry, have bouts of depression, feel anxious and find themselves in physical discomfort. Others will feel bliss, joy, excitement and anticipation for miraculous events. Also, the feeling of disconnecting from their physical body while expansion of the Light Body will be common.

This is all to be expected and is in perfect divine timing as Earth's rising of consciousness continues. From a scientific standpoint, the Schumann Resonance (aka Earth Magnetic Field) has gone from 7.38 Hz last year into over 26 Hz. I have been through every possible change over the past four years. I found that reaching out to other like-minded Spiritual Teachers, Psychics and Healers helped me immensely to gain clarity, stability and understanding. It has also taken me further on my Spiritual path. However, throughout these huge changes, what I have been experiencing that has helped me the most was my Spiritual Teachers of the formless Realm: my Higher Self, Angels, Guides and God Source Prime Creator.

This is a source of information to help others on the Ascension path or who are following the path of enlightenment into a powerful spiritual awakening. You will need to reach out for help.

SOVEREIGN BEING

Reach out to physical people with different experiences and perceptions to share, and make the connection with your Higher Self, Angels, Guides, and your Creator.

By sharing my personal experiences and stories, it is my wish that I can be of assistance to humanity and my soul family at large.



CHAPTER 3
7TH DIMENSIONAL UNIVERSAL
AND GALACTIC CREATORS

***We Are the Creators of Galaxies, Universes, Planets
and 7th Dimensional New Earth***

First physical meeting since our first Earth Life Together:

“Since our eyes met, our minds met, and we shook hands, my life has been turned upside down. My Spiritual Awakening has been out of this world... So far out of this world, that I have now entered into the 7th dimensional New Earth. When you are in the New Earth, what is “TO BE,” has already manifested. I see the future with my awakened new eyes.

I see what is meant to be with new eyes, I hear your thoughts with new ears. I feel your heartbeat with my NEW 7th Dimensional Heart. Its skipping beats as I write this. I created our future in the etheric/astral realm. I know what the future holds.

Our Hearts have been activated and are aligned, beating to the same rhythm; the rhythm of the “New Earth’s” heartbeat. Your 7th dimensional right ear chakra has been activated and you hear me talking to you, as hard as it is to believe, it is ME. Please listen and trust.

Our emotional, mental and etheric bodies are fully melded. I see your Spirit; I feel you always and we can telepathically communicate with our New Earth Mind and Heart.

I receive an electrical charge that runs up my chakra system when you think of me. This is our third energy we create with. There is no mistaking this connection. You are me I am you, thirdly we are ONE creative energy.

We have known each other from our very first life on Earth. Before the Planets were the Gods. Billions of year ago we shared our last life on Earth together. We were here on Earth when Earth was its original Seventh Dimension Galactic Seed Planet. We created the Earth with our Soul Family and Soul group as Twin Flames.

We created this Sentient Being called Planet Earth; it started just like we did, by the first Spark from our Prime Creator. Since our first and last life on Earth, the Earth demise started. We went from a 7th Dimensional Planet to a 3rd dimensional Earth Sentient Being. The Cosmos, the Gods grew violent and went to war. We were the human witnesses that hid in caves and rocky enclosures. That was the last time I looked into your eyes, the same eyes you have now.

I remember our first human lifetime together as young adults. My last memory together was under the rocks, hiding from the war between the Light and the Dark transpiring in our Sky. I remember the love we shared - it was like no other. I remember what unconditional love is, for I brought those memories and DNA codes into this Earth life time and dream space.

Our eyes have never changed and they remain identical. We were bigger Beings back then and our DNA Strand was hundreds more, unlike now. We have to remember our galactic heritage now. This is why we are here: to share this wisdom and knowledge with our fellow Universes for spiritual expansion and growth, all part of God Prime Creator's Divine Plan.



Our Higher Self has full control NOW. Our Higher Self is our direct connection to our Creator. I let Higher Self take the driver seat, except on those off days when I succumb to the Old 3D Earth and my Ego wins, which is getting fewer and farther between. And thank God for that as it is debilitating pain when my 7th dimensional vibration drops on a dime into 3rd dimension, the extreme high to low is an excruciating blow to my 7D Heart.

Today, I took a trip into 3D for a bit too long, and found that you are not in the 5th-7th Dimension with me. You are still in 3D with another lover. Higher Self orchestrated everything, including letting me believe that you were aware of me consciously. Until now, I believed you knew my identity. I have been choosing to be the New Earth/Dream Space over 3D.

Until you, my Twin Flame, come into FULL Divine Recognition of me and embrace this, I will step back, up into 7-5D and continue to live my life as a co-creator of Prime Creator consciously while you continue to create unconsciously. 3rd Dimension is too painful to watch, watch your life with another lover in 3D. So if you feel me less.... this is why. We will meet again in 5th Dimension or higher.

In 3rd Dimension there is not true LOVE. Only in 5D and higher does true love start to exist, for pure unconditional LOVE is only found in the higher dimension. Since the fall from the Seventh Dimension following that, the worlds of Atlantis and Lemuria, life has been all newly revised into a game of illusions and tests.

Wake up!!! 5D New Earth is waiting! Our Angelic Family is waiting! God is waiting! The whole Galaxy waits on YOU! I AM waiting. I will continue the mission. I will always hold the unconditional LOVE for you and us. Trust your Heart. I am your TRUE Beloved.”

This is from the letter I wrote to my Beloved Twin Flame upon our awakening process. Since the time of this letter, my memory has come online greatly and I had been able to elaborate on our history.

Since December 2012, Earth has started its Ascension process along with all of the Beings here of the Earth. 12-12 is about the Indigo Children, The Crystal and Rainbow Children who are here to reclaim their Dream World. I call this Dream world the Twin Flame Prophecy and explain parts of this on YouTube as well. Dream-time is a very sacred time of renewal and hibernation; this dream space is where miraculous creations transpire as they did in the mother’s womb of zero point, a place for us to seed here on Earth for physical manifestation. Earth is the game of Abundance and Magical Manifestations.

I published a video on Stargates, Indigo Crystal and Rainbow Children in 2014 when I was starting to remember my galactic history. I recall mentioning that I longed for sleep/dream time often so I could re-connect. I now understand I was connecting with Soul Family and my Twin Flame.

The story of Gods and Goddesses came about when the Planet Earth shrunk from a thriving Seventh Dimensional Sentient Being to a 3rd Dimensional Sentient Being of Duality and Free Will. The free will and duality up to this point has been abused so badly, thus causing millions of years of past damage and Karma that we, the Soul groups, have been clearing for the collective consciousness.



Planet Earth is now well on its way to be able to be a template for others and or join in, once again, with the other Galaxies, Universes and Solar Systems of higher Dimensions. We have successfully cleared the protective field that Earth desperately needed for her healing for the past thousands of years. The Sentient Being Earth needed this shielding as she has been so often and so brutally hurt time and time again from being attacked and teleported over and over. I have witnessed and accompanied her travels in Dream Space. I published a video of this on my YouTube as well called the “New Earth / Old Earth Split.”

Since my last life on Earth as a Seventh Dimensional Being, I have been living in other Universes learning all the other wisdom in my DNA codes. Many of those who reside now on Earth have immigrated from other Galaxies and Universes and are here to help this precious unique planet Earth thrive again among the Cosmic family. We are here to practice a neutral perspective now and witness this miraculous “Event – Zenith on the Horizon.” We are ending Karma and the practice of “un-creating” to resume our magical skills of co-creating with Prime Creator a New Earth of Abundance, Magic and Miracles. We no longer need to be the Gate-Keepers but rather the Bridges from Heaven to Earth. Co Creation is our natural purpose.

What is to manifest on Earth has already been made manifest in the etheric realm. The Soul Groups, Soul Families and Twin Flames have been created to give this adventure of travel a memory – A DNA Lineage. The Soul Families will share this knowledge with other Universes.

Earth Beings can create from a psychic level. When Earth was first created, millions of Soul Sparks from the Masculine and Feminine Creator (Twin Flames) psychically created the Earth, all orchestrated via physic powers of divine creation imbedded in our DNA Structure – Soul Family. Once we create our manifestation, we teleport the creations.

My Twin Flame and I are fully utilizing our 7 rainbow rays of light. Earth is an amazing Planet that we have the privilege to be a part of its creation. When we are finished, our experience here we will go on to create another universe, galaxy and who knows, a Central Sun. But first we must exit out of the illusions of Time and Space and understand the choices of our Free Will now have repercussions.

New Cycle of Creation 2015-2017

The New Cycle of creation has begun with the New Earth/Old Earth Split I witnessed on March 18, 2015. The split was specifically a split of the masculine and the feminine. The New Earth / Old Earth Split is a duplicate of the original splitting of the

SOVEREIGN BEING

Twin Flames, AKA Planets/Gods and Goddesses, which was the creation of the first of the Universes.

This continues the cycle of creation of Twin Flames until so many planets are in the “New” Universe that we have created and is superseded by Soul Groups which in the Universe are the stars etc. The split was specifically a split of masculine and feminine, the left hemisphere and right hemisphere.

The New Earth/Old Earth Split was the beginning of many holographic "New Earths," each with different levels of consciousness for individual co-creation.





Here is my summary of the New Earth/ Old Earth Split: I was in a type of hibernation secret workplace, preparing the ground work and electrical last touches to the New Earth Grid. Once this was complete, I teleported in slow motion through an Earthquake type of explosion of dirt, rock, sand and earth. Travelling through the tunnel of explosive Earth, I witnessed the Split of the New Earth and the Old Earth. Before my eyes I saw on the Left was the Old Earth, Sun, and Solar System, and on the right was the New Earth, Sun and complete New Solar System with a frame split between them. I continued to travel through and witness this miraculous event. *Note: The Old Earth is on the Masculine Left (Logic), The New Earth is Feminine on the Right (Creation).

The New Earth and the old Earth Holographic split transpired after 2.8 years of linear time of preparation. The preparation for the splitting of the Masculine and Feminine started on December 12, 2012 where the consciousness of Earth was balanced and raised sufficiently for the Masculine and Feminine Earth (as I call the New Earth and the Old Earth) for the New Earth to safely integrate.

Thanks to the Harmonic Convergence building momentum since 1996, the consciousness was ripe on Earth. This analogy is similar to the Twin Flames being ready for physical union once each is in balance and harmony is reached.

You could visualize it as the Masculine Earth and the Feminine Earth coming into full union which transpired December 12, 2012.

SOVEREIGN BEING

By March 18, 2015, the New Earth was conceived. The Trinity (or Third Energy as with the Twin Flames) once united create this third energy. By March 18, 2015, the New Earth was in its embryo stages until 9 months later, December 18, 2015, when it met the gestation period (as with any birth give or take a few days- Dec. 21-23 2015).

The prior year, the New Universe was created from the Cosmic Twin Flames on April 14.



CHAPTER 4
BEFORE AWAKENING

The Soul Returns to Its Remembering

Like most of us, anyone who saw my life from the outside would consider it to be “normal.” I had a large and loving family who were stable forces growing up. I lived in a picturesque town in lovely Canada where people treated each other respectfully and neighbourhoods were safe places for kids to play outside in their yards and nearby parks. I attended a good school, and then college in similar manner as my peers. Nothing *seemed* out of place with my circumstances in life, but I was discontent. From an early age, I knew there was *more* than this.

I worked diligently to create the life I wanted, a dream I had always known in my heart but that always seemed to be just a dream. I was born with the knowledge that my heart was capable of the great abundance of unconditional love, harmony, health and pure joy- all things that happiness easily and readily delivers. I knew all of this and I also knew that this was to be mine, that indeed, it was inherently for all of us. The knowledge of this inheritance was so deeply embedded into my heart that I was born knowing it.

This discontentment of my heart and soul lingered. It was reflected in the life that seemed routine, rote and I lived a life of

what the world would call the “normal standard.” My love life was looking hopeless. I broke up with an ex, and I struggled with my attraction to another guy. I had and took many opportunities to date guys of all types: young, athletic, rich, funny, healthy, arrogant, popular, inconsiderate, bad boys, overly nice guys, compassionate. You name it, I tried it.

I tried to date them, I really did, but regularly I couldn't get past dinner, let alone first base with any of my innumerable suitors. The rare occasion that I did experience something more than just a dinner date ended up being perhaps twice in four years. When I actually let myself go that far with someone, I experienced a huge let down. I could not find any interest in any particular man (or woman for that matter!), because at this point, I was willing to try any shot at creating a deep and passionate romantic relationship.

I had a profound yearning in my heart for a certain kind of love and a very particular kind of man. It was so pronounced, that I even made an “ideal man list.”

My Ideal Man

He was everything a Cinderella fairy tale could offer. He was funny, wealthy, popular, tall, handsome, brown hair and brown eyes, athletic build, well endowed, loved by millions. He was successful, charming, sensitive, secure, well spoken, smart, witty, trusting, loyal, great lover, adventurous, knew when to be serious, spiritual, accepting of my spirituality, intellectual, creative and loved animals and kids.

My ideal man was *so* ideal, that when I told people what I wanted, they would look at me like I was in fantasyland. However, I knew deep down in my heart what was truly awaiting me. Although my egoic mind did not always easily allow for me to indulge in this fairytale making sense in my earthly life, I was born with this insight instilled in my cells; my very DNA carried this intimate and powerful knowledge.

In October 2015, I was given a powerful and transformative gift, confirming what my heart already had been born knowing. What was shown to me was a significant sign of magical alchemy. This instance proved to me that my Prince was indeed out there

and fairytale love can and does really come true! I felt as though I was a Princess awaiting my magical Prince to show up, sort of like the story of Cinderella.

On this magical day in early Canadian autumn, my son and I were walking up a set of concrete steps to drop something off. It was dusk, that time when the light of day yields to the twilight of night and the shadows lay longer. It was starting to get dark. While we were walking down the steps, I spotted a very large frog curiously set before my feet. He was the size of my hand and he had purple eyes. I was taken aback by his astonishing presence. I felt a palpable wave of enormous energy emanating from this frog. He was truly magical and as his gaze met mine, he delivered to me a message: “Your Prince awaits you and will come for you”. I captured the messenger’s image in this photograph and then was guided to write a post on my social media to assist in triggering and awakening my very real and true Prince, my Beloved Twin Flame.



One of the most significant relationships in my life was with the father of my son. I wanted desperately for our relationship to “work.” The concept of family has always been an important aspect of who I am. Both of us tried our very best to make our relationship last, but eventually we came to realize that it was truly not meant to.

He was tall, dark and handsome, funny, charming and rich. He possessed all of the social benefits that any *normal* person would desire, and yet, I knew he wasn’t the One.

Many of my friends and family were stupefied by me. They wondered why I couldn’t settle for this awesome catch of a man. The bare and naked truth of my heart won over all else: **Love** was the most important thing for me, not riches or glory, not intellectual prestige or social prominence. Deep in my soul, I felt that my True Love was out there somewhere, that he was waiting and anticipating me just as I was anticipating him.

To the bemusement of my friends and family, I ended this relationship and went on my own to raise our son and continue to do what was best for us. I turned down a lifestyle of financial freedom, to do whatever I pleased, whenever I wanted because I knew it was not my truth. I gave up the promise of security and the “looks good on paper” agreement, knowing deep down I had nothing to worry about. **My Prince was, in fact, out there searching for me.**

This leap of faith was the catalyst which was necessary to propel my new life into higher dimensions of awareness. As time went on, I continued to faithfully travel the significant *Journey of the Beloved* in earnest. At the time, I did not realize the magnitude of what I would be undergoing and experiencing. I began the process of simultaneously clearing, cleaning and purging so much pain and hurt that I had accumulated. It came out of my DNA, my Ancestral Lineage, the collective consciousness and my own mind and body. This deep and intense purification has been a nine-year core-process of inner soul work.

The Realm of My Mystical Childhood

When I was a little girl, I remember many years of my spirit flying around out of body and playing games with my physical body. I would fly down the stairs and looking back at my physical body playfully asking, “What’s taking you so long?” Even as a child, I knew I was more than simply a physical form, I was an evolved Being of Light! I was, in fact, an Earth Angel.

“We’re used to flying. We’re used to just zipping around doing whatever we want. We come into this (planet) and it’s heavy and it’s dense. Against our Free-Will. We are forced to conform.” ~ Saishorie~Grace.

My childhood, the parts I remember, were playing hide and go seek with friends in the neighborhood. They would hide and I would enable my spirit to fly around out of my body to find them. It was fun for me to sit behind a tree and travel out of body to locate my friends and then sneak up on them in body once I knew where they were. It totally freaked them out.

I had two best friends around the time when I played in this magical fun. Their names were Tony and Sam. I mention this as it is ironic my son’s name is Sam and his dad’s name is Tony. I love sharing these synchronicities because they help us realize on another sublime level how we are part of something larger, a Grand Plan that is divinely designed. This particular synchronicity was one that I realized later down the line. It was yet another beautiful confirmation for me that my son’s role in my life was predestined. My son and I had communicated long before he was conceived.



Telepathic Communication with My Unborn Son

My son came to me before he was born, approximately two years before his conception, and telepathically let me know he was to arrive here on Earth through me. He nudged me when I saw an adorable brown puppy towel or bath wrap. Through seeing these signs I was told, “You will have a son. He will be big and strong, He is a powerful Being from your Soul Family.”

Months went by, my daily life continued, and I forgot the experience. I did not forget that I was going to have a son. When my son was conceived, it was actually a miracle. I had been told by a doctor that I had endometriosis and would have a hard time bearing children. I ignored this diagnoses. I just plain ignored it as I held the inner knowing Doctors play a false role of a God.

When Sam was growing inside of me, it was the best time of my life. I could feel his enormous presence and his light. I would sing to him and talk to him all the time as if he were my best friend. One of our favourite songs that we used to sing when he was still under three years old was, “You’re my Best Friend,” by Queen. As he got older, I promised him that one day he would dance with me at my wedding with my Beloved, to our favourite song.

I had his name picked out before birth: Samuel. Actually, he really he picked his name and I followed the Guidance. I knew when Sam was born that we had mutual respect for one another. I was there to guide my son, not to control him. He was also there to guide me. We were and are equals. This is how I treat everyone. I guess you could call this “higher consciousness parenting.”

He also communicated to me that he was here to help me with a big mission. I remember laying on my sister’s sofa one day, feeling the despair that no one understood my life. I said to her, “Sam and I are here for a big mission. He was born with a huge task at hand. He has a very bright future.”

Through the telepathic communications that Sam and I shared, I understood that he was not only a powerful light being. I understood that he was to be a solid, substantial human being. I was always reminded of that and he is very wise, he is a leader. When I gave birth to Sam, he was indeed substantial, he was all

muscle. I had never seen a baby like this. His growth rate was over average or higher in the percentile rate.

Everyone used to ask me, “Who does he take after?” I knew exactly who he was; he created himself with my help, in the womb. When he was born, he looked like a little alien. As the doctors pulled him out, our eyes connected immediately. My first impression of him upon arrival into the air and out of the womb was that he was a little alien.

He had these huge dark Alien Eyes, wide open and so very wise. We could read each other’s mind from the moment we looked at one another (this is a very common trait between the mother and her crystal, indigo and rainbow children). His eyes were huge black or dark brown, his head was shaped just like an alien head and his little body was already equipped with muscle. The intensity of his presence and communication with me, by just looking at me, was powerful.

When Sam was born, he beamed at me and transmitted a telepathic message to me. “What the hell was that? What kind of brutal delivery was that?” he stated with his eyes. He did not look happy and his communication was dominant. His telepathic communication to me was, “Why the fuck was that so brutally hard, Mother?” He was pissed off. He did not come across to me as having typical baby energy.

My son was stuck in the birth canal for hours; his head was bigger than my cervix and bone structure. The doctor refused to provide us with a cesarean section for hours even though I was begging for one. Eventually my son was birthed naturally... well with help of the vacuum, forceps and the invasive cutting of my private parts. We were in delivery for 11 hours and his head was just too big for my birth canal, however the doctor was adamant about delivering him naturally and not performing a C-section. However many times that I begged for the C-section, the doctor declined the operation. He was deprived of air. I was surprised that Sam came out with his brain intact because he had lacked oxygen for so long during the process, which typically can cause brain damage.

Looking back on Sam’s birth, this was a blessing, a great blessing. It is so important for babies to be born naturally if possible as the DNA coding is still taking place long after the baby

leaves the womb and arrives into the air. The baby needs the mother's good bacteria from her uterus and placenta. Before our fall from Grace, mothers would keep the baby attached to the umbilical cord for up to 4 days for further bonding with the mother and father for integration of the DNA codes. The baby would also be set on the mother's heart immediately for days before ever separating mother and child, the father would often have his heart on close to the baby's heart chakra as well. Breast feeding is very important for this reason as well as the obvious reasons for immune function and nutrients and bonding. And on that note, circumcision of baby boys is complete torture backed by false religion, the medical profession and nothing else.

I knew the Angels were involved in our delivery. I was out of body for most of it. My physical body was nearly dead; my family and Sam's father truly feared my death. Of course, we are both here today because it is meant to be.

From that point on, my son and I have enjoyed a very harmonious and powerfully loving connection at all times and we are very telepathic with each other. We did not use words often. He was a late talker and was more focused on learning to do things. I could read his eyes and thoughts. He could sense everything that I was doing with his eyes closed. I will give you a few examples.

When I was breastfeeding Sam, I would have to sneak up the book or magazine to read it. He would know that I was distracted and he would move his arms behind his back to move the book so I could just Be in the moment with him. He would constantly do this. It became like a little game between us.

I remember one incident where he was playing in the water of a wading pool with a toy truck which was the size of him. I took my eyes off of him for one second and as I was nudged to look back, I felt that he was intensely sending me telepathic urgency as he was going under water. I rushed over and knew it was a life-saving moment. If I had responded a few seconds later, he could have died.

This is how we communicated predominantly for the first many years of his life. He is highly psychic and very sensitive. Sam is wise beyond his years. He is very intelligent, musically inclined, academically gifted and fearless. He is also a master at

shapeshifting. Sam is not surprisingly a rainbow 9th dimensional being, now fully embracing his adventure here on the New Earth.

When my little Alien arrived, he soon shapeshifted into a little mini me. Within weeks he looked exactly like me, his mother, as well as taking on characteristics of his grandpa who lived with us. Sam shifted into who he saw with his eyes, adopting our features both in physicality and our personalities, his Mom and Grandpa. I have witnessed Sam's shapeshifting abilities over the years.

I was the main person in his life for his first seven years. During that time, he was spending every second weekend with his dad. As Sam got older, his dad spent more time with him. When Sam was still under nine months old, I saw how he would observe his father and would take on a certain characteristic. I witnessed his transitioning, his shapeshifting happened little by little.

As he spent more time with his father, I watched Sam transition even more. He started to gradually take on more physical and other characteristics of his dad.

Sam's dad would have a way about lifting his lip in certain conversation. Sam started to mirror this exact thing. I thought it was attractive when his Dad did this, sort of like biting of your lip. Sam sensed that I liked this manner and he took it on as part of his character expression. I think Sam did this shape shifting for his family, to take on traits that were pleasing to behold. He sensed this affirmation from me.

As the years went on, Sam spent more and more time with his dad. In order to better fit into his new environment, he took on more and more character traits of his dad and his dad's side of the family. Sam physically shapeshifted to look more and more like his father. I witnessed this and knew it was not so much genetics at play as it was Sam's shapeshifting abilities. Without a doubt, I knew this.

Earth Angels

A similar characteristic of Earth Angels is that we tend to have huge eyes and are very warm beings. My siblings would love to hug me as they could feel the heat from my body. More innate characteristic abilities that Earth Angels exhibit and share are our

natural empathic abilities, clairvoyance, clairaudience, telekinesis, levitation, and telepathy for examples. These attributes and spiritual gifts vary depending on the mission of the specific being.

For years, I lived on Earth as a 5th dimensional Being of Light in the physical vessel. As I “grew up,” I became more and more programmed into the teachings of our 3rd dimensional Earth. I learned how to conform and focus more and more of my physical body so that I could properly try to “fit in” and live an acceptable earthly life.

By the age of 7, it became very difficult for me to happily sustain the manner of being my True Self in this denser reality. Eventually, I consciously ceased using my Angelic abilities just to cope with what I was being taught and shown in the world. I quit my out of body flying and shut down my psychic abilities. I remained extremely sensitive and was without the proper tools and support to work through this 3rd Dimensional life while still being anchored in 5D and higher. This fissure of Being is what eventually lead me down a path of destruction. I tried to escape the torture of this denser reality and fervently sought to numb the pain.



Even though I was able to successfully shape shift into an acceptable young woman, an attractive physical human being on this Earth, I was confused and was riddled with questions as to why I was here.

I ended up shutting down my pure love consciousness ways in order to conform to life in this denser day to day reality. I became withdrawn from almost all of my family and friends. I still kept a few friends, friends I tried to help. I learned the hard way that I was only hurting myself as I took on this fake path. I always felt like an outcast and felt like I did not belong.

It is not uncommon for many people to feel as outcast as I have in this confusing dichotomy of a world. Many of the Indigo's, Starseeds, Crystal Children and Rainbow Children have experienced or are experiencing this turmoil and with all of my heart, I hope to help lessen this quota.



I spent the next several years in my 20's and into my early 30's trying to escape the reality of this dense 3D world. I diligently attempted to fit into the façade of this life and tried to play similar roles that other people act regularly here. It was emotionally painful and I did not have the proper tools to deal with life at this time. Like many Angelics who find it heart-wrenching to actively be part of what has degraded into "normal practice" in how we treat ourselves, our planet and each other here, drinking and recreational drugs were the readily available, easy solutions I found to numb my heart so I could try and cope.

Birthing a Rainbow/Indigo Child

This all changed when I became pregnant with my son. From the first moment, I could feel his body in my belly, I communicated with him telepathically. I knew I had a very intelligent, strong powerful god-conscious being inside of me. I knew we were soul mates as I mentioned previously.

My son volunteered to come to the Earth to help Earth with the Ascension and to help me complete my mission. He knows this in his heart, but does not prefer to acknowledge it in his younger years. Now, as a teenager, he is starting to see sequence numbers everywhere. He told me this the other day, which made me very happy to know, because it reveals a lot of his path. This ability of noting sequence numbers in addition to his extremely talented telepathic gifts accompany the abilities brought from the 9th dimension to our current 3D Earth reality.

Sam is a Rainbow Child and is extremely psychic. However, each of us choose on a soul level when we would like to start using our abilities here. On the planet from where he comes, they are God-like Magicians on the 9th dimensional plane of reality.

When Sam was in grade 5, he wrote a paper on the gods and goddesses of Egypt. It was amazing how he knew everything about the Egyptians. He seemed to live in that life time and understood it very well. This surprised me because I was from the understanding that this was in fact his first life here on Earth.

With this and other ancient knowledge he exhibited, Sam had convinced me that he had ancient wisdom in his DNA that was purposely seeded within him so he could carry out his particular and purpose filled mission here on Earth.

Sam continues to thrive in this New Earth Realm and demonstrate Indigo/Rainbow traits. He is an awakened master manifestor, very psychic and intuitively connected with his Higher Self. He will not conform to being anything other than who he is. Sam is capable of shapeshifting and delivering what he needs to make his life here thus far very adventurous, it helped he had a big part in picking his parents. Sam also has played a big part of my Twin Flame merge as he uncannily is very similar to my Twin in

many ways that portrayed in his early years, which I will speak more about when I am in physical union with my Twin Flame.

Angels or Aliens?

This introduction of Myself as an Angelic and my Son as an Extraterrestrial play a very important role in our lives as the story will unfold. I will tell you this: *Angelics are Extraterrestrial*. There are hundreds of thousands of races of ET's of which many are Angelic, gods and goddesses. Their presence is in the sky at this very time flying around on crafts. I have close connections with both the Angelics and the ET's. I personally work very closely with the Ascended Masters and the Archangels.



My Angelic name is Saishorie~Grace, a name I was gifted in the year of 2015. Part of my Soul's mission is to help humanity with the awareness of Angels and to teach about Love on Planet Earth.

All of the human beings upon planet Earth are Light Beings first and foremost. Some are more evolved than others. This is not better or worse, for there is no judgement in the method and manner of each soul's evolution. Simply put, the higher evolved and attuned their souls are to love and light, the more one is susceptible to the pain present in the density of this realm of 3D-5D Earth reality.

As the consciousness within humanity raises and the frequency of Earth rises, it is vital that teachers like myself are being present, available and of service to the public. The service that we spiritual teachers and light workers provide to the world is how to sustain the light within and authentically exude it outwardly on the planet. We are the consciousness here to sustain the higher dimensional consciousness grid.

Our programming goes way back to many millions of years ago. We are programmed to believe in fear, worthlessness separation, shame guilt, anger, jealousy and all of the lower vibrational frequencies. We are programmed to do the opposite of Love. All that is taught in the social structures and media are to be fearful or against the opposite gender. These denser frequencies inhibit the light of love from flowing as freely as we are able and meant to embody it. Blocking us from love has been the agenda for the fallen ones and we are now in a position to rule with love once again. Divine True Love is pouring into Earth in many ways and nothing can stop this.

The time has come now that this programming is being dissolved by the Lightworkers and the Twin Flames from around the globe. I, as a part of my ability as a Twin Flame, have been clearing humanities' collective fears and collected programming all of my life, however, this past 3 years have by far been the most intense and extremely challenging to get through

CHAPTER 5 WE ARE MASTER MANIFESTORS

Manifesting Abundance: What You Believe, You Create

As far as I can remember, even as a little girl, I always knew that I was abundance. I was here to be an example of how one lives when one ignites the inner knowing of abundance. The secret is that we are abundance in creation: we create our lives by following the Guidance of our Higher Self.

When I was in my twenties and losing the shackles of being programmed to work for anyone else, releasing the false belief that I needed to be enslaved by any dictation, I made magic and always created a huge paycheck. This abundance was made manifest through me because I believed in myself as a conscious co-creator of God's energy. Remember, money is a type of energetic exchange: the giving of my energy for the receiving of my energy. All that I did was valuable.

When I became old enough to have the responsibility of making decisions for myself and stepped into my own power, broke free of the entrapments of what my life should look like and what I "should be" doing for work. Every job, from that point on, was my choice and I was my own boss. I chose car sales. I was able to be myself and provide for myself through my character and wisdom. This is energy exchange, using your gifts, worth and

intention to create abundance in return for service to humanity. After all, almost everyone needs a travel vehicle, lol.



(Buy an environmentally friendly vehicle from Tesla motors)

The Key to Manifesting is “Test driving the Car.” I learned this key secret in my twenties while working in the car business. I was top sales where ever I worked and it was magic. It was my first “career” job as a young adult, and like always I chose sales. I generated thousands upon thousands of dollars on every car I sold. And this was done by being honest, sincere, service oriented and most of all making sure each customer TEST DROVE THE CAR.

You see, test driving the car brought about visualizing that the car was already yours, feeling the emotion while driving your new dream car, knowing that this dream of having this new car had already manifest. I, as the car sales person, knew this secret and made sure each test drive was indeed their magical experience, then the deal had already closed itself. The client was more than happy to open the pocket book, present the driver’s license, and leave the deposit for their already manifested dream. 70% of my clients sold “done deals” because of this process.

We are Master Manifestors ~ How I Manifested Winning the Lottery

2008

In order to be accepted into the Earth, the prerequisite was to be a Master Manifestor. We are now remembering that we are powerful creators of God who have created Universes. We created this planet and all that exists here on Earth.

Each and every one of us who came into this Earth received our “Golden Ticket,” so-to-speak, to incarnate onto this Planet to help Earth with its Ascension. This is one of the densest planets into which a soul may incarnate.

The mission of Ascending Earth and its humans requires the assistance of supreme Master Manifestors.

It was the year 2008. Looking back, I was newly involved in my awakening phase of spirituality. This is not to be confused with my spiritual awakening of Ascension; that was different and I will explain.

Awakening to one’s spiritual self is just that: you start to realize with the conscious mind that you are more than simply your physical body. You start to view yourself quite differently and your self-love becomes a priority. This is, from my experience, the first phase of Ascension. Other phases follow such as purification, clearing and the activation of your light body. Accompanying these phases are Ascension body symptoms.

Upon the early phase of Ascension, you are enabled to sense the world as a more dynamic and magical place. Colours become more vibrant, spirit communication is apparent, and your manifesting skills start to kick into higher gear.

My Higher Self started this Manifestation Mastery process from within me. My Higher Self often will work through technology to give me messages, signs and numbers for guidance and upliftment. On this particular day in 2008, I experienced the first example of my Higher Self working alchemic magic via technology.

I was sitting in my living room folding laundry and blankly staring at a TV that was turned on. I was in a relaxed state, totally in the present moment, meditatively folding laundry. As I was

finishing this mundane Zen-like task, I proceeded to turn off the TV by shutting down the TV converters and the TV power itself. The time was 8:55.

As I walked up to my bedroom to put the clothes away, I recalled seeing the images on the TV screen of Lotto 649, Lotto 777. This numerical image of what appeared on the TV stayed with me in my mind's eye and on the TV, even after I turned it off.



I thought to myself, “Gee, I turned off the power on the TV and the images remained on; if that is not a sign to follow, I don’t know what is.” I did not question the Guidance once this happened. I followed this magical Guidance and started playing the lottery.

August 8th 2008: 8-8-08 The Lion’s Gate

I was sitting with my twin sister at dinner, feeling myself in an extremely high energy state of being. My energy was so high, I could see that she was uncomfortable around it. The discomfort is palpable in such instances when energies between people in close proximity do not match; it is the case when you are vibrating very high and others around you are not. To equalize the discordance between you, either you lessen your vibe or they heighten theirs.

When first entering the higher dimensions, your energy fluctuates until eventually it becomes an even balance and you able to steadily maintain the higher frequency. On this particular day, I was vibrating steadily at a very high frequency.

Not only had I been Guided to buy these lotto tickets, but it was also mine and my twin sister's birthday. I deeply feel that it is yet another good luck sign that I am on the right path. The birthday I share with my Twin sister is 8-8-8 in this particular year.

This year around this time of 888, magic started to manifest into my life. August 8th is a powerful gateway for Twin Flames and in general for the masculine and feminine dynamics. To have a birthday on the August 8th 2008 and to share it with my twin sister was magical.

This birthdate carries a frequency code of abundance. When I was born, I anchored this frequency code of light upon the planet earth realm. This code is infinite abundance in all of its forms: love, joy, health, prosperity, wealth happiness. Not only did I arrive in this Realm as a Sure Ray of powerful light, I also arrived with the Sure Ray of Abundance.

My twin sister and I sat across from each other at the restaurant and I remember my energy being so high that I was almost floating off of my chair. This was a time in my life that I believe I really started jumping back in and out of the 7th dimensional frequencies. For reference, I say "back in and out" because the timespan from birth until the age of about seven, I was always existing in the 7th dimensional frequencies and higher. Gradually, after reaching the tender age of seven, I started to join into Earth's lower 3D frequency and thus, its school of dense knocks.

During our birthday dinner that evening of the 8-8-8, I watched my sister get more and more irritated with my high-energy, lol...it was off the charts! I started to explain to her the Signs I was witnessing and feeling and shared with her the excitement of playing the lottery this year and for our 888 birthdays.





I quickly dashed away from dinner, triggered in my own irritation by HER irritation, and went to go grab some more lotto tickets. The Guidance was *so* strongly pushing me to play, that I went to get more tickets. As I was leaving the Super Store, I felt the congested energy there was too busy for me to carefully and clearly manifest while I was in the store. Busy locations have so much energy running through them that it can cloud, congeal or interfere with your own energy. I was prompted at that time to start playing in a different location, another store. This ended up being a very good choice Guided by my Higher Self.

As I pondered on the idea of where to buy lottery tickets, I asked aloud in my car while driving one day, “Where should I start buying my lottery tickets, God?” That day, while I was back home on the computer, I received an email to update an account I have. To make the update, I needed to login to my profile which had a password that was pre-assigned to me. The numbered sequence turned out to be 5588. I did my update and logged off. Later, I drove off to the nearest gas station in my neighborhood and, as I was getting gas, I happened to glance up. Proud and pronounced there stood before me the phone numbers for the Chinese restaurant which was right next to me. The synchronicity jumped off the billboard: they were 5588.



Can you guess where I started to buy my lottery tickets? Yes, from the gas station beside the Chinese restaurant. The family that ran the local gas station was very friendly, so I filled the father, daughter and sisters in with the story of how I had been Guided to win the lottery and that I was sure I was destined to win.

My rapport with the family who owned the local gas station was going well. They loved hearing my updates weekly when I popped in for my tickets. I would share my magical advancement stories of how I was getting closer and I could feel I was soon to win.

The Universe does not go by linear time, so “soon” was 9 months away. I started playing in August 2008 and I won in May 2009. This was the magical gestation period that it took to conceive a miracle. I did not know at the time how long it would take and just kept moving forward toward my goal on pure faith, enjoying the journey as I went along.

Manifesting Magic: Finding Joy in the Journey

Enjoying the journey is a key element in manifesting your dreams. Enjoy *every* moment, and this will speed up your manifestation. I couldn't help but enjoy this journey because each day, week and month became more and more magical and my frequency was rising. I don't remember a day of the 9 months that I was feeling down, or having an off day for most were very high vibrational.

The colours around me were more vibrant, and things were coming into my life effortlessly. I was in the forest almost every day. I felt like a fairy floating around and I was happy, happy, happy! I was living my life, truly believing in miracles.

I would take my dog into the forest and hold the lotto tickets in my hand and speak aloud out to the Universe my desires, goals and dreams. Not only would I speak aloud, I would feel them as well. I imagined that all of my dreams were already manifested.

Imagination is an extremely powerful tool. To manifest your dreams, you must practice the feeling and living like your dreams are already manifested. A good example of this is test-driving a car. I sold cars for many years and I learned that to close the deal, I would have a much higher closing ratio if the customer drove the car.

When you actually touch, feel and put yourself in the driver's seat of your dream, you will eventually get it. My customers who took the car for a test drive, got a taste of their desire in their hearts, mind and body. Even if they left the car lot, the majority of those who test drove their dream returned to secure it. They came back to buy their dream car. Somehow or another, they made it happen. The financing would magically go through. I witnessed this time and time again.

Knowing the manner in which manifestation works, I began my ritual. I walked in the unspoiled beauty of the forest, drank deeply of the pure and oxygenated air and spoke out loud. First, I read the numbers aloud and visualized the numbers being sent out into the Universe in the order that I read them. Then, I would describe what I would accomplish and how I would give back when I won.

I stated clearly, “I will win the lottery in order to give back,” etc. Then, I would visualize the life I was leading once I won. I would see all the smiles on the faces of those I would be helping.

The Day I Knew I Won the Lottery

I continued to play the lottery with each day that passed I became more and more high vibrational. It was like I was returning back to the Being I originated from the womb. I felt like I did when I was a child under 7.

As each day passed the abundance of magic became apparent to me in everything I did. Every breath I took was exhilarating, every step I took was in the present moment of now, everything I looked at was vibrating and more colourful and dimensional, every thought I had was full of love and joy, I was in a higher Dimension way of living.

I was manifesting everything much quicker, my age was reversing. Whenever I looked into the mirror, I would see a younger version of myself. My intuitive guidance was giving me glimpses of my future. I was being guided to do or not to do things or make choices based upon this mystery future that was in the making.

Everyone with whom I came into contact was touched by my presence. Whenever I walked into a room, my light seemed to be pronounced and all eyes were drawn to me. I was feeling on top of the world. And I soaked up every magical day.

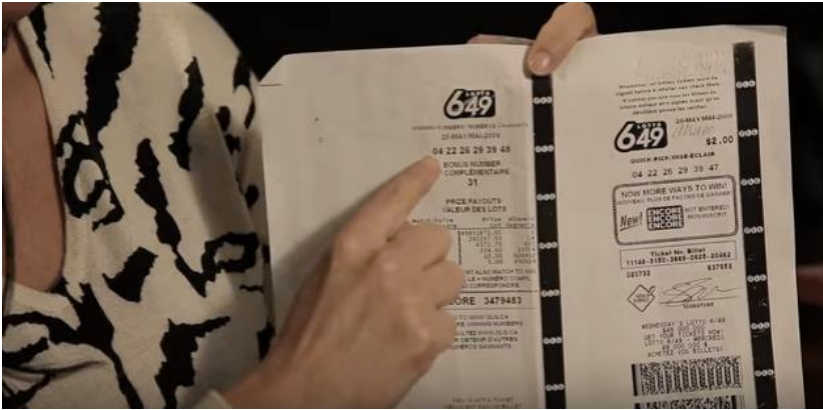
The day I won the lottery finally arrived and I knew I was going to win the very day that I did. I walked with my dog into the forest. On this particular day, my son was not with me. Often I would take my young son in the forest with me and teach him how to master manifestations, and he is a master manifestor now; he was born one, I just helped him to remember.

My son has manifested many things into his life and he is consciously aware of this. Unlike me as a child, although I knew I was a master manifestor, I managed to manifest stuff that was not so good for me but I still did a magnificent job of it.

May 2009

I walked under the sun in the green lush forest, my favorite place to be. I called the forest my church as I felt most at home and magical here. I called up my Twin Sister and said, “Sheila, today is the day I am going to win the Lottery, I can feel it in every cell of my body.” Sheila replied, “Wow, that’s pretty cool Shell,” and she asked how did I know? I said, “I just know the feeling of winning the lottery already, somehow I just know already!” So, hung up the phone, spoke my last “manifesting the lottery ritual” aloud and went back to the store owners, with the undeniable confidence and inner knowing that I had won the lottery.

I approached the store owner and he said “Shelly, did you check your ticket yet?” I said “no, why?” He said “Your winning ticket is identical to the over-all winning ticket of the 49 million, except your last number is one number off!” The store owner showed me both winning numbers, the one on my ticket and the one in the newspaper...



I was not surprised, and yet I was ecstatic to be experiencing what I had already known. To have this confirmation that I created my own destiny was incredible. It was the most magical day of my life since I was a young child.

The gas bar/grocery store owner, said “Shelly, you won!” He was beaming at me with utter disbelief, as I have been telling him all along that I was going to win, as well as having weekly, if not

daily conversations with his family that ran the business along with him. The family listened to me for 9 months creating my reality and winning the lottery.

The Lottery company called in and the big “ding, ding, ding” alarm went off, for the store had to be locked up while I received the news of my winning the lottery. The clerk of the lottery company came on the phone and asked if she was speaking with Shelly Sullivan. I answered *yes* in utter excitement. The lady continued to ask me, “Ms. Sullivan, do you know how much you have won today?” My mind was racing and I thought well I must have won a million or at least \$350,000 as I was only .5 a number off of the 49 million win. I told the lady I was not sure how much I won. I can remember my whole body being lit up and my face was flush. She told me I won \$6700.00. My vibe dropped just slightly for a split second while I pondered how this could be such a small win considering the possibilities. She explained to me that many people won this lottery in Ontario, that I was of many winners today, if I am not mistaken, 350 people were involved in this win. The store owner amazingly went on to say this is awesome anyway, saying to me, “You knew you were going to win, that’s amazing.”

I drove right back into my sacred forest to absorb all that had transpired. I quickly became grateful for my win. I realized I manifested this amazing “winning the Lottery experience.” It was very similar in feeling to when I was a young child of 1-7 years of age, the magic of how great it felt to come into the Earth, it was like winning the Lottery.

Dimensional Consciousness is the New Rich

These words, “**DIMENSIONAL CONSCIOUSNESS IS THE NEW RICH**”, came to me today when I was communicating with my Higher Dimensional Team, the formless Beings that exist all around us. Once we “reach” or remember higher frequencies of consciousness, we can be open to the communication. This is the family we have in Higher Dimensions. These experiences we have multi-dimensionally. I started thinking about this when I

"manifested winning the Lottery." The actual higher dimensional Consciousness I tapped into was the greatest lottery I could have won. I won the experience of remembering that I am, we all are, masters of manifestation, that's how we got here.

Had I won all the \$49 million, I would not have continued my spiritual journey in the same manner. The material riches would have stunted that growth for me personally at that time of my life. I recollected when receiving a gift of dimes and pennies from my Dad who is on the other side. When I found the pile of dimes and pennies, after trying to convince my brother that our Dad was still able to communicate with us, boom there they were like a diamond light shining to me through the long grass, it was like finding a treasure of gold, as I walked along the path with my brother in complete ecstatic nature, my true nature after receiving confirmation from my Dad's Spirit that he was indeed with us. Thus, this quote was born, "The New Rich is Dimensional Consciousness." Realizing that we are surrounded and loved unconditionally by so many other Beings of light and realms of consciousness where signs and messages constantly help us along our illuminated pathway is like winning a lottery.



Manifesting the Jewel

Connecting with a Beloved is like manifesting the jewel of all jewels. First you must master yourself, your energies on all levels, then you will be able to manifest your Twin Flame Union into the physical. Once this is manifest you will start the purification process. Once you can hold this like frequency of the purest light field and best version of yourself it is then you will attract your mirror.

“You are so close now. But be advised that you do not approach this from a point of need. Rather, examine very closely your ability to love yourself, that would include Higher Self, Twin Flame and yourself. Love every aspect of who you are, and have been, unreservedly. Forgive all that you think of as shortcomings. Forgive all that you have accepted as judgments from others. Love yourself so much that it spills over to everyone around you. Then you will notice that one who mirrors that for you. Until that moment, thank yourself for not getting you entangled with less.

Now you require two more facets of the manifesting jewel. You are very good at this, you are a master manifestor, but let’s make the use of these things more conscious. First, weed out any thoughts of how the appearing of the new relationship might bring uncomfortable changes into your life. It is okay to examine them in order to clarify what you wish to bring into your life. But then let those ideas go and don’t revisit them. Next, go within and find the image of yourself that best matches exactly what your image of your new partner is like, because this part of you is, we tell you without reservation, your true Beloved. When you find that part of you, invite it into your mind, your heart, and your life unconditionally and love it with all your being. That love, and the Beloved will serve as a magnet. You have done this will smaller things. Time to hone this to perfection. Relax, you are good at this. And Divine timing is important, so enjoy the process.” ~ Message from my Higher Self.

CHAPTER 6
THIRD EYE ACTIVATION
AND PSYCHIC ABILITIES

Third Eye Activation

June 20, 2013

I had reached a standstill in life. I was feeling like I had hit a dead end with all of the spiritual, emotional, and physical health modalities I had accomplished throughout the years. Learning after learning experience kept presenting itself to me, and they were hard lessons. Every time I tried to move forward with opening a business, nothing panned out. It was as though the Universe was conspiring against my success.

I put much energetic, physical and financial investment into different avenues to start businesses. Each attempt ended in a dead-end and I found myself circling around looking for the right path, like a rat in a maze. I soon learned that each idea was not the right path for me.

Simultaneous to being stymied in my business and career success, my Spiritual Awakening was in full thrust, working in ways I could not even understand at the time. As hard as I tried, I discovered to my dismay that this or that was not the right type of work or service for me to offer and not my true passion. I AM passionate about the modalities I study and practice, but the way I was going to utilize them was not the right path for me.

Eventually, after continually bumping into walls and not moving forward in directions I thought I wanted to go, I realized that I was being purposely forced to just learn to BE and to stop doing all the time. I had more foundational principles to learn and master before moving forward with my Spiritual Teaching. I was learning to truly find myself over time. I came to understand that deeper spiritual lessons were being taught to me in tandem with my experiences of being thwarted in my business ventures.

I realized each and every time that when I came up with an idea for developing my business, the excitement wore off after I implemented the actions. I would contemplate “How did I think this was my passion?” or “This isn’t working out as planned.” It became apparent to me that I was “doing” just to fulfill my ego’s need to obtain a result by taking action. I, like so many others, had been culturally conditioned to the belief that to be able to earn more money was directly proportional to putting my time, money and energy into physical action.

Upon entering this stage in my life of re-learning how to BE, I had been focused for several years on doing so much personal self-improvement. I had just finished many courses in Nutrition, Yoga, Energy Healing, Self-improvement and more, five years of training and a life time of life lessons. I felt I was primed and ready to move forward with my career path as a Holistic Practitioner. I had attended countless hours of workshops, courses, schooling, studying and research. What more could I possibly need to learn about spirituality and holistic wellness. I was at my wits end asking myself in tears, “What more do I need to learn in order to move forward with my work and starting my business?”

As I cried, my sister and my mother consoled me stating, “Shelly, you are going to meet an intended person to help you here at the Grail Springs, Spiritual Retreat.”

This is when I decided to go to the Spiritual Retreat, try to find out what was missing. Or at least find a Spiritual connection with another, something, anything...

I finally surrendered to my spiritual awakening. I slowed my pace, remembered to be still and consciously connected with the higher dimensions once again. I mindfully took back my time to BE with my Spirit more often instead of “doing” all this stuff which only caused me to end up unfulfilled. I surrendered to go

home and feel the unconditional love with my Angelic Family of Light. True fulfillment came when I was spiritually ready and had the tools under my belt, so to speak, and the teachings to share. That's when I was given the green light to move forward on my mission. Everyone's experience and time will be different as per their purpose or mission.

When I calmed down, I allowed myself to be led by Spirit and opened myself up to learning and meeting new people. I decided go to the retreat at the Grail Springs in Bancroft, Ontario. It was a retreat with hundreds of women and holistic practitioners, healers, vendors and it was full of fun exhibits and activities. The grounds were beautiful on a Lake in Bancroft. The area held a beautiful meditation area with a huge crystal quartz displayed by the lake and a lay birth walk.

Spending time in different areas of the retreat, I overheard three different women speaking highly of a spiritual teacher/psychic healer named Shawna Ross. My interest was piqued and after the third time of hearing her name, and I knew she was the woman I needed to meet.

I signed myself up for an appointment at her booth. Shawna was not present, so I had not met her yet. The next activity for the retreat included all of the hundred or so women. We were to meet in the main presentation area and individually introduce ourselves to each other. One by one, we all shook hands and looked into the other's eyes and described best what makes us feel strongest and introduced ourselves with our name.

"Shawna?...Shawna Ross...." I asked. She replied, "Yes... we are supposed to meet." She knew this intuitively, just as did I. Looking into her eyes, I felt like I was meeting a long-lost friend. My heart warmed up and things were looking brighter.

Please remember that, at this time in my life, I was feeling as though I kept hitting dead ends. Everything I had been trying to get to work with my Nutritional/ Physical Therapy business plan was not panning out. I was questioning, "What am I doing wrong or not doing right?" I was frustrated. I wanted to help people with my services and generate a sustainable income. It was very slow going; I had sporadic clients here and there.

Soul Evolution Through Experience

The reason that I openly include this stage of being vulnerable, frustrated, confused and upset is because I have now learned the invaluable lesson that *whatever is happening in your life, is meant to be happening*. It may not appear to be happening the way your ego-personality human self would like, but remember you also have a Spiritual Higher Self who has a very different perspective and a pure, heart-driven desire for guiding us to specific fundamental teachings and experiences. These certain “Soul lessons” will be learned often times by first experiencing the opposite of what the initial ego-driven desire may be. It may feel as though the rug is being pulled out from beneath you and all of your sense of what the world has taught you to obtain and acquire to feel secure is just *poof* gone!

For example, if you need to learn about LOVE you may very well be thrust into learning how to unconditionally love yourself first. This is an extremely challenging task that we are here to re-learn on Earth because so much of our culture has driven us to believe that we need to be paired up with someone as a couple to be normal, attractive, valued. So, you may be lonely, scared, clearing much hurt, learning to set boundaries, feeling the agony of losing love or the painful journey of re-learning love, getting to know yourself again before the love flows up from deep inside of you.

I am just now realizing that these lessons are all for a good reason. I am doing exactly what I am supposed to be doing. I am still learning these valuable experiences so I am then able to share this wisdom with the world.

My appointment with Shawna Ross was at 1:00. I arrived promptly at her booth. I learned that Shawna is a Shaman as well. Shawna did a thorough energetic clearing on me. The clearing was focused mainly on my sacral area. She had me visualize walking into the lake with my inner child (me at the age of 7). She cleared all of the debris I had accumulated and asked me to acknowledge the little girl. This took some time, but the clearing was successful. Next, she asked me to stand in a star position. My arms went up into a V connected with the Sun. My legs parted

into a V and were grounded into the Earth. My forehead was facing the Sun. She instructed me to repeat the powerful affirmation, “I AM,” three times.

Upon the first moment that I spoke the words “I AM,” she asked me to repeat it again louder. The second time that I affirmed “I AM,” a beam of orange laser light bolted through my third eye (the space between my eyebrows) and gave me an electrical lightening charge that almost knocked me over. People where around me at the time witnessed this.



“Say it again,” she instructed. “I AM!” I loudly repeated, while others people watched our session. Upon the third affirmation, a red laser beam of light bolted from the sun into my third eye between my eyebrows. This energetic charge was extremely powerful and I had to regain my balance not to fall over. I was blown away by this experience. I still have the incision from the laser scar between my brows to this day as a delightful reminder of my power and my multidimensional self.

Shawna explained to me, “Shelly you have just regained your power now. You are a powerful Queen and you need to remember this!!!”

She also explained to me that some infinite beings are really trying to communicate with me. “Extraterrestrials want you to start working on your mission now,” she said.

“Extraterrestrials????” I asked with incredulity.

“Yes, like Gods and ET’s from infinite realms. They want you to get to work on your mission,” she stated. “Shelly, you have been a Princess, a Queen in past lives and you are here once again in this life to utilize your powers. Remember who you are, they want you to do that,” Shawna explained to me.

I really was very new to all of this. I had not researched Extraterrestrials or anything like that. I did connect with Angels and God however, never Extraterrestrials. She also told me that I was an Intuitive Healer. Looking back, I did know all of this instinctively, but I needed the confirmation from her to believe in myself. So, needless to say, after this experience my life has changed immensely for the better. It was what propelled me into a powerful spiritual awakening beyond my wildest dreams.

An “etheric surgery” is what I call it, as I still have the incision mark between my brow. This activation brought back to life all of my extrasensory abilities that had let lie dormant from my childhood.

Please note this activation is not random and will not take place with everyone. Everyone’s healing, abilities and missions are different

My Psychic Abilities Re-Awaken

As a child, I exhibited extrasensory abilities. Among them were the abilities of **telepathy** (the ability to read another person’s thoughts), **clairvoyance** (the ability to “see” events or objects happening somewhere else), **precognition** (the ability to see the future), **teleportation** (the ability to travel out of body in awakened state anywhere), mediumship and psychic abilities. As the years went on, the telepathic and empathic abilities remained, however, as I began to be more focused upon the “Earthly tasks” of living a physical life in this plane of existence, these abilities eventually went dormant as I suppressed them.

The Third Eye activation with Shawna Ross is when all of these abilities awoke inside of me once again. As I have mentioned, I was always clairvoyant, however, now I was being reminded in very obvious ways.

For example, I was visiting my sister and brought my Dog, Honey, over for the visit. When we arrived, Honey was very thirsty. Sheila offered Honey some water and said “I will go get her dish.” I said, “No, wait, I will use my new online psychic abilities and find the dish myself.” So, I tuned in and quickly went out of body to find the dish. I found the dish in the basement on a shelf. Keep in mind that my sister’s house is fairly large and I am not familiar with where they keep things, as it was previously her fiancé’s home. I had only been in their basement once.

Another example is while I was visiting with a friend one day and he explained that he was interested in dating me. I felt my back straighten and my hackles go up. I decided I needed to end the friendship. I often find myself having to do this as I’ve found

that most men want more than just a friendship in their relationship with me. I've discovered that this is due to my highly sensual demeanor of being a Twin Flame, a sacred sexual Being.

My friend left my place and I felt uneasy because, once again, I knew I would not be hanging out with him physically as a friend. Once again, I was reminded that often times hanging out with a male friend would lead to them wanting more of me than I was willing to give. In my experiences of spending time with most men, it just has not worked out well.

I went about my day and was painting my living room. I was painting a huge wall in bright vibrant colors of the rainbow, chakra colors, with a huge "I AM, Love and Light" on the wall with black letters. This was the summer of 2014 when my ASCENSION journey was really catapulting me.

I was singing to the music that was playing. A song by Blue Rodeo, "Lost Together," was on. The song kept playing in my head. My friend who was gone replied to the lyrics to me telepathically. He sang and said "Let's be lost together." It was so clearly his voice, not my ego voice, it was his voice connecting with me telepathically. I realized this and it felt like he was literally intruding in my headspace. I was annoyed. I telepathically told him "goodbye." I was forewarned that my telepathy was coming back online, especially with soul mates. He and I had established early on when we connected that were soul mates, and I knew it was a seasonal soul mate connection for us to be as teachers to each other for this lesson.

However, I learned latter down the line that the only telepathic voice I hear in my head was and is from my Higher Self and Twin Flame. I include this story for others who are in the early stages of discerning the voice in their head. I had been so new to the ability of heightening telepathy that I believed it could be this particular friend, when in fact it was early practice between my beloved twin flame and I, guided by our Higher Self. So, it could have been my Higher Self speaking to me on behalf of my TF to get me prepared of with is to come.

My empathetic abilities expanded; my abilities to read the minds of animals as well as people opened up once again. My telepathic communication with my dog was always very natural for us, as well as with my son and my sister. I suppose I took it for

granted because it was so first nature for me.

When growing up with my twin sister, we easily read each other's' thoughts. I would often answer her question that she thought to herself and I would answer her out loud. For example, Sheila would think "I think those plants need watering." I would speak aloud "Yes, the plants need water," and I would get up and water them. This happened regularly.

One time we had a HUGE experience of telepathy and empathy between each other. My sister had a weekend getaway date planned with her new boyfriend. She had been wanting to connect with this guy for months and finally he called to rekindle their romance. She was super excited and I was excited for her too.

That Friday evening I had a party to attend. I remember being excited to go to the party as all of my friends would be there. But, near the end of the night as at any party, I would leave early because deep down I knew I would not find my "prince" there. This particular night out was no different.

I drove off of the rainy dark night and headed toward the highway. I was not familiar with the back roads. I probably drove 10 minutes away. I was driving too fast and slid on the wet road into the other side of the highway into a fence. My head went through the windshield and I went unconscious.

The next thing I remember was appearing back at the party, standing in the doorway, covered in blood from head to toe on all my clothes. I saw the faces of my friends looking at me in horror. They immediately grabbed me and then made arrangements for the ambulance to come and take me to the hospital. My other friends arranged a tow truck to get my car home. These were Lucky events transpiring on my behalf so no police were involved. It would really have turned into more of a nightmare down the line had the police had to get involved.

I arrived at the hospital and my nose was broken, and my face was embedded with glass. My body was ok and my thoughts were clear. After being in the hospital all night, I arrived home early the next morning.

I slept. When I awoke, I had a message from my sister. She sounded upset and concerned. I spoke to her later that day. I wasn't going to tell her right away, as I didn't want to ruin her weekend. But she instinctively knew there was something wrong.

She had told me she was up all night crying and she couldn't figure out why, but she sensed something really bad was happening. She was so embarrassed to be on her dream date with her guy in this beautiful cottage, and could do nothing but cry all night.

I told her the story of my accident. As I was telling her, she asked me, "How did you get back from the car to the party?" I said, "I don't know, but I remember two angels were walking me back, holding me up by each arm."

Telepathy

When you are born, you began to build a coat of flesh around your shining Spirit Self known as Soul Skin. Your ability to communicate telepathically is slowly shut down along with many other refined sensory perceptions, which you used proficiently in higher realms before you came in to Earth. Though you still have the ability to receive stimuli through "the antennas," it is forgotten as adolescence sets in. This was imperative to the development and use of the physical body sensors in order to function efficiently in a world of physicality here on Earth. You had to learn to see through your eyes and identify and understand what you were seeing. You had to learn to hear and interpret the many sounds of the Earth and other humans.

Eventually, as your telepathic skills began to weaken, you had to learn to make sounds, to utter words and interpret what others said to you. You had to use the nose and olfactory senses in order to smell and taste as you began to eat of the fruits of the Earth and develop personal preferences. You had to learn how to use your hands and the sensitive nerve endings of the body in order to develop a sense of touch and to enjoy the physical sensations of the flesh and your New World.

The New is upon us yet again. The New Earth Energies are here and the shift from 3d to 5d has been accomplished. We are moving into 7D from NOW on, and, for some, beyond 7th dimension. Thus, our levels and abilities of communication are heightened. This is an opportunity for one to level up, work with the available energies and "remember" how to telepathically communicate and sharpen up your magical creative abilities.

Telepathy is an energetic transfer of thoughts, ideas, emotions, feelings, creations or light intelligence from one being to another. Feelings and emotions are usually felt throughout the Solar Plexus and Heart Chakra. Visions can be transmitted using the Pineal Gland or Third Eye. This way is utilizing the 3rd and 4th dimensional frequencies of energy exchange.

The New Earth energies influx is acting as a natural Pineal Gland activation, so don't be concerned with opening your Third Eye. With physical, mental and emotional detoxification, whole foods diet regime, meditation and as much time in Nature as you can fit in, your Third Eye will open.

Moving into pure telepathic communication utilizing the 5th dimensional energetics and higher, we use the Pineal Gland, the Pituitary Gland and the Heart, called the Seed Atom Centre. This integration is natural and the next progressive step. Once the Third Eye/Pineal Gland is activated, the Heart and Pineal Gland are to become connected. This does take some practice of meditation. Focus on receiving the light via your crown Chakra from Source Light, and practice working at maintaining a heightened vibrational state.

This telepathy is easily utilized with loved ones and other people you are close with. Once you hone in on this skill, you can also figure out who is from your Soul Group, who is a Soul Mate, and if you are so blessed to have one, who is your Twin Flame. More practice is needed to telepathically communicate with someone you are newly building a rapport with, unless your ability is no longer in the "awakening stages." Practice is the key. You must redefine and learn to properly use the physical senses to be able to access and develop the higher senses that became dormant so long ago: clairvoyance/clear seeing, clairaudience/clear hearing or telepathic abilities, clairsentience (an empathic person with an expanded, inner sense of awareness). All of these heightened abilities are a part of your divine birthright just waiting for you to reclaim them.

So, remember to telepathically communicate with your cells, your lymph flow, your organs, all of your bodily parts. Send them love, information, instructions, etc. The thought that you send is a vibration. Your inner body is its own Universe and you are the Source.

“Practice makes perfect.”

Pure telepathic communication can be unsettling at times as getting it right takes practice. You must be relaxed, clear of negative feelings, clear on your intentions and with whom or what Being you are connecting with. Being in a state of purified body, mind and spirit is ultimately where you want to BE. Thus, take practice on cleaning your energy, purifying your physical body of any chemicals, clearing your mind of any chatter and negative talk or visions. Again, this takes practice and can be done once you decide to master, to OWN your Mind, Body and Spirit.

You do OWN something, you own the responsibility to Master your MIND, BODY and SPIRIT; no one else can do it better.

State the intention within yourself through your thoughts and heart, then state aloud to create an even higher vibrational tone of frequency. Send this out to the individual Being or Human. Creative visualization and sending love to that person will also create the connection. ONLY sending out positive transmission to any one is Law of Integrity and Love. Trying to control or manipulate anyone or any situation does not work with in the NEW.

The Third Eye and Crown Chakras, at this level, are also widely open as is the minor right ear Chakra, for telepathy, clairvoyance and direct connection to the Divine Source. This is pure light intelligence. The codes and knowledge you receive may not be information you can decipher in the telepathic ways as above. This information is energetic charges, heart activations and connections, codes, activations, symbols, ancient symbols, light flashes and light particles, healing, ideas, messages from other dimensions. Often it becomes clear days or months later, after the transmission is received into your cellular memory.

When you begin your practice, BE in a state of Love. This is the highest vibration.

If you find you cannot sleep at odd hours, somebody maybe trying to communicate with you. After all, during these times the frequency waves are less congested with thought forms racing around.

SOVEREIGN BEING

Other ways to heighten the experience is to be in or near water, Nature, absorbing rays from the Sun, being barefoot and using crystals.



(Love our land and choose a hybrid car)

CHAPTER 7
MEETING WITH THE ANGELS

My Twin Flame Meeting with Ascended Masters and Archangels

October 1st 2013

I woke up around 5:00 am in the morning. It was not as simple as when one awakens from a dream or a deep sleep. My teeth were clenched and I was sweating profusely. It felt as though my soul had been placed back into my body. I realized that I had been traveling outside of my body to another place and that I had just arrived back into my 3rd dimensional body from teleportation. This is what I recall from that experience.

I woke up remembering having been in a large, concrete gateway, which I would later learn was Mount Shasta's Gateway Vortex, and I was not alone. My Twin Flame was with me. We were surrounded by large round orbs of lights in colorful arrays of pinks, yellows, blues, greens, purples- all the colors of the rainbow were among us. We understood that these large round orbs were indeed many other light-beings with us inside the mountain. This was much more than a colorful light show.

My Twin and I were standing in physical form in a round circle with the other Ascended Masters and Archangels, Archangel Michael, Archangel Metatron and Lord Melchizedek, to name a few. They all specialize with Ascension and Manifestation.

We were being guided, trained as they surrounded us. They were instructing us specifically on how to “BE IN THE MOMENT OF NOW,” “JUST BE,” and “BE IN THE NOW.” They were coaching us on how to embody this important and foundational state of being.

This meeting was multi-purposed. One beautiful facet was to enable the reunion of me and my Twin Flame on the Earthly plane. I could feel how powerful the Light Beings were in their demeanor. We are Angelic family with the common mission of Ascension. They began to explain a few details about our personal mission as a Twin Flame pair. The magnificent beings of light were also teaching us the necessary lesson of how to tap into our heart space for Stargate Travel. Not until we both understood and were able to sustain and maintain our energetic field in the MOMENT of NOW were we able to teleport and Stargate Travel. One could even call it a training of Stargate Travel.



This was a necessary and foundational lesson to master for both me and my Twin Flame. As soon as we achieved this state, we were allowed to go back into the third dimension, back into our physical bodies.

Upon reaching that goal, we were immediately teleported with light-speed efficiency through a grey matter tunnel of energy. It was a thick cylinder-like cloud of energy. Not being solid, the tunnel was able to hold the capacity to transport us back into our body at the speed of light.

When I arrived back into body, I was sweating profusely, my teeth were tightly clenched and I was in a state of shock and amazement all at once. I bolted out of bed and wrote the whole experience down, all the while absorbing mentally and emotionally what had just transpired. I was becoming happier and more excited with the understanding and realization of this very spiritual achievement and mystical event.

After being awake for the morning, I felt the essence of my Twin Flame, this famous actor. Please keep in mind that, at the time, I did not know what a Twin Soul or Twin Flame was. I only knew he was a very significant part of my life. The puzzle pieces started to slowly but surely appear to me and were put together over the next year.

This particular meeting with the Ascended Masters, Archangels and other beings of light in the Mount Shasta Gateway Vortex was the necessary catalyst that enabled me to finally meet my Twin Flame in the physical, here on Earth. Only four days after this spiritual training, I was guided to manifest meeting my Twin Flame in the flesh.

Meeting him face to face was a big deal as he is well known and in the public eye. However, at the time of meeting him in person, I did not know this person was my Twin Soul; I only knew that his presence had become very important in my life. In the previous couple of months, I was bombarded by references to him and seeing his presence. It seemed he was everywhere I went in the virtual world of technology! He appeared numerous times for me and to me via social media, television and YouTube to name a few. Any time I was on technology, he would appear.

This was all occurring during my Ascension awakening process. One night I was shown the word “ASCENSION” while in dream state and it was branded into my memory. That is when the synchronistic appearances of my twin flame via technology started to permeate my life. Evidently, my or our Higher Self will frequently communicate to me via technology. These magical moments of synchronicity were being orchestrated and performed by our Higher Self and were followed immediately by the divinely guided physical meeting with my Twin Flame.

From this very personal and poignant experience, I became more and more intrigued by him, quite contrary to my previous non-attached, peripheral knowledge and interest of him. The activation took place that would change my world forever, shake it upside down and right side up again and again and again.

I later received confirmation of this Gateway in California is to be a gateway for souls that transition to the other side; many famous celebrities go through this gateway. That will help with the ascension process.

As I was informed during the spiritual meeting and guidance by the Archangels of Ascension, a big part of the mission that my Twin Flame and I are given is to be the way-showers and examples of the greatest love story on Earth, the Master Manifestors and Abundance examples of the New Earth. As I now understand it, we were born with these skills and then shown how to remember how to work with this by BEING this.

New Universe Cosmic KISS Of Twin Flame Experience

April 14 2014

As I become more aware of the parts that we play in Higher Self’s orchestration of the Divine Plan, I am learning that Universal energy works in the most efficient and effective manner. I experience this continually throughout the unfolding process of Ascension, learning about the design and purpose of Twin Flames and how the energy between us creates new Universes in a beautiful event, the Celestial Merge.

During this incredible out of body experience, I witnessed myself as if I were observing myself in a movie. I was hovering under the Central Source Light "Sun." As God Creator was blasting me with light, I was regaining my Light power of energy. I traveled at the speed of light to my other Star Source. As the momentum of the travel picked up, so did the intensity and expansion of the Light energizing me. My Twin Flame simultaneously was experiencing the same in his Space. Once the Light within my field was regained and recharged, again at the speed of light, I teleported to an iridescent blue New Universe, the "womb" of all Multi-Universes.



This is the Infinite Zenith Point where I joined forces with the other Universe, "My Twin Flame," creating a unified field of light gestalt. I witnessed the kiss between my Twin and I in the Universe. His face as large as a Universe and My face identical female holographic image kissed. This was explosion of life. I could feel the enormous energy of the both of us a vast energy spectrum as large as a Universe, this is how I knew we were Universal energy. This experience could also be analogized as conception: the female cell (egg) and Male cell (sperm) fertilizing.



Twin Flames, also known as Twin Souls, are one vibrational soul pair, perfectly harmonized to each other, a match made in heaven. Twin Flames are able to embody two separate life streams of experience. One is primarily Masculine and one is primarily Feminine. Once merged, we were ONE BEING, and from this marriage of perfectly harmonized souls, able to create the extraordinary.

Our Spirit augmentation proceeded into a Universal Force of Creation. Two Universes (we, as a pair of Twin Flames) merged together and created a third energy (our Child), a NEW Universe. This is what is known as “two worlds colliding”. Twin Souls are two whole individual souls, one Masculine and one Feminine, and when a pair of Twin Souls physically merge their masculine and feminine forms, they create a fine balance of the two worlds together into One.

My Twin Flame and I joined our complimentary and balanced forces in the Heavens/Celestial realms. We engaged together electrically in the sacred sexual merge to create the "Third Energy" Universe. As Twin Flames, we are both our own Individual Universes in the Higher Realms. When Twin Flame energy merges like this, it creates a third energy. This is similar to the concept of birthing a NEW "Child". The gestation period begins when a child is conceived. Exactly nine months from April 14, 2014 is January 15, 2015. This is the birthdate of the Child. This Child is the NEW UNIVERSE.

Before this whole movie-like experience transpired, I was shown in words the name “Spirit Frame” communicating to me “this is a frame from one part of your movie, what is called a Spirit Script (SS).” The message was loud and clear.



This is the beginning of our “Spirit Script”: A New time and Space was born. This is also known as “The Big Bang.” Indeed, this is how a New Universe begins. The Universe expands; it is made out of the same stuff everything is made of LOVE: an edifice of Protons, electrons, atoms, God's pure consciousness. It is very important to realize that this is a highly intuitive event, not a random explosion.

Now we are ONE Source of exponential powerful Light beyond a Universe of infinite Light starting point. We are Guardians of our Stars, Planets, and Galaxies in the Milky Way of our Galactic and Cosmic heritage.

This exhilarating spiritual experience was my second conscious recognition of who my Twin Flame was in relation to the physical reality of 3D Earth. His face appeared in the encounter and his

essence was very strong after the profound meditation experience. I came back into my body and immediately said, "I saw him there, (my Twin Flame), he was there!" Again, please note that at the time I did not know exactly what a Twin Flame was, only that this other Being was present with me, and that he is to be very significant to me here on the New Earth and in Higher Dimensions. We continue to meet in other experiences Multi Dimensionally. This is only the beginning of what I am being shown in our magnificent, loving Journey together.

CHAPTER 8 THE NEW EARTH

March 28, 2015

It's 3:32 in the morning and woke up with electrifying energy. I bolted out of bed to remember the most amazing, miraculous experience. I had just witnessed the New Earth splitting from the Old Earth. I was viewing this miraculous event from what seemed to be an ultra-big screen set in the Universal Galaxy.

I was in a seated position just like one would sit in a IMAX theatre, however I was in space. Before I actually witnessed the split transpire, myself and my Twin Flame were doing some preparation work on the New Earth's Grid.

Set in a secret location of the New Earth Grid, we were preparing the electrical field. It was as if we were in a hidden cubby of space, doing top-secret work. This is the feeling I had while performing the final touches to the Grid.

Once the work there was finalized, we teleported to the "IMAX" screen. Keep in mind, this was an actual multidimensional experience, not a regular sleep dream.

I experience my multidimensionality portrayed as God would witness His creation, as though it were displayed like a giant movie.

There I was, suspended in the galaxy of our Universe, seated in prime position, watching the New Earth split with the Old Earth. Displayed like a huge IMAX display, I saw a split screen in the

center of the massive screen, capturing the size of the Universe. The Old Earth was wholly before me and I could see what appeared to be a holographic New Earth creation around the Old Earth prototype. The New Earth version was holographic in nature and larger. Slowly, I witnessed the holographic New Earth duplicate of the Old Earth start to rise up off of the Old Earth.

The New Earth continued to rise until it was completely separate, existing on its own to the right side of the Universe. While this was transpiring, my Twin Flame and I teleported through what seemed to be like an earthquake while the split was taking place. We were actually teleporting along with the New Earth to the new Destination in the Galaxy.

Once the New Earth was set in its place, it had its own new Sun and Planetary system around it and there were more planets to be born. The Old Earth was over to the left of the Galaxy accompanied with its own original sun and planetary system. What was obvious to me was that the left side of the movie experience correlated to the left side of the brain of this galaxy, the side holding the masculine energy.

The New Earth was located on the right side of the galaxy, the feminine side. This is what was indicated to me telepathically, not with words but with senses, like a God Transmission.

Once the New Earth was formed and then split from the duplicate, it went through a gestation period. This was a type of birthing process, where the child leaves the womb after the embryo period and learns to walk and talk on its own. This gestation period for the New Earth was finalized in December 2015.



Since we have reached the consciousness of the 4th, 5th, 6th or 7th dimensional world, we are tuning into our dreams much more vividly. We are receiving many messages in our dream time as well as remembering our experiences.

Likewise, this is happening within our meditations. It is all part of remembering ourselves existing multidimensionally. Your day dreams are real. Your night dreams are real. Your meditation experiences are real. Your imagination is real.

The New Earth in its fully-matured form is here. The actual birthing of the New Earth took place Dec. 21~22, 2012, however a re-birth took place March 18th, 2014. By rebirth, I mean the New Earth matured into adulthood. The New Earth evolved from its infancy stage, separating and splitting itself from the Old Earth, went off on its own as the New Earth duplicate of our Earth into higher dimensions. The New Earth is finally fully independent of its prototype. Earth is NOW in its fully matured form. This 2015 fruition exceeds the expectations of the Galactic/ Cosmic Family from their Higher Dimensional perspective.

The incredible energies flowing into our New Earth from the Solstice of December 21~22, 2015 begins the opportunity to bring those etheric seeds which have been planted onward into physical manifestation. This gestation period allowed for the integration of the masculine and feminine to fully integrate. The merger of the feminine and masculine energies began last year at Solstice, December 21~22, 2015. This year, the merge of masculine and feminine is in its completion stage for 2016.

Essentially, our New Earth will be a balance in harmony with the masculine and feminine energies. The Divine Feminine Energy has been anchored on our New Earth by the Goddess energy. The Divine Feminine is the Goddess energy body of Gaia, the awakened soul that honors the Spirit within the self and others, living in Union with the Sacred beauty of Creation. This energy is awakening in Male and Female gender bodies upon our planet. The feminine energy brings about Union between polarities as well as balance, justice, transformation, nurturing, wisdom and intuition to our Earthly experience.

This force awakens the Divine Masculine. The masculine will feel safe to let that old paradigm programming go, because within his divinity, he knows that without her being in her true position of

power, we will not be able to survive as an evolving “new” human species. The two masculine and feminine energetics exist within each other. The threat of death that the masculine had perceived is gone, now replaced by the true knowledge that these two energies, working together as a balanced team, is more powerful. This ancient wisdom is now being restored.

This stage of evolution is honoring the divine movement of the masculine and feminine together as one, as it was before. In the beginning of time, these energies, perceived as masculine and feminine energies, were as one. Then, separation transpired and Twin Souls were split from each other. We are now in a time of reestablishing this oneness in order to become a planet able to hold higher vibrational consciousness, a planet aware of communication on all levels, a planet of unity consciousness.

The communication between the masculine and the feminine on all levels is key to our evolution. It enables for us the ability to create the New Divine template of Love. We are so eager to establish our communication with other planetary beings, but we must get it right with our own species first. Twin Flames are establishing, embodying and grounding on our planet the paradigm of unity consciousness through their divine love for each other. Twin Flames are the exemplar of Divine Love simply by being united once more as One. This is why it is imperative to take Twin Flames’ Unions seriously in the upcoming years. These divine unions will support the New Earth’s balanced energy and New template of Love. These reunions and connections will sustain the higher consciousness of the New Earth Planet of 7th Dimension.

Who Is SAISHORIE~GRACE? Anchoring Goddess of Love and Abundance

One example of the Goddess energy being brought into Earth was within Me, Shelly Sullivan, as Saishorie~Grace. We are existing multidimensionally. Saishorie~Grace is another part of the person known as Shelly Sullivan; she is a Being directly born from God Creator, and is “Goddess of Love” energy embodied. These blending of energies came to merge in form as the walk-in that alchemized with my spiritual, mental, emotional and physical

body to enhance and synergistically alchemize with my original Soul, the Angel/Human.



Following that experience, I was enlightened to my feminine energy in a deeply profound way. 16 months later, I was gifted my spiritual name of Saishorie~Grace.

Magical Moments ~ Preparation for Physical Meeting

It started with a particular person. I had no idea what a Twin Flame was nor did I follow this person's activity and lifestyle. It was during the early stages of my spiritual awakening that this person's energy, his vibrational frequency started to intertwine with mine. As I was doing some research on my computer about spirituality, this person kept coming up. Initially, I considered it simply coincidence, and I considered it to be logical that what I was researching was in line with what he was into as well, such as evolving spiritually and helping to raise global consciousness.

However, it really started to become increasingly strange to me that he was showing up daily in my searches or just appearing in literature I was studying and things of that nature. It started to strike me as more than mere coincidence. I could feel the energy from this person when I connected with him. He also started to appear "magically" on my computer, tv screen, YouTube, iPhone,

I would see his initials on license plates, his birthdate, and knowledge of his visit to my home town of which we were both born in the same town of Newmarket. This was magically presented to me by my Higher Self through technology.



I was on my computer and of course, like every other day or so, I was guided to him. On this particular day, I discovered he was coming to my hometown for a book signing. By this time I knew we had been synchronistically connected for some good reason and I was following the Guidance. After months of these occurrences, I decided I wanted to meet him. After being Guided by my Higher Self, I visualized doing so and within two weeks of deciding it, I met him.

The day I found out he was on tour for the book signing, I ran a search to see if he was coming to my town. I couldn't find any information that he was, so I shut my computer down. After five minutes, my Higher Self prompted me to go back on my computer. I opened up my laptop and there on the screen was his date, place and time of when he would be in my (which turns out to be "our") hometown. The very next day, was his date in Toronto.

Needless to say, I met my Twin. But before I did, I was shown in a dream while meeting with Ascended Masters and Archangels that he and I were together in this meeting. That is how I first

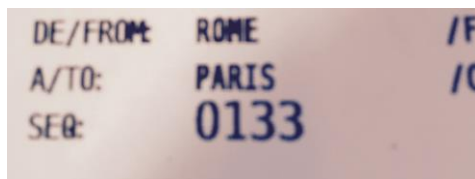
came to know that we were of the same Soul Group. I did not know he was my Twin Flame at this time.

Once we met the messages and synchronicities skyrocketed, only now it was internal as well as external. This was the part of the journey in which he and I would know between us that this was real. When you can feel each other, there is no mistaking what is real and what is imagination.

There are so many messages, numbers and synchronicities I don't know where to start. We would appear online at the same time sharing synchronistic messages. I would post something and then he would post similar. This happened a lot. But it took me months to really know for sure whether it was my imagination or not. The same was true for him. There were many times that I questioned my reality and what I was really experiencing. It took me months to wrap my head around what was really happening. I could feel he was undergoing the same process that I was.

Even when the physical feelings were happening between us simultaneously such as heart expansion, sexual energy, thought forms, etc., I still had a hard time believing what was happening. We were definitely in sync. However, I would ask God and Higher Self to please show me signs that what I am experiencing is "real." This is when I started to see his birthdate in sequence numbers, his initials on license plates, his last name on license plates. Our name initials appeared in sequence together along with 888 or 222 or 133 or 332, all of which are significant numbers for us.

It began with this number when I met him and, unexpectedly, a guest used my phone to videotape our meet and greet. She literally grabbed my phone while walking to meet him and said "I will take a video." And she did. The video was timed at 1:33. Since then, Higher Self would go out of its way to show me this number many, many times. I cannot even count how many times this happened.



222 is one of our numbers in how we communicated with each other, in how things are working by divine Guidance and in divine Timing. I would be shown this number regularly and would post it on social media, to find he would confirm and post the same number. This was our way of slowly but surely confirming our communication.

88s are very significant for us as both our birthdays are 8,8s.



3:32 was our number for a dream experience that we were both present in higher dimensions and the time it transpired on Earth timeline was 3:32 a.m. This number was presented to me many times to ease my doubt and fear of insanity at times.

After it started showing up on licensed plates, his information, by way of Google and the internet, was constantly showing up, and it escalated. Now my computer was ‘magically’ navigating on its own to show me synchronicities. I say “magically” as it is our Higher Self presenting this information like magic to me.

I would wake up one day thinking, “This is crazy, I need to get a grip on my life and try to put this guy out of my mind.” Then I would be on the Elliptical machine, for example, exercising and pick up my phone and up pops his video on my phone screen. It would flash on and off quickly to show me him. Other times, my computer would navigate to a page all by itself to where he lives for example, and the message is “you will be going there.” Just recently I asked God and my Higher Self again, “please show me a message of confirmation that I am not losing my mind.” The next morning, a song of the city where he lives in is cut and paste on to my home screen. This song is very significant between us as its title is the city he lives in, he knew the composer well and the song magically appeared in my library. So, when it appeared on my home screen, it was no mistake that it was a message of confirmation for me.

Other synchronicities I have are that his name would often come up in my company. All of the sudden, this started happening more and more. For example, once our Heart energy was completely merged in the etheric, it was like his energy was constantly with mine. He, being so famous, others would bring up his name around me. This happened in Yoga, the gym with my class instructor, with a friend who I was just visiting, in my sister in law’s dreams, in my mother’s awareness as well as a random stranger talking about him to me on YouTube or calling me from my website.

It got to the point where people would literally call me and say straight out, “You and so and so have destiny,” or “this man is your Twin Flame,” or “you look like so and so.” Early when this started happening, it was super exciting before I knew for sure what he was to me, my Twin Flame.



I was synchronically guided to a Twin Flame mentor who confirmed for me he is indeed my twin flame. I knew this instinctively and with my heart, however, my brain and mind would play tricks on me and have me doubt my inner knowing. I constantly had to get signs and confirmation to believe what was actually happening.

This experience is so out of this world I had to regroup and regain composure throughout the days. I had to stay grounded as I was often out of body during the dream and sleep state, visiting with him.

Songs would appear on my phone that are very significant for us. Signs, like literal signs on billboards, would capture my attention of our union mission often. Some examples: “The One,” “Blue Ray SS,” “Be the first to come home,” just so many.

Here is yet another example of signs and synchronicity when I had been asking for Guidance and looking for confirmation that I was on the right path: Last night I asked for a validation that I should be indeed following signs and Guidance that my Higher Self has been showing me to move. I have been receiving these

messages in way of angel cards over and over and various signs around town. So, I said to my Higher Self, “If I should seriously consider moving, please bring a realtor to me.” That afternoon, my pool guy and I were having a conversation in the backyard and I mentioned I may consider moving as I think there is a bed of water running under the house that is unsettling to my body and, yes, he confirmed this is true. I do live on a river that runs way beneath this house. He tells me, “Hey, my wife is a realtor, she can help you.” I invited Holly, his wife, over that evening. As it turns out, after our meeting I found out my house has more than doubled in value and I am in a very good position financially. I was having a bit of concern with my finances and this eased that worry right away and brought to me a feeling of being more stable and free financially. At that time, that was what I figured I would have gained from the meeting. I was still not quite convinced that I should move just yet. However, the signs kept coming, “new home,” “look for new home,” “sell home,” etc. So, I revisited the idea once again, weeks later, once I found out where my son was going to attend school next September.

This time I asked again “Higher Self, I need some more clarity on my possible move. Should I look for homes, or consider selling now?” The next day, I received an email from a friend and she told me of another dream where she and I visited. She was an actress in the dream and her agent was Robert Downey Jr. I asked her in the dream “Do you still want to be an actress?” She replied “no,” so I said “Well why do you have Mr. Downey as your agent?” She replied, “Hmmm, good question.”

She explained in the message that she was not quite sure why she had this dream or what the message is yet. Later that morning, I received 8 house listings for homes to consider looking at near my son’s new school. The thought of moving out of this area and meeting new people or being in a different vibration or space excited me. So, I viewed the homes and liked one of them specifically.

The realtor set me up an appointment for me to go look at the house for the following Monday. I happened to be in the area that afternoon so thought I would take a quick drive by. I looked up the address and it was 131 Downey Circle. I laughed with delight, knowing full well that I was indeed listening to my Guidance

accurately. However, when I looked at the house I realized it was not for us (too small), but one other sign and synchronicity appearing at the house next to it was the number 133 and this number is very significant between me and my Twin Flame.

My Higher Self will go out of its way to show me this number often to assure me of my divine life mission and path.

The last few weeks the signs and messages have been super bombarding. Everything I am thinking is showing up in signs. Literally the conversations I have with whom or what the topic is, are showing up in my awareness by way of license plates mainly, sometimes other types of signs. I started to notice this 3 weeks ago or so when I was driving. I was talking about a possible legal issue and then I see a plate with "Its Law" on it. This happened at least 5 times on this particular drive. I took pictures of the plates. It continued to happen over the weeks, however, I was preoccupied unnecessarily with worry and thus, wasn't paying as much attention.

When I decided to put the worry aside, the signs started to flow like wild fire. Yesterday, I noticed 7 or more license plates with words that I just recently that morning spoke and thought about. It was crazy wild. I took pictures of those plates, as many as I could, as well.

All of the sudden it dawned on me, my thoughts are manifesting instantaneously. I immediately asked my Higher Self how I can please stay focused only on the positive. This had been a challenge for me as of late with all the clearing I had been doing for the Collective as well as the stress I was putting myself under.

Shortly after I asked for the Guidance, a pop up message appeared on my iPhone that I have not ever seen before. It said, "Your first Love. Keep telling us what you love and get even better recommendations." My eyes almost popped out of their sockets. I was ecstatic. I knew it was Higher Self letting me know to ONLY focus on what I love. Although I know this from my heart and mind, we need reminding in times of stress.

Immediately after that happened, a song appeared and skipped to the song "No Way No," by the band Magic. It came on appearing with a big MAGIC title to show me the magic is indeed playing in high gear.

Twin Flame Activation - Physical Meeting

My etheric merge with my Twin Flame has begun. The etheric “acquaintance” came into my awareness in the summer of 2013. This is when I started being shown his presence through magical signs of synchronicity. This awareness within me continued building up until our meeting in the ethereal realm. As mentioned in previous pages, I was shown meeting with Ascended Masters, Arch Angels and our Twin Flame selves with all of our Higher Self presence as a reminder.

This meeting was in preparation for our physical meeting and subsequent mission here on the Earth plane. Please remember, Twin Flames are never separate! However, in order to be able to bring the essence of our Spirit into this physical awareness of the dualistic Earth realm, this illusion of separation was necessary. It is sort of like a reawakening of our souls before the reawakening of our incarnated physical beings.

After numerous bizarre interventions of our Higher Self showing him to me time and time again, I was really curious and intrigued by his presence and wanted to learn more. As I did, I discovered that we had quite a bit in common, not to mention how at home I felt watching him on video or on TV, movie or interviews, even seeing him in pictures. He was hauntingly familiar.

So, I decided I wanted to meet him. From the moment I decided this, within two weeks I was shaking this hand and looking at him in the eyes. I manifested meeting my Twin Flame in this physical reality. I sat in meditation one day and visualized meeting him, shaking his hand and smiling with him. That very day my Higher Self navigated my computer for me to find he was in my town the very next day. I almost fell off my chair as I read this news.

I was determined to meet him and woke up extra early to go to his public appearance. As I spent time before hand in the venue, I was chatting with a fellow fan of his, telling her all about the magical synchronicities that lead me here to meet this famous character. She was taking in every detail with excitement and awe. As I continued to share the miraculous sequence of events that led me to his book signing, a lady walked out of the bathroom.

She was looking at me intensely and had a very peculiar look on her face. We exchanged glances and I knew something was up with her.

As I waited in cue to meet Mr. Extraordinaire (and please note that, at this moment in time, I did not know he was my “Twin Flame”), I noticed that some of his staff were coming out to the public side of the book signing stage. Bingo! There she was: that same woman with the peculiar look on her face that I had exchanged glances with in the bathroom just moments before. She was the assistant to his security team. Right away I intuitively knew what she was thinking and feeling and conveying to Mr. Extraordinaire of the story she’d overheard me speak, telling him that there is a woman out there in line waiting to meet you who had shared a crazy story in the ladies’ room of how she was “miraculously guided here to meet you.” I feel she warned him of me.

I could tell my intuition was correct by the way he came out onto the stage. His presence was easy for me to read and I could feel he was feeling a little nervous or apprehensive. My presence was definitely affecting him. Like him, my energy is very highly charged, especially in large crowds. The fact that I was beaming toward him with pure light and love energy was affecting him as well. I could not help but feel this as he walked out within my view. Even before I had seen, him I could feel his presence. As ecstatic as my energy was, I remained calm. I do not recall having butterflies at all, like the usual butterflies I used to feel around men I was interested in.

The reason this affected me differently is that, first of all, he is the other half of my soul and secondly, I did not have a romantic interest in this famous star. I was specifically guided to him by my Higher Self with no expectations except sharing my knowledge with him up to this point. The reason that I was guided to him at this time, I thought, was because we were on a similar spiritual journey and for no other reason. I did not ever think of him in a romantic way before our physical meeting. This was odd, as he is an extremely attractive, sexy, successful, wealthy, genuine, intelligent and gorgeous man. I don't go for men for the external initial “looks good on paper” type of thing. I have to have a strong connection to feel more than a friendship/acquaintance with them.

Nor was I the type to chase or follow anyone in the public eye; in fact, I would generally run away from that type of scenario.

So here I was in line, like all the other fans waiting to meet this magnificent man. It was really not in my personality to do this at all; in fact, it was a pet peeve of mine. I would never wait in line to get into a restaurant, bar or concert, let alone wait in line to meet someone... no way, never. I was always invited in front of the line, actually. Everyone I meet I consider to be an equal. I am not intimidated by anyone nor do I think I am better than anyone. This mutual respect goes for children as well as super stars or high status individuals.

I watched him make his first greeting to the public, I just watched and felt his energy. I could tell he was trying to figure out what feeling he was dealing with. I feel he is very in control of his demeanor and today he felt something was different, very different. But, of course, he could not put his finger on it. Who would ever think one was meeting the other half of their soul? I know I could not fathom this at the time. It was unheard of to me.

As my turn was coming up to meet him, I video-taped his first opening, his greeting and kind words. When I walked up to him, a fan grabbed my phone out of the blue and said to me, "I will take pictures for you." I walked over to him and extended my hand out to shake his. I knelt to meet him as he was sitting down. I asked him politely if I could share something with him. I asked, "Do you mind if I share a story with you?" He flipped through his book pages and nodded his head and said yes.

I explained to him that I have been on this powerful spiritual awakening these past many months, since 2012, and everywhere I went to do my research, that he has come up in my awareness. "I am on a mission to help raise global consciousness, like you. I have written you a letter. Would you please read it?" I asked.

He looked into my eyes and at that moment, I saw my eyes in his eyes. His eyes were brown and round, shaped and inset like mine, but that was not all. When I looked into his eyes it was infinite, it was home, it was familiar. I knew these eyes. They were identical twin eyes to mine. I come from a large family having big brown eyes. These eyes were family eyes. But it went beyond that. His hair, his face, his body, his presence, and his energy, it was so familiar, it was so second nature, it was home.

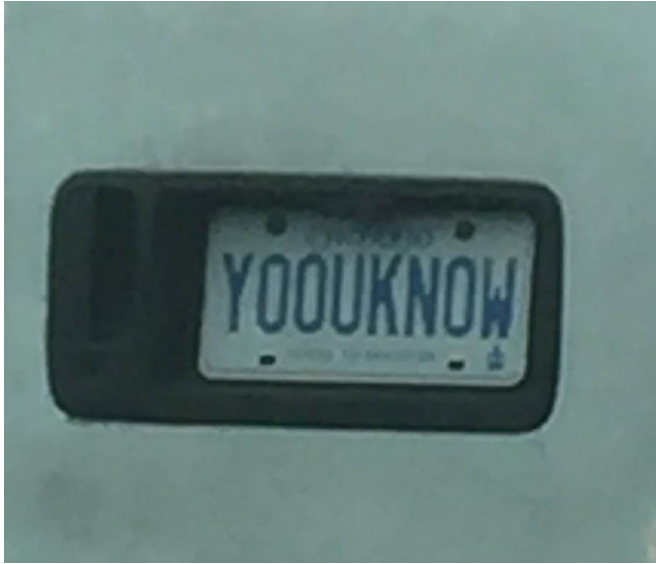
He was home. He was comfortable. He is my Twin Soul. I have met my match. The male version of me.



I handed to him the letter. He looked at me with a stunned, frozen look on his face, and he passed the letter back to his associates as he moved his glance back to the audience. I thanked him and walked away. As I walked back off the stage of meeting him, I watched the envelope go through 3-4 different sets of hands.

I kept my eye on the letter until it appeared in the woman hands, the same woman that overheard my conversation in the ladies' room. I asked of her, "Please make sure he gets this letter, will you?" She assured me he would and waved it in my face with a straight face. I exited out of the venue and into the mall.

I went to lean against the staircase for a bit as I was feeling like I needed to get more grounded. The realization sunk in that I had just accomplished a very important and successful task. My soul knew the truth of who he was. I took some deep breaths and looked back at this man in a state of wonder wrapping around me a surreal feeling, such as in a Deja vu meeting. I had met this man before.



He is not a stranger to me at all. What is this all about?

Within in 5 minutes, as I was on my way home, I felt relief. I was in the Now moment, however I had been on complete auto-pilot under my Higher Self's Guidance for the past 24 hours. I felt like now I could relax. I completed what I had set out to do. Or, should I say, what Higher Self had me do.



I got home and looked at the video and pictures that were taken. I noticed right away the video that was taken was 1:33 seconds in length. Then, I noticed an image of us shaking hands, only the image appeared with a peculiar outline on his right ear chakra. It was encased in what appeared to be a high-tech green healing earpiece above his ear. I knew this was placed there ethereally and it was not random.

I asked a psychic friend of mine his opinion on what I saw captured in this picture. He told me that his ear chakra was activated and that he hears me. I paid attention to this advice for months down the line, and indeed, he can hear me and he subtly let me know this in his own, discreet manner.

This activation turned my whole world upside down and right back up, over and over until all the bullshit was shaken out of me and all that is left is pure truth: The truth of who I am, who he is, why I am here, why he is here, and how our whole lives had been leading us up to this moment in linear time after millions of years of separation.

I have been “switched on” into a prophet, psychic, healer, lie detector, creative genius of the Universal mind. I am a powerhouse of white diamond light, fully aware of my connection

as One with Source Sun and our Creator, fully aware of who my full Soul is, fully aware of my cosmic, universal Spirit's ability to create matter.

Here is the letter I extended to my (then unbeknownst to me) other half of my Soul who is on the same mission.

*“Hi,
I have been on an intense spiritual journey past year. Throughout my research to help me understand, you always appear. I have to thank you as you have helped me “come out” with my spiritual wisdom ☺*

I have been helping inspire people on YouTube firstly with my teachings of manifestation/creative visualization. This transpired after doing a video for a project “How I Manifested Winning the Lottery” lol. People were inspired and asked for more. So I did more videos to help teach people abundance is available to all in many forms.

Synchronicity again took place and I was guided to GATE community, to find you once again. I was blown away and knew I had to meet you. Your speech about exposing your vulnerability by talking about your spiritual journey has inspired me to teach on my videos next about spirituality. Which prior I was hesitant.

My next YouTube videos are on ASCENSION, LOVE, ONENESS, THIRD EYE ACTIVATION & my amazing connection with the ARCHANGELS & ASCENDED MASTERS. All of which I have personal experience and wisdom. My mission is to raise global consciousness to our New Earth and help people raise their vibrational frequency to Love and Light and embrace 4-5 dimensions.

I went to bed few months ago and asked my spiritual realms and higher sources, what can I do to help humanity. Well since then they have been guiding me. First they sent me the message “ASCENSION.” I am in it now. My purpose is to teach humans how to tap into their soul for Stargate movement, Stargate school for kids, “Stargateschool” is what they showed me. Second message a few weeks later was “ZENITH” 123 days. Which to me means I am in this Ascension process till Jan 4, 2014.



October 1st, while asleep I (unexpectedly) traveled to 5th dimension and was coached by spiritual realms when it came time to return to my body. I travelled at the speed of light through this grey matter/tunnel. And felt it intensely . I woke up sweating and freaked out. But later was very happy as everything I have been experiencing made sense now and I understand it is all real. I wasn't going nuts lol.... I also have seen dense matter go into 4-5 dimensional form. Wow that day was another interesting day. So much more to share with my experiences as of late with you if you're interested.

I was praying to meet you last 2 weeks (manifesting and visualizing) knowing thoughts are manifesting instantly NOW. To find out you're in Toronto tomorrow. I know this is 12 degrees. No coincidence lol.. I bought your book last week, you're the Dr. Seuss huh.... Genius.

My spiritual mentor (Psychic/Shaman) has been helping me reach Christ/Buddha consciousness (8 now out of 10 lol) as this is my purpose in this life also. She is the only person I know who understands what I am experiencing. I know you will resonate.

Will you help me with my mission to "Raise Global Consciousness" please?

*Love & Light,
Shelly Sullivan
Newmarket, Ontario"*

CHAPTER 9
UNIVERSAL ONE MIND OF GOD

Synchronicity for Spiritual Teachers from the Universal God Mind

WE ARE THE ONES

What I have been learning and teaching for the past 10 years is the responsibility are given to take ownership of our Mind, Body and Spirit. This means being responsible in every word, thought and action, fully and mindfully purifying every motive and action.

I received a sign during the winter Solstice December 21, 2016. “I AM YOU, YOU ARE ME, In Lak’ech.” In Lak’ech Ala K’in means “YOU ARE ANOTHER ME” or “I AM ANOTHER YOU.”

The traditional Mayan interpretation simply means “I am you. You are me.” This message came from Source, my Higher Self. Spiritual teachers and Light workers are well aware of this however, the time is here to start behaving and taking action of this truth.



Here is the post I made on FaceBook on December 21, 2016 on the Winter Solstice:

MOST INCREDIBLE SIGN MESSAGE SYNCHRONICITY

This is work of Higher Self/God Self Creator. As insane as it may seem to some, this is in fact true Sanity. When you come to full realization of your ability to create whatever you want, get answers to whatever you want, only then have you escaped the insanity of this matrix. Believing in magic, miracles and divine self-alchemy is believing in yourself, because you are a God Creator, meaning you can create and do create everything.

This morning, I was driving and saw yet again a sign that has been coming up for me for almost 2 years. The sign in form of a license plate was SAD. I asked over and over, "Why am I seeing this?" Well, today I got my answer after several months of clearing this false belief. This sadness I had to clear from my DNA was the false belief that I AM/We Are separate from all that is separate from you.

This is the sadness that is instilled in our cells and is to be cleared. Often, I will see this sign, and I am talking hundreds (over 500) of times, I kept seeing this, until I finally cleared it out. It

took hundreds of triggers to clear this over and over for the Collective Consciousness on behalf of the Twin Flame Consciousness.



Today it is being cleared. There is no separation and feelings of sadness can be acknowledged, witnessed and let go of. Don't hold on to it. It may take you a few hundred times to deal with this deeply instilled emotion until you clear it. Or you may be ready to clear it right away. You do not need to keep feeling this. We have had lifetimes of this. Let it go once and for all.

Anyway, I spoke aloud to my Higher Self and asked, "Please show me once and for all, clearly explain why I keep seeing this." I knew I was going to finally get my answer. Two minutes later, I opened a Twin Flame message from Twin Flame 1111 specifically speaking about sadness and the false belief attached to it. Then, while I am driving along, I drive right by my house as I knew a sign was on its way...this is the license plate I see 30 seconds after passing my house: URMEIAMU. I was able to receive this message now because I was ready. I cleared the sadness of thousands, if not millions, of years of the false belief of separation. When you are ready the answer will appear.

I made a quote of this couple of years ago for my Twin Flame and whomever I connect with, because I know in my Heart this is truth. However, it took months of clearing out of my cellular memory, 18 months to be exact. Keep in mind this clearing is a

Collective cleaning. Thus, it can be cleared for an individual much faster, I would say week to a month, easy.

This is breakthrough. The other message I received while taking my son to school was “WHICHWAY,” meaning: which way will you choose now, fear or love, fate or destiny, happy or sad? IT’S TIME TO embrace all the realities of life and truly become enlightened. rise above and feel all is the blessing. this the ONLY way to Heaven on Earth. I also wrote and published a blog on this topic last April 2016 while trying to figure this out and clear the sadness for the Collective Consciousness via my Twin Flame Monad.

This is the message that Higher Self is coming through with now. WE need to keep the focus on the target of the mission and being ONE. This is not a time for me to be SAD = Making choices from Ego only. This is a time to BE HAPPY also and make choices to free ourselves of the duality we are facing. I was catapulted into dealing with this painful duality over the past months to fully get this message and be able to convey it to YOU.

I am not suggesting that duality should be avoided as I believe duality is a part of being human, and duality is complementary in our evolutionary process. What I am trying to convey, rather, is making choices from a oneness perspective rather than a duality force. Once humans master this, I believe and know much of the sadness and depression would quickly move through us rather than become acute.

The message which I was shown to the extreme, was to get my serious and undivided attention on this lesson and to make sure I share where we are at as a Collective Consciousness of the Planet Earth consciousness. We are at a crossroads here and, like children facing a crossroads, we have to understand how serious the decisions are at this time for setting the structure of our future mission. Our Monad Group, Our Higher Selves are like the parent of the child getting their undivided attention and embedding into their minds and consciousness to be aware of the decisions at this crucial time of our lives, all the while with the old existing programming still being shed like old snake skin, and it is painful.

When you have a choice to make ask, yourself “Is this from the Ego or is this from the Higher Self in service to the highest good?” Is this for human evolution and Ascension of planet Earth and the

surrounding life in the cosmos or is this coming from my little Ego? Continuing to try and go this alone and single handedly trying to find solutions during this monumental important time on earth is next to impossible, especially if you have not learned the practice of listening only to Higher Self and very few have. This is a constant practice.

“Follow the Signs they don’t lie” ~ Shelly Sullivan

“Which way are you going?” is the choice at this time

The synchronicity of Spiritual teachers receiving the same messages from Source/Universe is being shown to me through my work and messages. For the past year or so, I have been including other Spiritual teachers and their messages and have shown how in sync they are with my teachings and messages. This is another perfect example of becoming One with the universal mind of God/The God Head. The higher consciousness human beings on this planet who have been doing the work to clear the old false beliefs from their DNA will be connected to the ONE OPEN MIND.



I recognized the message as: We are One with all that is, WE are here to bring Spirit into Matter. I also explain in my recent blog titled “You are me, I am you” that we are not separate from our Twin Souls, Soul Groups and Families, or Masculine and Feminine counterparts, that we are here to come into Union and bring about change, the new structures on the New Earth that, incidentally, we created.

I speak on behalf of my experience in creating this New Earth Grid and Planet from the Universal Womb. I was there and I witnessed the creation of Matter by Spirit, by my Higher Self and another other Universe a.k.a. *My Twin Flame*. It sounds like something out of a fiction movie, however this is the true reality very few currently know. The experiences I have experienced I have not publicly spoke of YET as humankind has not been ready for it. But the good news is they are now. Be ready! Humanity is of the brink of BEing of a New World.

Spiritual Teachings stream through us from Source directly, stream through those who are connected with the Universal ONE God’s Mind. I have posted on many blogs over the years the similar messages coming from like hearted spiritual teachers receiving the same message at this time. I have witnessed this happening time and time again. Time to take responsibility of your own life your OWN mind, body and Spirit. What we are now creating is limitless, without ego, and the only boundaries are learning to say “no” to the false structures and support the new ones already created in the Ethereally realms by our Spirit. Time to bring that Spirit into Matter.

This is the cross roads the Collective Consciousness is facing now in 2017, the creations of the Age of Aquarius. We need to say *no* to conforming any longer to the old structures. Support the Indigo traits, the Crystal Rainbow and Starseeds children in walking in this sovereign path of becoming powerful creators. It is time to demonstrate fully our abilities as powerful creators of the New Earth.



Addictions

I have been tried and tested with every type of addiction unit I have finally conquered them all. The first lessons started when I was 39 with the first teaching of detachment. I was up North in the Muskoka Cottage Country. I was walking down a wood dock to the water. I took my diamond sapphire ring off to put on some lotion. Just as I was doing this, a thought popped into my mind, “Why are you taking your ring off where it could fall through the holes between the slats of this dock?” And *boom*, it happened! My beautiful ring went down into the water.

My stomach went up into my heart and I was nauseous. I immediately recognized the effect this loss had on my emotional solar plexus. I spent the next two hours calming my mind in order to balance my solar plexus with my heart and get past this loss energetically. This was the only sentimental piece of jewelry I had at the time. It was a ring given to me symbolizing the new life I was carrying in my belly. It was given to me upon my pregnancy from the father of my son while I was in Spain with him and my Twin sister, and I was 6 months pregnant at that time.

So, not only was I grieving loss, but also I was grieving guilt-guilt and the possibility of what this loss denoted in my current relationship with the father of my unborn son. It was an “aha

moment” of what was to come. It embodied in physical reality the crossroads of “should I stay or should I go.” I ended up going and so did the ring and the attachment to this relationship. As painful as it was to leave, it was for the best.

The next lesson I had with detaching from the material was given to me over and over: losing my 3rd pair of diamond earrings. All three pairs, funnily enough, were gifted to me by my ex, the father of my son. This relationship was dysfunctional and codependent. Both of us played out our parts that needed healing. I struggled for years to escape this relationship that I mistook for love. It held the same relationship dynamic that my mother and father had. When I say “Love,” I am referring to unconditional, healthy, respectful love. Although love was definitely present, there were many unhealthy aspects as well that were riddled in the relationship.

The third pair of diamond earrings was the most apparent, most poignant and final lesson for me. I was in the hospital getting an MRI on my knee and ankle as I had pulled some ligaments the year before and it was taking a lot of time to heal. I left my diamond earrings in the public safety deposit box, unlocked. When I left the MRI room and went home, I realized the carat diamond earrings were left unlocked in the box, easily available for the next person to take. When I realized this, I was half frantic, half calm and struggling between the two. I knew this was a test, and as the experience went on, I did come to know this was indeed a test I would pass.

I calmed down and meditated for an hour before I went back to claim the earrings I left behind, risking the loss. I confidently drove back knowing they were still there as I made sure of it during my creative visualization meditation. Low and behold, there they were, ensconced in the steel safety box, unlocked. Over the previous few hours many other people had gone in and out to get their MRI procedures. The attendant could not believe her eyes when she accompanied me to the box to witness that they were still there. She stated in disbelief “OMG, there have been numerous, maybe 10 patients since you were here, using this box and not one of them took the earrings.” The earrings were hiding in back of the box.

This continued to happen with my earrings, these situations of

“almost loss,” quite a few times, until one day, they vanished into the abyss of the central vacuum. My house cleaning lady and I rummaged through the central vacuum for hours, through all the dust and hair with a screen and net in search of the diamond earrings. They were big, bright and beautiful, and they were history. But do you know what? By this time, I did not care. These lessons were served up to me over and over again and taught me to detach from this material possession and the relationship I had attached to them. Even though it had been over between me and my ex physically for years, the memory and pattern of attachment in my DNA remained.

Since this lesson, I have experienced many more to help me clear this old soul contract from my cellular DNA. One day, I received a phone call from the Arts School my son attended for guitar. The lady called me and informed me that a random man found a camera SD card of mine outside of the mall. I did not recall the image card she could be referencing, but agreed to go and pick it up. When I got home, I was in shock that this random man found this camera card. It carried recordings of my son in guitar rock band, videos from the Arts Music store and images of his father with his Chinese maid (the same maid from China that was ordered to come be our “maid” without my consent).

Thus, these images brought up what needed to be triggered within me, to be witnessed, recognized and then finally healed. It was the last straw on the camel’s back, a vivid and emotionally charged pointer to the demise of this abusive relationship. I stared at these images and realized I needed to heal all of this past trauma and pain and mindfully removed it from my cellular memory. The funny thing was that this camera card belonged to my son’s dad (my ex); it did not belong to me, yet the man who found it contacted me via the Arts School. He could track down the owners of the images via the Arts Music images with my son in them. I find it weird how he didn’t contact the man (my son’s father) in the pics but rather the mother, lol... of course, nothing is by coincidence.

It was clear by these images the story that it told. Anyway, I went into the forest and healed much of this on behalf of myself, my son and his dad. I cleared as much as I could and finally I forgave, or so I thought I had.

Later that year, I had my next and final lesson of detachment of material things via an exquisite and beautiful ring that disappeared from my life. This ring was a rare stone and diamonds from Turkey. I believe the stone was a gem similar to that of a diamond, but green in colour and cut to perfection, surrounded by an encasement of beautiful diamonds. My ex wanted to marry me, thus the intention of the ring. The relationship had too much damage to ever be repaired. I could not marry him, the father of my child, for as much as I wanted a family, I knew deeply in my heart that I could not live a lie.

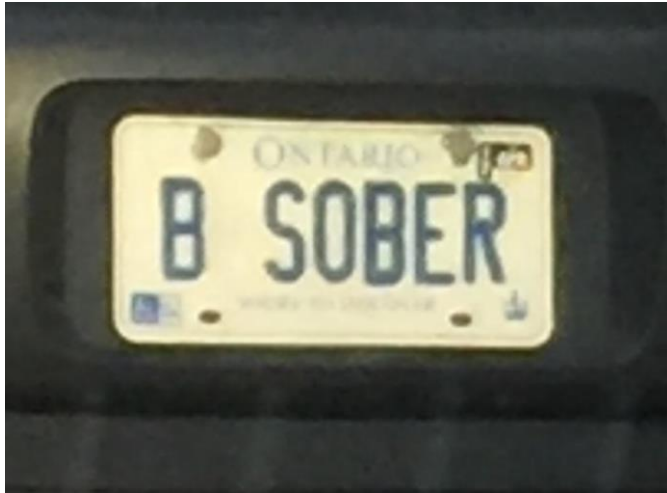
I wore that particular ring only now and then. It was so beautiful and it was my only piece of expensive jewelry left, lol... I wore it out one night to a BBQ, and the next day I woke up to put it in my jewelry box and found to my shock that it was gone. I had put it on my bathroom counter and it was just nowhere to be found. I was completely sober, and remember putting it there. After a week of it not re-appearing, I knew Spirit removed it out of my life and I knew why. It was the final test of detachment of material items. I was perfectly fine, accepting it was gone and I knew how and why it had mysteriously disappeared.

The dream I had during that week helped me to understand a lot. I dreamed of myself being at a top of a stairwell that ran deep down into a dark and dingy scary basement. I was at the top of the stairs and about to fall backwards, watching my ex as he let me fall, but the Angels appeared and held me up by my back and said, "We've got your back. You don't have to lean on him anymore." I did not fall down the stairs. I got back up and walked back into the daylight and out of the dark.

Lastly, I had to feel again and face head on the most traumatic times in our tumultuous relationship to finally heal and forgive all aspects of it. This is an important step in becoming a Divine Feminine Sovereign Being: letting go of any masculine abuse and any feminine abuse toward one another. No matter what the abuse/circumstances are experienced, this dance takes *two* people, not one, and both must be accountable to heal the wounds.

Breaking the ancestral addiction of alcohol goes back life times and was a necessary requirement for my ascension. Being of Irish descent, hence my last name "Sullivan," I did come from many Irish ancestral lives and the addiction of alcohol is deeply

embedded in this lineage. Part of my Soul Contract was to break this cycle for the New Earth.



I was allergic to alcohol, I didn't even really like the taste, but it seemed to be in my programming and in my bloodline. After years of using alcohol to numb myself of mysterious pain, for just existing here on the planet felt painful to me, I eventually talked myself over and over into quitting. My Higher Self was the voice in my head telling me, "It is time to give up this vice." After the activation with my Twin Flame, the vibration I heard guiding me was now *his* voice telling me: "Shelly, it's time to give alcohol up now, because it affects me." With this sense of truth that my drinking was indeed affecting my Twin Flame, I did quit. With the love for myself and the love for my Twin Soul, I was able to conquer this addiction with no other support but that of self-love. Understanding how intimately Twin Flames are connected with each other is a significant realization in the healing process of our world and the rifted paradigm between the Masculine and the Feminine. It is also a step toward understanding and becoming One with All or what is known as Unified Consciousness. We feel with personal and profound poignancy the effect that our actions, thoughts and emotions have on our Counterpart. This is part of the Grand Design of healing beautiful Gaia with Twin Flame resiliency, intuition and powerful loving hearts.

*On a side note, I personally do not believe in institutions that take people in for healing addictions. You become surrounded with other people who consider themselves sick and dwell on the problem and often become stuck in their pain bodies. Pharmaceuticals are the “band aid” and they treat addiction like a mental illness when it is not. It is an imbalanced society is the illness, for our current culture tries to keep us imbalanced, disempowered, in fear, in competition all in effort to stop the flow of Love.

“When we first start to Wake UP, we may question our sanity. We compare what we are being shown and experiencing metaphysically (through dreams, visions and synchronicity), intuitively (that little Voice inside your head that starts whispering words of wisdom or the subtle, consistent nudges of wanting to go somewhere or do something) comparing it to what we'd been taught from childhood about what is solid, tangible, quantifiable and "real." Finally, that magical moment arrives, the time when we start to realize that what we are Seeing and Experiencing is so much more than what the world's limited view has offered us. We start to see from a higher vantage point the clarity of the bigger reality and we realize that we're not insane at all, but that instead, it is the world that is practicing insanity. It can be quite alarming, to say the least.” ~ Rachael Geiger



Breaking the Control of Collective Addictions

This is just a short note reflecting my thoughts today on Addiction as a way of giving myself a pat on the back for all of the hard work I have accomplished in order to become the best I can be and of my commitment to be of service to humanity. This is final purification for 2017 and preparation for the best years of life to look forward to.

Did you know that one must conquer *all* addictions in their life time, otherwise they will reincarnate again and again until they do? Did you know that many are incarnated here to be of service to humanity and to Ascend have been clearing the Collective Consciousness of addiction? Very often the addiction you are challenged with is from past lives, and not only your past life, but the history of your ancestral lineage. This is exquisitely experienced by those Twin Flames who are here and are specifically manifesting in physical form and are purposefully experiencing and then breaking these cycles which have been imbalanced for thousands of years. These are cycles of abused power, created by their particular ancestral lineages.

Upon arriving into Earth Realm, these addictions can be pre-programmed into your DNA for a couple of reasons. 1) To clear, once and for all, the addiction of substance abuse, alcohol abuse, abusive behaviour, abusing power and control, sexual addictions and many other types of attachments that challenge us to bring the dark aspects into light for Ascension. 2) They are implanted from a young age by adversaries to keep you from fully Ascending, which, by the way, if you simply acknowledge this and deal with it, you will conquer all and any addictions.

The addiction will come up again and again until you can finally conquer it. This is part of the elegant and efficient beauty of spiral timelines. Part of healing the addiction is to bring it to the light for it to be revealed and healed. We all have a dark shadow side that needs to be explored in order for it to dissipate and finally vanish. It usually is not a one-time done deal, where you acknowledge it and boom, you conquer it. It often takes time, especially if its tendrils are entwined so deeply into your DNA lineage.

2017 is a year where many will be finally conquering addiction. I wrote a paper a while back on addiction and how it was currently being cleared for the Collective Consciousness during the past 9 years, all for the purpose of preparation for this rapid shift in ages for 2017. The ground work has been done, so to speak, for all who do want to drop the addiction once and for all, in this year for Ascension. Humanity has been plagued with addiction all by design to stop Ascension. But we know better now.

The ones who have been purifying their vessels for the New Earth existence will reap the rewards of all of this diligent and mindful work. This work included dealing with your dark shadow side and bringing it to the light for transmutation. The New opportunities for the next 9 years are before us and are starting in January. If you have started off somewhat shaky, please do not worry as this is also all by Design. We needed to be stretched to our limits, to be pushed to finally draw the axe and conquer these dark aspects of Self.

Detachment has also been an ongoing saga in this man-made movie, this game of life. We have worked hard to detach from material possessions, unhealthy relationships, drama and more and this was the fun part. Sometimes, although we have conquered the addiction, we are still attached to the behaviour. You will start to see this evidenced in your own existence when you no longer enjoy the addiction at all or as much, but you still continue with the physical action, as this deeply set pattern of behaviour is still attached to you. Or, you may feel shitty after allowing the attachment play out through you. This is when you know you are ready to conquer it. This shadow side needed guidance to the light once again. It is very complex when you are dealing with lifetimes upon lifetimes of these attachments and addictions of the millions of expressions of life in your Soul Group.

Exposing these truths will bring about healing. Clearing this out of the grid is not only possible now, it is imminent. Touche!

Did you know that often attachments to material things is usually an attachment to some sort of unhealthy relationship? Well I do. I have the stories and lessons to shed some light on this topic. I share very personal tried, tested and true experiences proving the relationship between material addiction and dysfunctional codependency.

*2017 is our Year, the best is yet to come. Keep your chin up and conquer all that no longer belongs. Say “hello” to the New Beginnings. **Detach, Detach, Detach from the past! This means total detachment to all behaviours that no longer serve the light. I cannot stress this point enough. Whatever it takes to detach yourself from them, you must use your complete discipline and do this.** No matter how deeply into the depths of darkness one had to delve to previously acknowledge these imbalanced patterns of expression, know you are always safe. The light surrounds us wherever we go, even when we cover up our light and masquerade as the scary side.*

Word on Alcohol

The word “Alcohol” comes from the Arabic “al-kuhl” which means “BODY EATING SPIRIT”, and gives root origins to the English term for “ghoul”. In Middle Eastern folklore, a “ghoul” is an evil demon thought to eat human bodies, either as stolen corpses or as children.

The words “alembic” and “alcohol”, both metaphors for aqua vitae or “life water” and “spirit”, often refer to a distilled liquid that came from magical explorations in Middle Eastern alchemy.

In the words of writer and health enthusiast, Jason Christoff – “In alchemy, alcohol is used to extract the soul essence of an entity. Hence its’ use in extracting essences for essential oils, and the sterilization of medical instruments. By consuming alcohol into the body, it in effect extracts the very essence of the soul, allowing the body to be more susceptible to neighboring entities most of which are of low frequencies (why do you think we call certain alcoholic beverages “SPIRITS?”). That is why people who consume excessive amounts of alcohol often black out, not remembering what happened. This happens when the good soul (we were sent here with) leaves because the living conditions are too polluted and too traumatic to tolerate. The good soul jettisons the body, staying connected to a tether, and a dark entity takes the body for a joy ride around the block, often in a hedonistic and self-serving illogical rampage.

Our bodies are cars for spirits. If one leaves, another can take the car for a ride. Essentially when someone goes dark after drinking alcohol or polluting themselves in many other ways, their body often becomes possessed by another entity.”

Excessive alcohol is not good your mind, body or spirit. On two separate occasions when I felt vulnerable to numbing my feelings with alcohol I was shown one sign when I pulled up to the liquor store and a lady had drove through the LCBO wall. The second time just for some "innocent fun" with friends I considered alcohol for an escape and saw this sign "Devilish Fun".



CHAPTER 10
WALK-INS, SOUL BRAIDING
AND ETS

Pure Love Consciousness Walk-In

My initial experience of the integration with a “Braided Soul” was shocking and intense. I have not shared the story publicly as it is very personal, dramatic and emotional. The day has come where I finally feel comfortable telling my “Walk-In story.”



My son was there with me to witness the whole integration between the other Soul and myself. During the episode that this

was occurring, he was on the phone with 911. I believe the reason that my son was there with me during that time was to witness the experience as it was happening to me, to validate what was occurring, to vouch for me and to help explain this miraculous experience.

I have learned so much about why I had another Being walk into my body. The Being that integrated with me was pure God Consciousness. It came without any karmic baggage and has never been in another body before mine. I have learned that the reason this Being came into me was purely to raise my vibrational frequency. This gift would enable me to shed old patterning and DNA programming and to help me master my energy.

I have also come to the realization that this aspect of God consciousness is part of my Twin Flame Soul. Since this integration I can feel my Twin Soul/Flame on every level as well my voice has become similar to his. Our physical characteristics are more apparent and our organs have also since melded, hence our connection with our senses.

Part of the Ascension process is the self-mastering of our thoughts and energy. Our true selves are energy and we all should be putting more of our focus and emphasis on our Energetic body, not simply as we do our physical bodies.

May 23 2014

I awoke around 8:30 am to get my son ready for his school day. I was going through my usual morning routine to get up, brush my teeth, wash my face, and go to the bathroom. As I was sitting on my toilette with my eyes open and fully awake, suddenly a shade-like light glazed over my open eyes and everything turned blank in front to me. It was just like looking through an off-white shade that had been pulled down over my view. Following that, flowers started to appear. They twirled around from the faded distance, and began spiraling closer and closer to my third eye vision.

The flowers were appeared in an array of colors: mauves, pinks, greens and browns, yet they seemed like psychedelic flowers splaying in a particularly ordered pattern. These flowers were sacred geometry flowers spinning about. It reminded me of

psychedelic flowers because of the colors they radiated, but later I found this exact pattern of flower arrangement in Mt. Shasta in a metaphysical store. They were flowers of life.

The flowers were all around me in the bathroom these flowers were sacred geometric flowers of life. My physical eyes were not the eyes seeing this; it was my third eye. Eventually, after what I would describe as a “higher dimensional download” took place, the experience slowly faded and my physical senses took over once again.

I got up of the toilette and looked into the mirror, and asked my eyes, “What just happened?” When I speak to my eyes, I am speaking to my Soul. I didn’t get an answer, so I continued on as if nothing were out of the ordinary. I prepared breakfast for my son, then got into the car to drive him to school. Sam got into the passenger seat. I started the car and blanked out at that point for approximately two minutes.

When I came to, I immediately looked over at my son, saw that he was on the phone and grabbed it from him. He had called 911 out of concern for me. I told the dispatcher that “Everything is alright, I am aware and feeling fine.” The dispatcher continued to ask me some questions to confirm my consciousness and then she explained that my son had called them, stating to me that he was crying that “something is wrong with my mom, she went completely paralyzed with her head tilted back and her eyes wide open.”

I sat in the car beside my son and reassuringly said to him, “Sam, I am ok. Let’s continue to go to school.”

Sam retorted, “No, Mom. I am staying home with you today.” I didn’t argue and we both went into the house. I sat on the couch. Sam and I were quiet for a while, then he told me what he had just witnessed.

“Mom, the moment after you started the car, your whole body froze up. Your head jolted back and your eyeballs rolled back into your sockets, showing only the whites of your eyes. I shook you and grabbed your hands and arms and shook you again and again. You did nothing. So I called 911 and told them something is seriously wrong with my mom. She went unconscious but her eyes are open and she is stiff and sitting up perfectly with her spine straight. Then the 911 dispatcher had me talk to her while I

watched you, and they were getting prepared to send an ambulance over. That is when you came to and grabbed the phone.”

My son Sam was in tears and I reassured him that I would be okay. I explained that this was not an incident that a medical doctor could help me with. I don't know how I knew to tell him this or how I knew to grab the phone as soon as I returned to consciousness; I just intuitively knew.

I was feeling in shock as I sat on the couch and literally absorbed all that had just transpired. I wanted to get my mind off of these things, so I did some online shopping while my son sat on the other couch watching TV with me. Sam didn't leave my side from 9:00 am to 6:30 pm that eve.

I did some research online about the types of seizure-like symptoms that I experienced. When I asked Sam if it looked to him as if I were having a seizure, he said no, because my body was not moving. Soon after our exchange, I looked at some medical possibilities, and discovered to my chagrin that what had happened just didn't make any sense to me.

It was then that I started to remember the flower of life experience earlier during my morning routine. I also started to recall feeling that the crown of my head had opened up before I went unconscious. I could remember light entered the crown of my head and my body being straightened up and set back.

This remembrance prompted me to start to research a spiritual explanation of what could have happened. I called a friend of mine who was familiar with energy and spiritual awakenings. She told me that what I had experienced sounded similar to what people sometimes experience as a Kundalini awakening. With this new information, I chalked what had just happened to me as yet another “out there” spiritual experience for me. I had been so frequently experiencing so much from the Higher Dimensional levels that nothing like this could scare me or freak me out any more.

The afternoon went on and, I have to admit, I was not feeling myself. I really felt much lighter and totally off balance. It was approaching dinner time. My son and I were chilling out on the couch still, when all of the sudden, Sam looked at me with complete horror his eyes. His mouth widened opened and he said, “Mom, Mom, Mom!” as he continued to stare at me in disbelief.

I said “What Sam, what is it?” I was extremely concerned with the horrified look I saw on Sam’s face. He was looking at me as if he were seeing an alien.

I jumped off the couch and looked into the mirror. I could see my face and it was stark white - like ghostly Casper white! In the reflection, I saw my face morphing around in different shapes like white playdough. I looked more closely into the mirror and saw that what was moving was another being in my face. There was a white light appearing through my face and it brought about the incredible feeling of Angelic presence. At this point, I was not afraid. I was only curious and in disbelief at what I was witnessing in the mirror.

I ran back to Sam from the bathroom mirror and said to him, “What did you see, Sam?” He just looked at me like I was an alien or an imposter; he would not answer, he would only look at me. I told Sam there was nothing to be afraid of. We sat for a while in silence.



After an half hour had passed, I told Sam I was going to get the mail and went for a drive around the block. I purposely went into the car outside so that I could look at my face in the rearview mirror with the natural light of the sun streaming down on me. My face was playdough white. Reflected in the rearview mirror, I could clearly see another being gazing right back at me through my own eyes.

Over the next few months I was in shock at what had happened and I diligently tried to forget about it. To my dismay, it would not leave me. As each week passed from that day in May, I continued to feel differently. I was crying often and had an overwhelming feeling that I was dying, like parts of me were dying every day. I called my sister and admitted to her, “I don’t feel like the same person any longer,” and cried and cried.

When the invitations came for me to go to family functions or visit with friends the answer I gave was often “No way... they don’t even know me, I don’t feel like I know them.” One invitation came that I could not refuse. It was my Mom’s 75th birthday party in September. Months earlier, I had committed to throwing this party. I’d coordinated the party room and filmographer, etc... everyone was counting on me to do this.

The week leading up to the party, a conversation played over and over in my head. “How am I going to pull this off? How am I going to be me, the me that grew up with this family, but the me that no longer feels like I am the same person.” Yet I know I am the same person, I just feel so different. I still remember me and of my child hood. This later indicated I was not a permanent walk in.

I needed answers. More and more I started to do research on the Internet in attempt to find out what could be happening with me. I read about Ascension and how, during this process, we are quite literally dying. The old programming and beliefs are dying to make way for the New: The New Earth and the New Light body. This information made sense to me and I was able to get a better grasp of this.

I could feel the old codes of human beliefs leaving me and light codes of who truly I AM, settling in. I even witnessed the cellular breaking down and reformation of my atoms, molecules, photons and my cells rejuvenating. My body was undergoing some significant changes. I experienced downloads of ancient symbols, codes through my third eye. This knowledge streamed though and into me as I watched with my mind’s eye. Colors of gold and writing and script of ancient wisdom. I no longer felt like drinking alcohol. My food choices changed. I felt like I was floating much of the time. I wanted to stay home alone often and keep to myself. When I would see friends or acquaintances, it felt surreal.

Epiphany of Soul Braiding

One incident really brought to me an epiphany. I had recently enrolled into an Energy Healing Reiki course. When I worked on others, I could read their cellular biology and understood what it was telling me. For example, one lady's cellular DNA was communicating to me that her lymphatic system needed detoxifying. The vision I received showed me a stream of white energy in her body in addition to her bloodstream. This needed cleansing and movement. After I expressed this intuitive reading to the woman, she told me she had just undergone chemotherapy and totally agreed with my recommendation.

Later during the course, my Reiki teacher held an attunement for each of us. She would conduct a reiki session, channel our energies and then give us a reading. When she got to me, I instinctively knew she was in for a surprise. I simply did not know how I just knew.

Before I reveal the surprise, I will share this: Each time I did a meditation in the class, I could feel another being with me. The energy of the being within me was moving back and forth with my being. I even asked the teacher if she noticed my body wavering back and forth during our weekend training. She answered, "No."

Whenever I closed my eyes and felt with my higher senses, I could feel another being with me. This was when I discovered I had another being braiding within me.

Our Reiki teacher went around the circle to do an attunement. When she came to me, I couldn't wait to hear what would come about. She said, "Shelly, you have a very strong present being with you. It is communicating to me. It is coming through with the Energy of a Black Panther as your Animal totem."



She was very intrigued with me and my energy. Just after my merge with Source back in 2014 (My walk-In experience) The Black Panther showed up to me again and again messaging me as my predominant power animal...other ones are the White Owl and the Horse. Animals have messages for us. Here is the Black Panthers message which holds truth for me:

"The Panther is a very ancient and powerful spirit guide and picks up subtle vibrations. This power animal contains knowledge of a galactic origin, and have a responsibility to look after and respect this knowledge.

Panther holds the secrets of worlds that are unseen and are associated with lunar energies. Within the darkness of night resides the truth of creation.

Black Panther's Power Includes astral travel, guardian energy, symbol of the feminine, death and rebirth, understanding of death, reclaiming ones power, ability to know the dark, aggressiveness and power without solar influence, reclaiming Power.

When experiencing the presence of panther, one of their most striking feature is the eyes, It seems to see right through the body. Those with panther medicine can use their eyes as a healing tool and have the potential to heal on a cellular level.

The black panthers sleek, smooth and sensual coat has been linked to sexuality. If panther comes into your presence you will feel the power of sexual energy triggering you to embrace your sexuality fully and heal any issue surrounding this."

Black Panthers are known for their mystical powers, the feminine energy; they are natural cellular healers, guardians and shapeshifters. (www.shamanicjourney.com)

To demonstrate this to me further the Cat eyes presented through my eyes throughout a video I created. I believe this transpired to help heal those who were receptive to the healing while watching my video.



As I mentioned in my Third Eye Activation Chapter, animal telepathy is on the rise. If you are open to it, Power Animals can help you immensely on your life's path and journey. As of now, my newest power animal is the Horse which symbolizes Freedom, Truth and Travel.

Since the Walk-in experience, I discovered that my solitude was very important to me. It was like I was getting to know myself all over again. I was uncovering the feminine side of me that I had never really embraced. I had always been predominantly functioning from the masculine energy within me. I was always "doing" something, I showed my strength by suppressing my feelings, my testosterone levels were high, I was oriented on results and focused on the material side of life, primarily logical in my manner of thinking, etc. This new energy braiding with me was definitely waking up my feminine side. But, I soon discovered that I had a long way to go to really get in touch with her.

I took me two years to realize this spirit that had braided with me was the feminine goddess energy to help me on my mission as feminine spiritual leader. I am learning that I lead by example, that my examples are my experiences, and that I teach and learn by expanding on my personal truth and knowledge.

I would like to stress that the spiritual being that braided with me was spiritual energy of Source, pure consciousness. It was not a soul that experienced prior lives. It was pure Source feminine energy. This pure Source energy braided with me to assist in heightening the light quotient in my mind body and spirit. I know that this being was completely pure. It had no karma or past or present negative energy to clear.

It is important to mention this purity, because most walk-in beings are souls. Spirit and Soul are different in my perspective. Spirit is pure energy. Soul is an aspect of the Spirit, expressing itself in an incarnation that has a personality with past lives or the soul essence can be a brand-new soul expression.

During this process, I awakened to my feelings, creativity, and sexuality. I was also undergoing a deep and profound soul purification. I was healing wounds of past lives for the divine feminine, the suppressing of feminine powers. Many if not all feminine were at some point persecuted in past lives for feminine powers. For me to achieve what I have in this lifetime, to come

back to embody and live fully in the truth of my feminine, psychic powers was very courageous of me. Fearlessness, strength and love are also the attributes of the feminine rising.

Days passed as I experienced these transitions and healing and I still was not conscious that I had a Walk-In Spirit braided within me at this time. I knew great changes were taking place within in me, but to imagine another Spirit braiding within me was not something I considered, until one particular evening...

William's Story

While I was actively involved in one of my relentless days of spiritual research, I stumbled upon a man named William, from Las Vegas, Nevada. I came across his YouTube videos synchronously. It was an exemplary case of, "When the student is ready, the teacher appears."

William was telling the story of how he fulfilled a pre-conceived soul contract. Before the original soul of his current body (aka "vehicle") left that body, his soul essence took over. Before incarnation, this agreement was made between himself and the original soul that inhabited that particular body.

William's soul incarnated into a particular body-vehicle that had become very unhealthy and obese. The person's soul that had previously inhabited the body had accumulated addictions and lots of karma to be cleared. It took William years to become healthy again and totally clear all addictions from the old DNA and old cellular programming to synergistically balance his new soul and body.

William went into great detail about how foreign he now felt around the family of the old soul, his body's "parents and siblings," as well as how he slowly shed all the old friendships. He eventually told his body vehicle's mother the true story, that he himself is not the original soul that incarnated at birth.

William also spoke about telepathically connecting with his Twin Flame while he was in the shower one day. He soon met his Twin Flame afterward in the audience of one of his speaking engagements. William also shed his addictions of alcoholic and drug abuse, eating disorder and all the other dysfunctional habits

that did not coincide with the new soul/cellular DNA that he had brought with him.

I was mesmerized with his speaking and information. It was so very fascinating to me. I still did not figure it out...yet...that I, myself, was having a Walk-in soul experience.

I continued on through life as usual: being a Mom to my beautiful son, volunteering at his school, working as a holistic nutritionist, working out etc. I started to notice that my old indulgence of enjoying alcohol was wearing off. The thought of drinking was no longer appealing to me. This came as a surprise as it had been a habit of mine that I had struggled with for years. As much as I was allergic to alcohol, I would still drink it to take the “edge off,” to feel comfortable socially and to numb my feelings. But now, suddenly, I was really turned off from drinking.

This got me thinking to William and his story. I started noticing how I felt around family and friends, like I no longer knew them because I felt so different. I started to wonder if I was indeed the same soul and began really pondering the question, “Am I a walk-in? Who Am I?”

The thought of this scared the crap out of me. I cried and cried when I started to figure this out. I asked God to please show me some answers... and God did.

I swayed back and forth with the idea, the belief that I was a walk-in, just as my energy swayed back and forth and I constantly had to mindfully balance it. I would purposely meditate and integrate the energy, talk to the energy, visualize the energy melding synergistically with my soul. I became a master of energy.

Types of Walk-Ins

I did more and more research with Walk-Ins. I found that there are different types of walk-ins. The two main types are Braided Walk-Ins and Permanent Walk-Ins.

I came to understand that I was experiencing a Braided Walk-In. I knew then, without a doubt, that I was still the original Soul that was born into my body. I clearly remembered certain significant childhood experiences with my Twin sister and brothers. The one memory that stood out the most and stuck with

me was my clear connection with God and this is also what the Braided Soul is, pure God Consciousness.

When my sister and I were still in diapers we had a poo fight and flung poop all over our room. Of course, my mother was furious. She sentenced us to our rooms after she cleaned up and wiped the walls down. I remember laying on my bed tearing at the wet wall paper. As I was tearing the wallpaper, I saw an image of what appeared to me to be God's image on the wall. Somehow, even as a baby, I knew the name "God" and connected with God. This particular memory that was imbedded in me was the key memory that helped me to know that I was still me and another spirit as well. I thought back to other memories and knew and or confirmed the truth within me.

Now knowing the truth, I could really master and braid with this precious pure love energy. I would lie awake at night wondering how it was feeling and started to have compassion and empathy for my new Spirit.

Besides being a Mom, spiritual research became my full-time job. I discovered that the Ascension process is about Mastering our Energy and that anyone who has a braided Soul experience successfully is on a journey to self-mastery and energetic mastery.

I was feeling very good about my accomplishment, braiding with another being successfully. The braiding of the soul and spirit had chemical reactions as well. I spent years undergoing a healing process while the two beings were alchemically melding.

My Soul and the Spiritual Being Braided energy, alchemically became one. The Spirit never left me, this spirit is an aspect of me from Source. It is the *divine* feminine energy counterpart; this is the best way I feel to describe it. Let me expound upon this. We, the spirit being and Myself, are now ONE, there is no separateness.

After two years, I have learned the purpose of the Walk-in for my personal experience. Let me explain. The energy from the incoming soul comes in through the top of the head in a spiraling downward process, hence the term "soul braiding."

When the planet is ready to be given advanced information of ancient wisdom, be it technical or spiritual in nature, a Walk-In transpires. The process is always done with the cooperation and willingness of the "main soul" expression inhabiting the body. Perhaps this agreement was made before the original soul entered

into the body, prior to birth which was previously arranged on a soul level in the etheric.

This information brought into Earth by the braiding in of this spirit being was feminine energies of ancient wisdom and spiritual knowledge. However, the most predominant feature was the pureness of the energy that came in. Pure Source Consciousness Energy was brought in to heighten the overall vibration of my Mind, Body and Soul. This enabled me to further propel me on my mission here on Earth.



My Earth Mission

My mission is to teach about Love; to raise my frequency in order to successfully reach physical reunion with my Twin Flame and to bring in the feminine energies to Earth.

When someone physically works out and becomes stronger, they need to increase their challenge to continue to grow. When an individual gets to a certain level of spiritual advancement, they naturally become inclined to take on greater spiritual challenges for their continued growth. There are few tasks harder in the universe than taking on the challenges of "Soul Braiding."

Considering that we are Multidimensional Beings, this is really not a strange experience.

The soul, as a spark of **the Creator**, chooses to express its creativity in many different dimensions of time and space all occurring simultaneously! Another aspect of your own soul may participate in both (or either) the soul braiding and/ or walk-in process. Or, another entirely different soul, one you know from another dimension of time and space, may blend with you for the present dance of life upon the Earth. Interactions such as these are quite common.

In most cases, the main personality is unaware of such occurrences. The integration stage, when different life expressions are sharing space and are entering or departing, can be a confusing and unsettling time for the body vehicle. The body has the challenging task of being the container of this changing, dynamic flow of energies. Emotionally, it has the formidable task of staying balanced. Patience is necessary to allow the blending of these energies to move comfortably into creative expression. It is best to move slowly and allow time to make the necessary adjustments in harmony with the evolving personality needs.

For the evolved, this **blending of souls** is for the purpose of a higher nature and contribution to the betterment of humanity. Humanity is just beginning to understand the complexity and the **multidimensional nature of the soul** and its effect upon the personality.

There is no limit to the creativity you are gifted with. We are sharing and blending with others, both those multidimensional aspects of ourselves and also other souls, as partners of the ONE. WE ALL ARE is an ongoing expression of life.

A permanent walk-in experience is where two individual souls have agreed to switch places. The first soul has gone as far as it can in its development in this reality of time and space and is ready to move on. The soul that has taken its place will serve in a different capacity than before. Normally, permission has been granted in order for this to take place. Classic walk-in situations, or "Soul Exchanges," are very simple: one walks out and leaves forever and another one walks in and stays for the rest of that body's natural life. The hard part is the cleansing process while

simultaneously experiencing the alchemical integration of the cellular “hardware”.

Walk-in souls are used to enable the personality of a soul expression a better chance of achieving its ascension goals by allowing an “adoption” of the additional personality of a more advanced soul.

Extraterrestrial experience that I remember

I had a vivid "Dream Experience" today of Aliens, ET's running tests. Disclosure is imminent. OR IS IT??? I was not totally clear on the message I received in my Experience State with the Extraterrestrials, but I was very clear with the procedure. It was an uncomfortable and invasive procedural experience, a very real and breach of soul contract/experience. I have had these experiences other times in my life which I now consider to be attacks.

Here is what I experience:

I was put into a "paralyzed" state of being. While I was going "under," they moved my body to see if I could still feel it. Eventually I could not. They took tests of my crystalline body. Its holographic form was white light frequency, I viewed this remotely with my Higher Self. They took blood out of physical body using needles in my thigh and front veins on my foot. That's when I got distressed because my feet are very sensitive. I saw that they were a crew of Scientists and Doctors of Extraterrestrial Beings. While all of this was transpiring, I was being distracted by a friend sitting on the bed with me pretending to read me a book. I wasn't scared, just curious.

I did not see what the faces looked like only the bodies dressed in medical attire, I only felt their presence and knew exactly what they were doing. The only part I did not like was the paralysis.

I became consciousness during this process to remember.

It took me about ten minutes after the procedure to open my eyes and move again even though I was fully awake.

I went outside right away to get some fresh air.

When I was 4 years old and 22, The Aliens extracted DNA and eggs from my Ova (near my fallopian tubes). I woke up to remember this procedure where I was also paralyzed and felt like I was being smothered. I told my sister about the experience the next day when I remember sleep walking to wash my private parts clean. This was not suppose to happen and was a terrible crime and breech of soul contract. They later used the eggs to create at least 50 other children on another planet. Because of my knowledge of this they have been attacking me since and I am writing this as way of stopping it and speaking my truth.

The Arcturians

I have since leaned this group of extraterrestrials are the Arcturians and, specifically, the healing team of the Arcturians.

Disclosure of our Galactic Heritage happens from within. When your surround yourself with like hearted people the synchronicity will happen faster for learning and networking with each other ~ unity consciousness. The same goes for our galactic family, we work together for healing the Planet Earth during this monumental time of Ascension within our Galaxy's Solar Systems (notice I use plural). We are of many solar systems. As I have been being shown of this for years now: who we are and where we are now within the solar system. I have worked with Carl Sagan in Higher Realms going back 4 years now for this Spirit Script. Edgar Cayce is of the Arcturian Race also. I am of the Angelic Race and work with the Arcturians.

I am in Italy, here with a group of friends (6 woman) for business and pleasure. The business is healing technology conference of cutting edge healing technology of the future (I will elaborate more about this technology later in this chapter). This is the second time I have come to Italy as I was heavily guided last minute both times to join in to gain knowledge of this healing technology and have some fun. Upon returning from Italy my last time, last year in Italy, I had written a blog with some fascinating synchronicities and fun stories to share. And it's is happening again.

This is how disclosure works among friends. My friend Kim upon waking up Oct. 24th morning, hesitantly asked me "Shelly, do you believe some dreams are real, or can you tell if a dream is real or not?" "Because I had the most real experience last night" So I explain..."Yes dreams are very real much of the time, you can usually feel and tell if it's an experience or thoughts. And I

explained some of my many experiences of meeting higher dimensional Beings during dream time, specifically the Arcturians.

My friend Kim explained her dream experience to me. She said "huge DNA columns were present in the sky along with spiral strands, many of them along with green/blue light, lighting up everything. Then Aliens appeared and stated the water will no longer be contaminated, this has gone on far too long and the water is to be healed.... Kim described this as like "out of this world real experience". The message was that the ET's were claiming to heal the water to restore its purity with the help of humans-humanitarians.

The Arcturians are the most advanced ET race neighbors of ours here on Earth along with Pleiadian, Lyra etc... The Arcturians and Angelics are 2 primary frequency spectrums, I feel the home frequency: the Arcturian System and the Angelic Realm. We work together for Planetary Ascension. This is now become apparent as to why my close connection with the Arcturians and my interactions with them as the Angelic/Human. My soul contract included being a human communicator for them in various ways.

Adventures While in Italy

Today we go for our tour in Florence, Italy at the Piazzale Michelangelo Square showing the panoramic view. This includes statues of Michelangelo, as well as **DNA Columns** we noticed. We were sitting at lunch and found the presence of the DNA columns just as were in her dream very phenomenal, Kim, myself and friends were looking at DNA Columns with strands running down the columns in awe so we went and took pics, knowing this was a definite sign of the "dream experience."

I snapped a picture and in it we saw what looked like a crescent green star, moon, orb, planet??? from the picture I took. Our friend Kate then went to take the same pic but the green light (planet) did not show. We knew it showed on my image for a reason. My friend started to inquire more about the Arcturus Planet, and Arcturians. I pulled up an image for her on the internet. She immediately said "that's what I saw, that is them." Later on, the bus the driver announced people in Florence had been witnessing

SOVEREIGN BEING

the green crescent moon in the sky behind the DNA structure. The same green presence light as in Kim's dream experience with the Arcturians.

I began to explain to the group of friends who the Arcturians are and how we are here to help change the world and heighten our consciousness to join again with our Neighbours of Higher Dimensions ~ The ET's. I only opened up with the information because of Kim's dream and everyone wanted to know, otherwise I keep it to myself. Well they are all believers now. This is personal disclosure. We don't need government authorities to tell us. It's happening now along with Ascension.



Later on, during our trip (actually our second to last dinner in Rome), we shared an amazing dinner and laughs. We were walking back to our hotel when my friend (same one who had the dream with the Arcturians) said "want to go back to the cigar lounge?" We all agreed and headed back.

We entered into the lower level of the beautiful hotel in Rome. It was a dark bar with a band set up to play that night. The first thing we noticed on the wall was this painting of the Rome Colosseum also known as the Flavian Amphitheatre. What was hovering over the Colosseum is what really got our attention. It was an Extraterrestrial Space Craft. We could not believe our eyes. We took many pics that turned out to be very incredible with a light that appeared so bright like a sun.

The first picture I had taken of me the space craft was not visible, but the second and third and fourth pic it was visible along with a high frequency of the Sun Light in the painting. The wild part is that light was coming from my heart centre. I felt the light zap through my crown and out of my heart into the image. Not once but 3 times. I hold the Central Sun Light with in my Heart, ***"I anchor the 7th ray of Sun here on Earth, I am holder of the Ancient Sun Disk, I am a chamber of Light, I am a carrier of powerful frequencies of Light for the New Earth, where I go the Central Sun shines"*** ~ ***Shelly Sullivan***. This was also more confirmation of the ETs, specifically the Arcturian Group telepathically communicating via light language.





Beside the sun in this image a presence of a feminine goddess also appeared (top right).

As each day passes we are witnessing more and more signs from God Source my Higher Self, to let us know that a higher energy is among us helping us with our New Earth or should I say New Earths Realities. The DNA encoding pouring into Earth now via the Galactic centre from our galactic heritage is example of this. We are also becoming very aware of our contributions to Earth with our work. Italy is one of my Grid points much clearing and cleansing work is being done here.

Although when I do cleansing and clearing work for the Earth and collective consciousness, I am not consciously setting down and doing a meditation and visualization of this at all times, the clearing is done by my Higher Self/God Source through my Soul and human vehicle. Ley lines and Portals were opened in Italy, this

is what partly the earth quakes were signs of. The space has been made and opened up for the ancient energies to come through. The energy healing continues as they are still receiving tornado's and torrential rains.

CHAPTER 11
PUSHING THROUGH
WORLD DICHOTOMY

***Twin Flames Pushing Through World Dichotomy ~
Signs From Higher Self***

The definition of Dichotomy is:

*a division or contrast between two things that are or are represented as being opposed or entirely different. Such as the belief that there has been "a rigid **dichotomy between** science and mysticism" (Oxford Dictionary)*

This is exactly what we are experiencing between the energies of the New Earth and the Old Earth. Many people are stuck in between these energies, experiencing a feeling of being yo-yoed back and forth, and it is enough to make your head spin and want to quit this game. However, this is not a time to quit. It is the time when just before you break-through, you break-down. You break-down and surrender to it, allow it to go into the hands of God and it will all become clear.

This is when you are invited to completely TRUST, to tap only into your heart and push the egoic head out of the way. It is time to simply surrender, to trust that all is as it should be, and to make your decisions with the Guidance of your intuition, that Higher

Self wisdom that is coming through. Make your free will choices only from the heart and do whatever it takes to tell the ego to move out of your soul mission's way, once and for all.

This is a time of living between two worlds, the simple question is which one will you chose. The higher vibrational new Earth or stay stuck in the destiny 3D soup. Will you choose balance between the feminine and masculine worlds or Chaos. At this point if you are in between the 3D will feel like a sludge of dense stuck-ness. If you feel called to follow the higher vibrational path, now is the time to choose, otherwise it may cause chaos and bipolar symptoms. This I predict will be very common in the coming times between two worlds.

Twin Flames Explained and the Importance of Key Twin Flames

I am going to refer back to the first Twin Flame explanation to help you to understand how important this message is from Higher Self right now. It is not a joke; it is very serious that you comprehend this NOW.

First of all, what is our Higher self? Higher Self is the Spirit that connects us to the Source Energy from where we have come. In our case, millions of year ago, my Twin Flame and I were One Soul. We separated in order to experience the duality of the Earth as whole Feminine and Masculine counterparts. The Higher Self of my Twin and I is God. No in between we are straight from Source Creator.

What is to show through in the collective consciousness firstly comes through to the Key Twin Flames in an experience or "lesson." This latest experience dictates the dichotomy of Light and Dark, Heart guidance vs. Ego guidance, Trust and Fear or Duality and Oneness.

The Spirit of Higher Self has been working with and through me for the past years performing **Magic** and **Alchemy**. I am shown messages, signs, numbers and transmissions to guide me on my life's mission as a spiritual teacher to help with Love on the Planet. I refer to Higher Self not as just my Higher Self but "The Higher Self" because I share a Higher Self with my Twin Flame.

We are the Key Twin Flames, the first Twins from our Monad that have been created from the beginning of times, created by our Source Mother and Father God. We are the Masculine and the Feminine flame. We have been dividing over thousands of years. All of these divisions were in preparation for this ONE life, this current time, to come back together, to pass all tests of the school of Earth and to graduate for this GRAND FINALE of Earth's Ascension as the New Solar Sun.

Aspects of our original selves are in millions of people. This is why, in the case of Key Twin Flames, many of one of the counterparts is exposed to many, many people in a positive manner (such as being prominent in the public eye), while the counterpart of the pair's strength is in the spiritual realm doing the work "behind the scenes." This is what is known as the *Matrix Twin* and the *Spiritual Twin*. While both are obviously spiritual beings, they are designated different roles to play in this final game of Ascension on Earth.

People will resonate with the Matrix Twin Flame who is doing the work in public much of the time. This is by design and is a very strategically planned part of the game. The people who resonate with the Key Matrix Twin Flame are resonating with their persona because they see themselves in this person. They identify with the Key Matrix Twin Flame in the public eye because this Key Twin *is* them and they are HIM or HER, each aspect of his or her Higher Self. Consider how many people resonate with the energy signature of Archangel Michael, for example. The reason they resonate so strongly with this Archangel is because *they are part of him*: they are aspects of Archangel Michael in action on the Earth to help with Ascension. The only difference here is that the Key Spiritual Twin Flames have returned in a physical body to help those resonating with aspects of themselves.

A sure give away that you're from the beginning of your Monad is repetitively hearing, "You look like someone I know," or that everyone you meet looks familiar. Such is the case with me.

It is the same with the Key Matrix Twin Flame. They are here in the physical body, resonating with thousands, millions and even the whole world, depending on his or her chosen mission. When Higher Self comes through to the other Key Spiritual Twin Flame with Guidance and messages, signs and symbols, it may initially

sound fun or seem like part of a little game, however, this is not a little game and this is something you do not take for granted. It is no joke. It is time for you to work on the finale of your life's mission.

If you are a Key Twin Flame incarnated on this Earth, you will you know who you are and will eventually find this message or it will find you. When I receive transmissions, spiritual messages and “out of this world” experiences, the same message always trickles into the collective consciousness. Once I have experienced the message, or have done certain work for the collective on a spiritual level, the continuum flows in this sort of evolution.

This is what the Spiritual Twin Flame does “behind the scenes” in the spirit realm: they reach the vast amounts of the collective consciousness with their multidimensional self and their aspects. In tandem they work with their Matrix Twin Flame counterpart, as the Matrix Twin is doing their work more obviously to the people in the physical public realm rather than behind the scenes in spiritual realms.

These Monad Soul Groups are forming on the Earth now and we are all intertwined with the same messages and experiences.

This is why I refer to the SYNCHRONICITIES with such pleasure. I feel the all-important connection, as we are all working as ONE for a specific mission, each of us carrying out our individual tasks. The further back you go with your Soul creation, the bigger the task is given to you and the more challenging it is to carry out. This is not about hierarchy. Remember, the ego is not involved here. This is about accomplishing a mission that started in the beginning of creation and ends here on the Earth.

People are being Guided to meet and cross paths and work with certain others by spirit and synchronicities. Never question this, always follow this Guidance.

Initially, the mission being accomplished starts with the Soul's yearning to reunite. It is evidenced by a mass awakening on Earth that is happening now. We must do everything we can think, feel and act upon to make this happen NOW. The positive energy of unconditional love must replace the negative energy attached to the lower Ego. Do you see the dichotomy we are living in now and the importance of the free will choices we are making now? This is extremely crucial in timing and is not to be taken lightly.

This is the message that Higher Self is coming though with now. As much as we, or I, need to keep focused on the target of the mission and being ONE with my Twin Soul, I also need to be dealing with the free will choice of my own and consider the reflection of others as the messenger.

When you have a choice to make, ask yourself, "Is this decision or action I'm about to make coming from the Ego or is this from the Higher Self in service to the highest good? Is it for human evolution and for the Ascension of planet Earth and the surrounding life in the cosmos?"

I would also like to cover what I mean by the NEW Twin Flames and the New Angelics. I call them "new" because we are accomplishing things that the Angelics from eons of time in the past, present and future have not yet experienced or accomplished. More Angels and Ascended Masters are being made and coming through to help with this monumental time and significant shift on Earth. This is the biggest experiment ever on any planet. And we, the New Angelics, are the pioneers. We are Ascending in a physical body.

The New Angelics and New Children are not holding onto the old template, we are the new template. Once completed, The Ascended Mastery is taken to the next spiritual evolution to the next level.

This next statement is not me being full of myself it is actually me being full of God and stepping fully in to my power.

"I can tell you from my own personal experience this wisdom is (my) truth as I experience being God incarnate, not channeling God, but experiencing God pure consciousness in Action on Earth.

I have also been shown and know that I have a choice to be living far beyond the "programmed" life span of the current human elder template and have been well prepared on how to bust the system of pre mature false programming of aging. I intend to be here for a long time fulfilling my life mission and teaching spirituality gracefully with strength. It takes much courage to state this and there I said it lol, took me a bit to say that. But I have

been guided to accept this truth also with confidence.

As well as living well beyond the 100's, which is our choice, living a quality life with strength is our choice as well. The New Children will appreciate the strong, wise healthy parents of the New Earth.

I personally was given my Spirit name of "Saishorie~Grace." For those of us who receive these New Angelic names, they will be included in our True History books when the truth of our History is finally revealed during this monumental time on Earth. These will be the New Angelics, Ascended Masters, Gods and Goddesses who are to be added to our true history and not just taken for granted as fairy tale mythology any longer. That is part of our mission also, to teach the children, those who are the next generations of the New Earth.

The message from God was to get my serious and undivided attention on this lesson and to make sure I share where we are as a collective consciousness of the Planet Earth. We are at a crossroads here and, like children facing a crossroads, we have to understand how serious the decisions are at this time for setting the structure of our future mission. Our Monad Group, Our Higher Selves are like the parents of the child. They are giving us their undivided attention and drilling into our minds and consciousness to be aware of the decisions at this crucial time of our lives.

If you feel like you need Guidance for a certain situation you are dealing with at this time in your life, ask for help, not from your ego mind, but rather from your Spirit. Your Spirit is not just your wild imagination or fantasy; your Spirit is the real YOU. The Soul is in the Spirit and the personality is in the Soul, and, in our case, two prominent personalities and many, many other aspects of personalities.

Finally, I got this message clearly. Our Higher Self has been working so diligently with us to be clear about our mission. So clearly and so magically have the signs come up that they could not possibly be made up by anyone to be false. It is clearly Higher Self Alchemy at work. I know this to be true as I was set up to recognize this by my own experiences when I was in my twenties.

I have relayed these messages on behalf of our Higher Self out there for all to see. This is where free will comes in. We all have free will to choose whatever we want at any given moment. If we

are still floating around in the 3D soup on the Old Earth, we can make misguided choices and those that will keep us off of our Divine Soul path.

Higher Self sees at this time that this is still happening and is "SAD." This is the best way I suppose Higher Self can come through, with a message of emotion for us on Earth. Because of this experiment of free will, some of the Divine Mission is being slowed down and Higher Self is not happy about this. I have been guided by our Higher Self to write this. Trust me when I say it was not easy for me to even conjure up the courage to face this message head on.

Keep in mind that this life here on Earth is like a game, a dream we are living in, so from our Higher Self's perspective, it is a fun game. But, the time has come that this "fun" be taken seriously.



Through me, our Higher Self has prompted me to share these messages and Guidance with my paired Soul and other people who are drawn to this path. This has been carefully planned and set in motion from before birth. The messages have been precisely showed to me by way of Signs, messages and transmissions. Higher Self has utilized the physicality of license plates, digital technology, computer visuals, songs, videos, written messages, books, spirits, phone messages and more at the exact right divine timing to successfully allow that the Soul Mission be carried out and executed on Earth for Ascension.

I am so easily Guided and do not question any of it with my logical mind because I was programmed for this. It is in my DNA or my human nature to follow this course of action. There are days I may question in my mind, but never doubt with my heart, what my mission is.

The Dark Versus the Light

A particular blog talk radio came to me yesterday, another synchronistical moment, just after I published this article about "Twin Flames pushing through World Dichotomy." With urgency, I was prompted to share a message of intervention with the Twin Flame community of what is transpiring now with the Collective: a battle between the dark and the light. When the light is winning, the dark will try and try even harder. I do not focus my energies on the dark. I never have and will avoid doing so, even if it means ending a friendship. I have ended many relationships with those who may be quite caught up in extending their energies to the games of the dark, and my high light vibration simply does not withstand it.

However, my Higher Self forced me to face this truth of "Dark Interference" head-on. It was one of the most painful lessons I have experienced yet. I have read articles and listened to others speaking of the Dark versus The Light since I endured this lesson and wrote about it. It is a reality, within us and around us. The Dark will try to interfere with the Light using many modes of means and methods. The Dark predator could come in the most innocent of forms, such as friends or family members, and cause chaos, for they don't even recognize the Dark shadows that have attached to them. Understand that what you focus on, you will attract like, and this is a lesson I had to face.

"What is "The Dark"? The Dark are shadowy concepts of energy that tend to attach themselves to us through our fears. They can be an array of any spectrum of lower forms of vibrational energies of Being that attempt to interfere and degrade the integrity of our innate Being of Source Light and Love. For instance, Dark energies utilize tools of disempowerment slavery such as

motivation through guilt, duty, anger, judgement and obligation. The Dark may also use tools of separation such as greed, lust, gluttony, malice, envy, etc. These tools are what have been incorporated in the prevailing Old World patterning and programing of “Might Makes Right,” and “Predator versus Prey,” for thousands of years and multiple generations on Earth. These tools are used to separate us from our Divinity, disempower us, divide and conquer us on an individual (ego) level so that we are easier to control and manipulate. The battle is within us and it is up to us to catch our triggers with mindfulness so that we do not stay entrapped in these fears which separate us.”

~ Rachael Geiger

Please note, if something of the Dark arises, face it head-on and transmute it with Love Energies to raise it high into the Light right away. Clear the divination of it as soon as it comes into your presence. That is my advice from this whole lesson.



Psychic Protection

The higher in Light your vibrational frequency becomes, the more interested the dark energies are in you. It is imperative when you find yourself on this path that you properly know how to protect yourself.

First Step: Actively lift your vibrations more deeply into a frequency of Love. You can visualize being bathed in pinks, gold and white frequencies of light.

As a Being who is increasing significant in Light, darker energies become increasingly attracted to you. There is nothing to fear and only more mastery and awareness of the power and protection of Divine Love to experience. Within you resides guidance and skills you can now use to deal with any undesired interference. The fogginess or indecisiveness in your decision making and interference of your Frequencies of Light will be confirmation that darker energies have been causing interference with your path. It is time now to end that interference with love, compassion and assertive action of your energies and to command the other unwanted energies to leave your field.

This is also confirmation that you are growing spiritually and as such, there are higher levels of responsibility and skill required of you to continue to thrive and blossom to even deeper places of spiritual expansion. These new levels will feel joyful to you as they bring you to greater personal mastery and freedom from fear.

Interference of the light from the dark is nothing to be afraid of. No energy can interfere with you without your permission and if you have unconsciously given permission by action or deed in this or other lifetimes, you have the free will to withdraw that permission from a place of peace and love within you right now. The key to handling any energy effectively, even that energy which you no longer wish to have connected to your energy field, is to have compassion and respect in your heart, combined with a firm boundary and an understating of the principle of psychic protection.

Pyramid of Light Protection Practices

There are practices which are easy and helpful for you to use to nurture your light and make it easier to go into that place of inner peace and love on a daily basis, and that help to protect and nourish the energy of your home and workplace too. One such practiced recommended for you now is the Pyramid of Light. This can be added to any other spiritual or inner work practice and yet will also stand on its own. It can be used upon a person, a physical space such as a home or a workplace, or a venue for special occasions and even may be placed around a project.

This practice can be used daily for projects, relationships, loved ones under the age of 13 (as you don't require Higher Self's permission of this dependent yet), energy of the home, technology clearing, in a certain situation or before entering into a special venue or occasion or place. This practice is using light technology available to you any time. It is a powerful frequency of light.

The ritual below will clear you at any time you feel that there are forces interfering with your free will or life places. Sometimes you just sense blocks that you know are not coming from within you and you know are not in service of the higher enfoldment and they need to be released. You can use this ritual or a skilled spiritual healer to help you with this process, but know that what you most need is a compassionate heart and enough confidence to realize that *you alone give or revoke permission* for any being to be connected with your energy field seeking to exert influence over your thoughts, actions or life choices either consciously or not. Sometimes we just need to remind ourselves of the power of our free will and choice. If any being, in the physical world or the inner worlds, ever tells you that you have no power of choice as a human being, do not believe them. They may believe what they are saying, but they are not honoring the innate spiritual inheritance as a human being. Another, except in illusion, cannot take it from you. Once you realize this, you can claim back your power at any time.

You may have beings who think they are helping you, but are not of unconditional love, and therefore they are better to be released from your energy field. These beings may or may not be in physical form. They may or may not appear as very spiritual teacher or helpers. Fogginess in clear decisions or actions or decisions not from the heart space but rather the ego indicates that



there are also thoughts, feelings and other energies around you that are not helping out. You can clear all of that and feel that your path is clearer and easier with less fog and confusion.

Sit quietly or lay down, preferably with your spine straight, so that you can have the light work through and around you. Imagine this light as a blanket of light technology of frequencies scanning and running up and down your physical body, auric body, and etheric body. Also, make sure you are familiar with the 12-13 chakra system and clear your Chakras with this light practice.

Now imagine a huge golden white solar sun before you; imagine it approaching closer and closer to you. Envision within this sun an enormous eye within the sun focusing on you, and around that eye is a circular frequency of violet frequency. Visualize this sun approaching closer and closer, feeling the happy anticipation of this imminent miracle of healing light frequency, until it fully envelopes you.

This light is powerful electric light. It is the highest frequency white light, violet light and golden source sun light. Soak it all up. Visualizing all the light bathing on every one of your bodies' cells as well as every atom within your sphere of existence. Practice this often until you can perform this ritual in any given moment quickly, if needed.

Now imagine this Sun Source light hovering above you, the center of the source's eye ultra-beam and precise laser light focusing above your crown and above all your 12 chakras, hovering from the 13th Chakra of your I AM Presence, your Source. See it beaming a chamber of light into your crown. Imagine the eye of this source coming down to enter your crown. The create 4 points/corners of your etheric body and form 4 columns of light around you then forming an apex temple above you. From this point, you have 5 cylinders of light forming a temple in and around you. Now create the base, the floor structure beneath you of ultra violet light and raise that frequency upward to encompass all of you and your bodies. See the 5 cylinders as being the highest frequency structure of your etheric temple of light. Watch the frequency of light shoot geometric laser beams around and throughout all of your body, your temple. Lastly, surround this structure gold Sun Source light.

Imagine your 7 body chakras and see a sacred geometric star before each one of your chakras, as well as the Earth star base chakra, and the 5 higher etheric chakras.

Now imagine the sacred geometric disk spinning horizontally within your diamond colored clear large chakra. Move the disk upward and downward in motion, clearing the chakras, spinning all visual debris and emotional feelings of lower vibration away. Do the same simultaneously for each 12 chakras. With practice, this will become easy and fast.

Then visualize your physical body expanding into your light body. Each of your cells is becoming spread out into a frequency of energy matter.

Be crystal clear in your intentions and keep your eye on the target of your intentions. Keep your thoughts positive and even throughout the dichotomy of life here and what is happening now.

Meditation Exercise: Balancing the Feminine and Masculine Within

Balance between the feminine and masculine energies is imperative at this time on Earth. Without this balance chaos is imminent. I would like you to practice this creative visualization and meditation often.

Visualize the blue and pink flame within your heart space, blazing strong. Now witness the flames join together as one violet flame. Raise this flame from your heart through your throat chakra into your brain and third eye. Enveloping your upper chakras right through to the 13th chakra. Then you will see the infinity 8 symbol spiraling together with the violet fire through these chambers of infinity 8 light. Raise this up to the Source Light Creator letting them know you are fully balanced and or working on full complete balanced energy of the masculine and feminine polarity. If you have a Twin Flame do this with them physically or telepathically.

Activating your Light Field

In order to efficiently receive the light codes from our Central Sun, which is then filtered via our Solar Sun into our Heart Sun we must have a healthy digestion and intestinal system.

Depending on your age will determine the purification and detox protocol. If you are fairly young the intestinal track won't have as much build up of bad bacteria and sludge residue as if you are a matured adult. Eating a clean diet free of GMO's, raw if you have to, vegan and lots of spring water is a must to sustain high in light frequency. Purchase the highest quality cannabis and soak in this for approximately 2 hours or until you are shriveled up like a prune. Then go directly out into the sunlight for an hour or so. Repeat this 3 times, and you can continue whenever you feel to do maintenance. This will detox your dermis (where much of the negative energy is targeted) as well as activate your light body to further your ability to continue the photosynthesis process within and of your bodies (etheric, auric, physical spiritual).

Deep tissue massage and lymphatic drainage is also important for the maintenance of light body. If you are older colonics would be helpful.



CHAPTER 12
THE SACRED VALUE OF
THE NUMBER 12

Twin Flames, Ancient Mythology and Ascension

This is very complex, describing my experience and realization of the Twin Flame role in Ascension and how Mythology, Ancient wisdom and Infinity are all part of the equations. Over the past 3 years, huge changes have been rumbling through our Universes and each individual on the Planet. The awareness of these connections came to me and I have tied it all together in the best way I can. Please bear in mind that this comes from my perspective as a God Creator Galactic Citizen~ I am thinking BIG in a Universal way, way way "Out there!!!"

That kept catching my eye was the number 12. It has been consistent in all connections. 12-12-12, December 12/2012 is very significant as the beginning of the end times as we knew it. Our Ascension, 12-12 is when our main Event took full momentum on Earth. Not only did the Indigo, Crystal and Rainbow children become activated, this is the activation that brought about this awakening and this book. 12-12.

12 months in our Zodiac

12 Chakra Systems

12 Planetary/Cosmic Twin Flames

12 DNA Strands

12 Solar Aspects of Deity

12 Gods & Goddesses

12th Level Avatar

12 Tribes

12 Council member

12 morphogenetic field signatures /template for manifestation of matter

12 planets representing 12 Universes by 2012

12 days till the gestation period is over for New Earths (plural).



What I have come to realize is that the 12 planets in the Solar system are just a few of the Planets revolving around our Solar Sun or I should really say “evolving around the Earth and the Solar Sun” which are surrounding us. Also worthy to note is that there are many other Solar Systems and Universes. I have seen and been in the other Universes, Solar Systems and have created planets along with my masculine counterpart. Our love creates planets and stars; we can even create Suns.

We are much more than the individual physical being we have been programmed/tricked into believing. We are not limited physical beings of matter. We are limitless infinite beings of light with the ability to co-create that in what we are.

In actuality, there are many more planets than we know of in our solar system and we on the Earth have moved around in the Solar System. More Planets are in the making as we speak.

I was magically guided throughout my research to learn more of what I was experiencing and witnessing in the Etheric/Astral Realms of Higher Dimensions. I have been on a journey along with the Earth. I have teleported along with the Earth and other Planets and have witnessed personally through Prime Creators Big Screen how we have created the replica of the Earth, more than once I suspect. However, I remember the most recent New Earth creation

that was created by me and my Twin Soul and our Soul Families.

We have been fed only part of our true galactic heritage. The rest has been kept from us up to this point of Ascension and now we are re-awakening to our truth. This is what my experience is of "Life" here and Now. My imagination, now augmented, has connected fully with the Mind of God and my Heart is fully one with the Central Sun. Much of the puzzle pieces are coming together and will be ongoing in our learning and sharing of wisdom.

The New Earth has been created along with its own Sun, Galaxy and Universe; the New Planets are what we are further creating now with the Unions of the Cosmic Twin Flames and our Soul Families. Our true potential is not only creating human children. We create out in the Cosmic Galaxy. I experience and know this. I have been on my journey of remembering who I am and why I am.

The Cosmic Twin Flames are the Gods and Goddesses forming the NEW Planetary Universe. The NEW cycle of creation is fully underway. Ancient Mythology depicts Gods/Goddesses who were created by God Creator and are known now as the Planets of the Universe we now refer to as the "Zodiac." There is one for each month = 12.





Examples of Planets that are Gods in mythology

~Mercury (Hermes) is the God of commerce, travel ~Venus (Aphrodite) is the Roman goddess of love and beauty ~Jupiter (Zeus) was the King of the Gods in Roman mythology ~Saturn (Cronus) is the Roman god of agriculture ~Uranus is the ancient Roman deity of the Heavens, the earliest supreme god ~Neptune (Poseidon), was the Roman god of the Sea ~Pluto (Hades) is the Roman god of the underworld in Roman mythology ~Earth (Gaia) is the only planet whose English name does not derive from Greek/Roman mythology. I find that interesting that Gaia does not YET derive from any Mythology... I wish to change that false belief.

The Twelve (12) Gods of Greece and their equivalents in Rome

Here are the Male Female Pairings

<i>Female</i>		<i>Male</i>	
<i>Greek</i>	<i>Roman</i>	<i>Greek</i>	<i>Roman</i>
Aphrodite	Venus	Ares	Mars
Artemis	Diana	Apollo	Apollo
Athena	Minerva	Hephaistos	Vulcan
Demeter	Ceres	Poseidon	Neptune
Hera	Juno	Zeus	Jupiter
Hestia	Vesta	Hermes	Mercury

12 is the common number in these themes: The Egyptian Gods & The Signs of the Zodiac; the narrow strip in the sky in which we observe and measure the movements of the Sun, Moon and the planets, recognized in Babylon 4,000 or so years ago.

This is what our History has revealed to us since our fall from the Seventh Dimensional Seed Planet. Twelve (12) 30-day months and five extra days made up the year. Each month was believed to have a separate God as its ruler or guardian. Evidence of this concept can be traced to both ancient Babylon and Egypt. The twelve Egyptian gods began as month Gods. Later, some time before the third century B.C., it was the Twelve Gods then who ruled the Signs of the Zodiac, each month and each day belongs to one of the Gods.

My Perspective on The Cosmic formation of the New Planetary Cosmic Galaxy & Universe

It formerly began December 12, 2012 and culminates mid December 2015. I witnessed the New Earth/Old Earth split March 18/2015 3:32 a.m. I depicted it as a split as this is how it was presented to me and what I was intuitively guided to name it, however later realized it was also the conception of the New Earths.

Within the New Earth gestation period of 9 months, give or take a few days as with any birth, the New Earth was birthed in its full form December 18, 2015, approximately.

Planetary Ascension creation cycle will continue to December 2028. Note: Planetary Creation / Ascension and Earth Ascension are different. These dates are only reference points to tell the story on linear fraud time.

Planetary Ascension includes new Planets and Sun within a New Universe. A New Universe has already been created April 14/2014, which I created and witnessed as a multidimensional experience with my Twin Flame. I will go into further detail below.

From the very beginning of Source creation, Our Divine Source was created by Mother and Father God. The very first union between masculine and feminine occurred billions of years ago forming the Twin Flames pairs of the Cosmos and so on and so on. This creation takes *both* counterparts of masculine and feminine. One without the other is useless.

The Hindu religion teaches this with the story of Bramha and Shakti creating the third energy Vishnu: Father, Mother and Child. This is Divine creation of all matter including the creation of Universes. This is LOVE! Love creates everything! The light creates with love, the dark creates with fear. Both manifest with consciousness, intention and vast energy.

I received a God Source transmission and it was a visual message and text at 3:33 am in the morning. The message was depicted in a Tree of Life along with a Sacred Geometric Flower of Life, stating “Be all of YOU, The Continuum that feeds the Life Force Flow.”

What this means is Be all of you, not the limited sacred geometry of one Planet. Be the continuum that feeds the rest of life in the Universe and Galaxies. Wake up to who you truly are, a Light Being, an aspect of God Prime Creator.

We are all the Creators, God Creators, we create all that is. We are only just on the brink of remembering who we truly are and remembering the power that we carry to magically manifest. It is time to create beyond sacred geometry cities and be the continuum creators of the tree of life outside the matrix. We are Universal Creators, Sovereign Beings unruled by any, but rather rulers of love.

Mythology and Religions all tell the same story if different ways. This is what is referenced to as the “third energy.” This energy is manifest into form from Spiritual matter. The Higher Self is merging and what is transpiring now with the Twin Flames is the balancing of feminine and masculine aspects. We are experiencing the acceptance of synchronization awareness from Source Alchemy and are creating unlimited third energy into form. This is the natural cause of birth in the Universal Womb. We, as Twin Flames, are here to integrate and understand that concept correctly as masters of our own energy.

Third Energy Magic

As with the Creation of all life, a Twin Flame "Split" transpired. From that split, the first Twin Flame pairs were created. This in turn created the 12 Twin Flame pairs who created the 144,000 Souls Cluster Group, which was commanded to come to help Earth's Ascension. These Twins and Soul Group then created more Twins and Soul groups. These groups have been commanded to assist with this Planetary Ascension also by the originating Cosmic Twin Flame group.

In the creation with my Twin and I, we were herald in way back in the beginning times. This goes way back billions of years; I am still learning of our galactic heritage. We are 2 human beings incarnate on Earth now, of the first ONE set of Twin Flames created by our Monad Group. We are White Diamond Grand Elders of the Twin Flame Monad Group of 144,000. I was shown this also in a dream time dream experience.

When a NEW soul is created, it is similar to the conception and creation of the child in the mother's womb. The Creator knows the gender and the DNA structures. These patterns and structures are contained within Divine Creator and transferred within our Soul memory and Soul Skin body of our choice.

The mother has no control over the divine crystalline creation that is to be manifested into spiritual matter and then form. But the Father when committed like a Comet moving at the speed of Light will find his Bride. Each individual Soul of the Monad family is a gift of the Higher Self intention.

Universes of matter are also created this way. However, it takes millions of Souls shards of the God Prime Creator (Monad-Higher Self) to create and structure a Universe within.

Monad Souls created by the Creator Gods are Twin Souls. These are two Beings embodied as either the Male or Female gender. These residents of the highest planes of light, "Higher Self – Monads," then give birth to extensions of themselves. This is what I know to BE from my Twin Flame and I.

Twin Flames are created when the Creator Gods and Cosmic Parents decide to create.

Over time, the Monads become the Celestial Parents to the Grand Elders or Grand Parents if you will, of these crystalline light children. This is creation all over the Galaxy with uncountable amounts of star races, Angelics and Extraterrestrial beings. Trillions upon Trillions of life forms out there exist and we are the creators of life along with our Prime creator.

When the Cosmic parents decide to create the ONE as Twin Flames, in Human bodies, there are sometimes Twins who are fraternal and sometimes Twins who are identical and who are from the same egg; the split either happens in the womb or out of the womb.

This is the case with Twin Souls. They split from the same egg inside the womb or upon birth outside of the womb, the Universal Cosmic Womb. The creation is made from great love and intention. The masculine and feminine polarity is born and remains constant as in its originality. This is how Planets are born as well, however on a much grander scale.

Such is the case with myself and my Twin Flame. We are identical. We look very similar in features, we sound similar, have similar character traits, and our physical body structure seems to be identical except he being the Male and my being the Female version. We are similar in all ways that I can see from this point of our etheric connection. Since our Etheric merge, we have even taken on the same feelings (emotional body), thoughts (mental body) and our Heart organ and energy field are ONE. The similarities are unmistakable. I often feel like him when I speak and behave now. Similarly, I used to get this feeling with my biological twin sister.

12 Planets in the New Galaxy/Universe

The Soul Groups have been meeting in Higher Realms doing the preliminary work for our final Ascension. These original Souls have created the New Earth with its own Sun, aka "the second Sun. Creation of other Planets are underway and are birthed within this independent Universe and own Galaxy, the foundation has been set for the New Planetary Galaxy.

December 2015 is the final Ascension time frame, the final fetal development of the New Earth(s). It will be 3 years this December since the New Earth was integrated with the Old Earth, The New Earth was conceived within the Old Earth.

An embryo takes on the codes of the mother and father seeds. This was essential for the informational codes/database, upgrades and purification to take place. Now, since March 18, 2015 of the split, it has been 9 months. December 18 2015 will be 9 months since the Earth Split, the exact gestation period to conceive new life in human form as always, give or take a few days.

These next two weeks is the final gestation period where the final light codes, software, will be installed for our New Earth to take full form, and become independent from the old earth (mother) to grow and thrive on her own. You could view this like a Mother giving birth to the new superhuman Indigo Starseed. All of the Light Bearers co creation for the New Earth are also melding with the New Earth at this time in December.

Cosmic Twin Flames created the New Earth in our own Universe, with our own Sun and Galaxy alongside with the help of our Soul Groups. As I previously mentioned, I witnessed this on March 18/2015. I was one of the Beings preparing the final grid work.

The Divine Template/New Earth Grid is now seeding and forming, many Twin Flames and Soul Cluster Groups are doing so on the NEW Earth NOW.

The Etheric, Spiritual, mental and emotional Merge has taken place with the Key Twin Flames. The Physical Melding of the Twins will meld their organs together on a cellular level creating the "New Earth" (new planet) within them. We are the New Earth (new Planets), coming together in Divine order when we are perfectly ripened for the integration. *As Above so Below*. This is creation of Life.

"Being the Continuum of the flow force of Life 333"
~ By Higher Self

Just as the Gods and Goddesses originated as planets of Venus, Mars, Jupiter etc., we are creating as Gods and Goddesses NOW.

Many SOUL groups of the original 12 Twin Flames and 144,000 Soul Cluster are uniting for the creation of the whole new Planetary Galaxy around our New Earth, 12 New Planets, the First Being The New Earth, one of many New Earths.

By melding the FLAMES of the Twin Souls fully activated 12 strand DNA's, 12 Chakra systems, (there is the 12 theme again, but funny thing is I cannot help but feel and do my energy work with 13 Chakra system) and then integrating within the Soul Group, this will then raise the frequency and vibration of that planet. The missions of the 12 Twin Flames/Soul Groups missions will move forward into a higher dimensional state of BEING. It will form the planetary system of 12 planets. The 12 Cosmic Twin Flames could in fact be 12 creators of the "New Planets" in the New Universe which then co-create many, many more via the Clusters and Groups.

The perfect balance of these 12 Twin Flames pairs has been reached of the 12 Key Twin Flames of the Cluster Soul Groups. 12 Looks like the key number here. 12 Key Twin Flames, 12 DNA Strands within, 12 Chakra System in place, 12 Planets in the New Earth Galaxy. This one Cluster acts as a single entity in perfect balance dividing into 12 equal parts which once again unify to co-create the next whole Masculine and Feminine perfect BEING aka PLANET and so on so on. 12-12- is a very auspicious time on Earth and in the Planets, Galaxies, Milky Way, Universe, Infinity... and for God Prime Creator.

The number 12 has been integrated into our world's systems quite tenaciously, though I have come to understand that 12 is a trickster number, used to waylay our deeper understanding and connection with the ascension vibration code of 13. The next chapter discusses this topic in depth.

CHAPTER 13
THE MYTHICAL, MYSTICAL
NUMBER 13

The 13 and Trinity

There happens to be another planet in the zodiac system, the **13th** sign which is called Ophiuchus. Many more galactic experiencers will be waking up and coming forth now. *Just as my third eye vision showed me 12, it later showed me the number 13.*

The other morning, I began to wake up out of a deep sleep and the number 13 was sitting in a circle, sort of like on a cue ball floating in my higher vision. However, the circle was a 0 (zero) which symbolizes “The Omega, The Oneness of the God Head” having no beginning and no end. The message to me was, “God is guiding and reassuring you.” Even as I woke up, this image was even more present to me. I was completely awake now, and it was still there. I was like, “What is with this 13 in the circle number?” I grabbed a pen and paper and wrote down my experience.



After taking some time in meditation and in connection with my Higher Self and Angels, I learned what and why the number 13 was brought to my attention so strongly. First of all it was the date “January 13” that had a significant impact on me.

January 13th was a day that a shift took place within me regarding my Life’s Purpose, my Eternal Love. I realized I needed to take a leadership role with this situation, meaning that I NOW needed to take action steps with my Twin Flame Union, Earthly Action steps, and not simply physically sit back with passivity. I have been so inundated with upgrades, downloads, epiphanies, new sensations, and more in regard to my Twin Flame awakening that it completely had me enthralled to the point that it started to feel uncontrollable. It was all part of me emerging as the True Angelic I AM and less human. It is not easy to rid yourself of all the programming.

My frequency had been raised up so high that staying grounded was just not happening. I am connected to the higher realms and frequencies much of the time, working with energies and finalizing the etheric union which makes my earthly tasks less of a priority. The divine Feminine Twin Flame sets the etheric seed for the Divine Masculine Twin to manifest physically into matter on Earth. This is not to say I will not stay this way (high up in the ethers of spiritual creation), but being in physical union with my Twin Flame will help to ground me. It is important to strive for balance, to not to become too passive to the everyday Earthly life

as a human and not solely focused as an Angelic Being. More importantly, this balance will bring this Twin Flame Union to Earth in the physical. This is our mission. My Twin Flame will ground me and I will help my Twin Flame to fly. This is one of the ways we *are* the Bridge between Heaven and Earth.

The Sacred Power of 13

Unity and balance, the natural order of life through the Holy Divine Feminine and through the Sacred Heart. The continuum of creation, infinite creators of life. This is 13:13

The Sacred Power of 13 brings and carries the frequency resonance of Transcendence of matter and the embodiment of Ascension, the New Earth frequency code, Unity and Oneness, Isis, Mary Magdalene, Mother Mary, the natural rhythms coming into balance and sacred order; taking back your power through the sacred divine feminine.

Mary Magdalene represents the 13 and the shift of 2012 that has brought and continues to bring the New Earth codes. She and her essence have re-emerged at a time when earth and the people are now ready to receive her lost knowledge. This will bring the Christed female of the Holy Spirit as the embodiment of Goddesses.

13 is a unifying vibration; it is the Christ with the 12 disciples. Mother Mary of Fatima appeared to the children of Fatima on May 13, 1917, for 6 consecutive months on the 13th day of each month. Her presence will come again on that day of 13 through Goddesses in the coming shift of ages.

13 has a secret divine power and esoteric frequency of the Mother Essence to transform all things. In the past, the 13 number vibration was feared and considered an “unlucky number.” Those in power at the time wanted to steer the people away from its true direct connection with Source Creation. This is one example of how false and disempowering programs of deception were integrated into common belief by those in power. By distorting truths, instant fright became the belief system response which surrounded the number 13.

Our indigenous and ancient cultures used a different system of time and communion with the cosmos, life and Spirit that was more in tune to the natural rhythms of Creation and heartbeat of Gaia. This holy way of balance is returning through the Great Shift of the Ages. The 13 vibration is a part of the holy Feminine aspect of God, alignment and healing and is returning to her rightful position as equally revered and as powerful as the Masculine aspect of God.

I discover that the Planetary rule of 12 is limited programming and that, in fact, all of the mythology examples pertaining to the rule of 12 does go beyond 12, and goes into 13 and beyond. I became aware of this as have some of my Higher Dimension Earth Friends. It seems most who can tap into this higher knowing are Light workers, Walk-Ins, Starseeds, Twin Flames etc.



The 13th Zodiac Sign: Ophiuchus

The zodiac and our knowledge of it has been altered throughout time. We were previously using an altered system of 12. Years ago, astrologers and scientists revealed that there is actually a 13th sign in the sky and its name is *Ophiuchus*. The symbol of this sign is the man holding the serpent snake. It is very interesting that this is the 13th sign because it shows the man and the serpent coming together. The serpent has allowed itself to be relaxed enough to be held in the arms of the human. This symbolizes that the man can

now use the power of serpent for his own purposes. “Snake venom can be used as a poison or medicine”. I believe that this 13th zodiac sign is the sign of healing and healers as well as magic and mastery.

If you look at a 13 signs chart you will see that Ophiuchus is the smallest sign in the Zodiac. The three smallest signs are Libra, Scorpio, and Ophiuchus. The largest ones are Virgo and Pisces.

By looking at the sizes of these signs in the chart, it is my understanding that the larger signs are energies that we have vastly explored as a species. The smaller ones, not so much. Hence, this is why people struggle with having and maintaining balanced lives (Libra), facing the dark parts of themselves (Scorpio), and healing and using the life wisdom and knowledge to their advantage and for healing (Ophiuchus). I like to think of it in the same way that astrologers once only thought there were 7 planets in our solar system. We now know that there are thousands upon thousands of geodesic bodies in that exist close to our planets and we know that there are an infinite number of stars and galaxies that exist beyond the sight of our eyes!

Here is another thing to consider about Ophiuchus: Chiron is the ruling planet of this sign. The symbol of Chiron is the key. Chiron’s symbolism in astrology is considered as the “wounded healer.”

Ophiuchus is the planet that will help us to understand and connect with our origins as a species and help us to connect with our cosmology and cosmological ancestry! In every human being there exists the instinctual reptilian mind. I feel that because Ophiuchus is now appearing and being recognized in the skies, it is a sign that we are learning to overcome and our reptilian brain and ancestry- in essence, shedding light on the shadow mind.

The constellation of Ophiuchus is placed in the heavens between the constellations of Hercules and Scorpio at the head of Serpens as far as its tale. Its southern part placed within the galactic plane.

According to ancient Greek mythology, Ophiuchus is identified with Asclepius, the well revered physician of ancient middle ages. Asclepius gained his wisdom from his father Apollo and the scholarly centaur Chiron; he was the first doctor and served in the Argonaut campaign. When he returned from the journey he was

even considered capable of raising the dead.

This close association between Asclepius and the serpent is because the symbolism of the serpent/ snake represented wisdom, rejuvenation, and the quintessence of the discovery of new healing herbs. The well-known symbol of the Caduceus or the Staff of Asclepius, is a pair of snakes twining up a staff topped by wings and is the Personification of Medical or healing Art and its ideals.

Ophiuchus: another interesting thought connecting the New Planet Ophiuchus to the Planet of Healing

Synchronicity: The 13th zodiac sign's symbol is seen as an upside magnet with a sine wave going through it. This is the same icon used by the healing technology company called *Seqex*, from Italy. I have been doing much research with this company as well as use this amazing technology. This Seqex technology sustains the human body to the higher frequency of the Earth's Electromagnetic Field. The 13th constellation of Ophiuchus shares its symbol with the Seqex Technology. Both are presently here to offer healing. Also, to complete the circle of synchronicity, Seqex Technology was created in Italy and Italy's lucky number is 13.

Seqex Healing Technology

This technology's key function is to communicate with the cells through electrical impulses. We envision this technology not only healing humanity on global scale in the future but healing Earth's Water in the future as well. It is our goal to help this mission along with the Arcturians to heal the water via purification and balancing. This technology works in and through the "easy water" with in the human body as well.

A very significant tell-tale sign that this technology is indeed part of the future of Planet Earth's healing is that this Seqex Technology symbol is the same symbol as the 13th zodiac planet, Ophiuchus. This symbol is the U-shaped magnet along with a healing sine wave running through it. The Planet Ophiuchus is referred to as the "New Healing Planet." So, we were thrilled with this connection.

Pulsed Electromagnetic Field (PEMF) Therapy is the combination of the geomagnetic field of the earth and its frequencies along with the Schumann Resonance of the Ionosphere. These all-encompassing energies of the earth sustain our good health and energize us. They are essential for life...like the food we eat, the water we drink and the air we breathe.

Our health is dependent on the optimal functioning of the more than 36 trillion cells in our body. Our cells produce energy. This energy is used to facilitate every function in our body. Over time and for many reasons such as a toxic environment, stress, illness and the aging process, our cells lose their ability to function at their highest potential. Chronic disease is a result of reduced functioning at the cellular level.

Pulsed electromagnetic field (PEMF) therapy jump starts the healing process in the body at the cellular level. PEMF therapy works on the electrical imbalances of the cell and elevates it to a more normalized condition by improving ion exchange. PEMF therapy influences cell behavior by introducing a magnetic field around and within the cell. This increases the cell's electrical energy and allows for faster absorption of nutrients and quicker elimination of waste products. PEMF therapy improves metabolic systems, increases blood and oxygen supply, activating and regenerating cells in the body.

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Ion Cyclotron Resonance

» Origins of Seqex®

Based on the original writings of **Abraham R. Liboff**

Professor Emeritus Ph.D., New York University

The Seqex® device was developed based on research conducted in the mid-1960s by the scientist W.R. Adey, who discovered that it is possible to stimulate the biological ions in living organisms using extremely low frequency and low intensity electromagnetic fields.

Hosting Angelic Beings (Serpent Beings) in My Light Energy

I have experienced Angelic/Extraterrestrial Beings within my field of Light on two occasions. The first was Rainbow serpent of Light, showing up in Diamond Rainbow Metallic Colour. This huge Being of at least 10 feet by 10 feet in my peripheral vision danced around me for minutes in my bedroom while I was folding laundry. I was in the present moment of now, not preoccupied with worry or distraction of the future. The feeling I received while hosting this Angelic Being was one of pure love and light. My skin was raised with goosebumps, my eyes were tearing and my heart was beating loud in my mind, connecting fully with my inner ear chakra. I was in the Now. Whenever I tried to look at the beautiful dance of light straight on, the Being would disappear. The Being would only appear when I was not thinking or analyzing, only when I was in a state of feeling and receiving the incoming love. This was my Higher Self aspect of Rainbow frequencies. As we raise in consciousness, we will be able to host this angelic higher dimensional being with in our energetic field of light.



I had experienced this another time, only this Being of light was White Diamond Light Being and had the same structure as the

Rainbow being. It was sacred geometry in shapes of a Serpent being. This one was 6 feet by 6 feet. It danced around me while I was shopping for a wedding dress for my sister, the “soon to be” bride. All the while I was hosting this beautiful diamond white energy, I did not speak of it to the ones with me who could not see it. I gratefully witnessed this beautiful visit, sparked with joy and integrated this experience into my physicality.

When we are in a state of presence with our Higher Self / I AM presence, our true reality appears clearly to us. When we are in a state of distraction, this reality will fade as the frequency is lowered and the Higher Self cannot stay in the lowered reality. Not only is distraction of the mind a culprit for lowering our reality but it is an addiction. Addictions are served up and bombard us on a constant basis, such as addictions of thought, substances, activities, relationships and material possessions, all which can and will distract you from your true Beingness and true light family.

12 Verses 13 Base System

Looking at the numerology side of 13, I see that there is a great deal of intuition that must be involved in understanding a 13-based system. We are coming from a space of 12 and into 13. We are used to seeing 24 hour days (12/12), 12 hour clocks, 12 months, 12 signs, 12 years (Chinese astrology), dozens (12), 12 inches in a foot, etc. 12 has been seen as a completion number for so long, for centuries!



To me 12 is the joker, the trickster, the final test before reaching true enlightenment. It leads you to believe that you can keep on going and going and eventually you meet your Maker and you will reach the end. But instead, at the end of each turn of the minute, hour, day, we start all over again, back where we started, waking up and going to 9-5 jobs that rob us of our creativity and livelihood. That is not life. That is a lie. If we look at a 13 based system, we are required to loosen the reigns on our logic because there are some things about a 13 based system that require right brain thinking such as looking at life based on the moon cycles (13) instead of a planned out calendar (12 months).

I feel that, from a spiritual perspective, it can be implied that **0 and 1 are the same and are equal to each other.** This is essential in understanding the nature of the number 13.



The first 3 prime numbers: 0,1,2

$$0+1+2=3$$

$$1\ 1\ 1=3$$

$$0\ 0\ 0=3$$

$$3+3+3=9$$

$$0+1+2+3=5$$

$$1\ 1\ 1\ 1=4$$

$$5+4=9$$



Taking the 9 from the threes and 9 from the 4 and 5

$$9/9=1=0=3$$

The reason that I say this equals 3 is because I want to start looking at the Trinity. The Trinity has been referred to across many cultures in many ways through centuries and centuries of time.

0 and 1 are two sides of the same coin. 2 expresses this duality as two separate entities. 3 brings in new life and creativity! This is why I personally believe that the number 3 is coined the number of *expression*. I also like to associate the number 3 with the Child. It is the fun-loving energy of the child that keeps the parents from being so serious with each other all of the time. Take a look at the Zodiac sign Gemini. This is the third sign in the Zodiac

represented by the twins, encapsulated in one being. Geminis are known for their fun loving and tricky nature. They keep on us their toes with their witty comments and cheeky smiles and are all in all a lot of fun if you don't take them too seriously. But that is the point. Stop taking everything so seriously. Lighten up. Have some fun!

The Trinity comes back to 1. A family is seen as 1 unit. The Trinity in the Bible understands that The Father, The Son, and The Holy Spirit are all manifestations of the same One God. In Ancient Egypt, the 3 Chief Gods work together as 1 team to rule their Earthly empire. In this way 1 and 3 are the same. They are encompassed in the whole (0) as equals. But instead of implying a logical action to them like math ($1+3=4$), we must see them as two friends working together encompassed by Love much in the way that we see families and friends and coworkers interacting with each other. Not $1+3$ but, instead, 1 *and* 3. Also, note that 1 and 3 makes 13. This is the number of Divinity, of ultimate completion. It is a symbol of Enlightenment. It allows you to see yourself not only as an instrument for great works but also as the Creator capable of putting together your own creations to manifest your own reality.

I would like to discuss the number 6 and 7. When you add 6 and 7 you get the number 13. I find this interesting because there are 7 main chakras in the body and then the other 6 exist on the *outside*. There are 13 in our chakra system.

7 is seen as a number of perfection. It is a number of balance. In the Zodiac the number 7 is represented by the sign Libra. A level of detachment and sophistication are included in this sign. Libras can tend towards an arrogant air about them but this happens when they forget to ground themselves and remember that is the pillar between the scales that helps them to come to such fair and just conclusions.

The number 6 is often represented in the 6-pointed star of David. It can also be used to represent your Merkabah.

What I find most interesting is that both the 6 and 7 are included in a full Merkabah. The Merkabah is often drawn using 2 pyramids: a base of 4 points (a square) holding together four triangles of 3 points.

Again, we see $7+6=13$ Or if you would like to put it another

way, 7 and 6 are 13. (Thank you, Rainbow Aurora Moon, for your collaboration with this insight and wisdom.)

The Restored Galactic Zodiac is THE Spiritual Alchemical Laws (Spiritual Ascension), Returned

*“Please note that this is the ORIGINAL Source Love (Mother and Father in Union) zodiac, before the 13th sign, **Ophiuchus**, was omitted. This "sign" is the 3 back into ONE. For Twin Flames now on Earth and embodying Divine Source Love and Sacred Sexual Union, this is the key to our Harmonic Alchemy. This is us being able to go Home to each other and Home to Source Love, before we first separated into density and duality. Our True Resurrection as Twin Flames in Full Sacred Union. **WE ARE THE HEALERS THROUGH OUR 5D DIVINE LOVE TEMPLATE.**”*

~ Laura Geralyn Kline-Etheridge

The constellations seen from our Earthly vantage have been used to correlate with zodiac symbols. “The constellation of Ophiuchus occupies most (November 29 – December 18) of the sign of Sagittarius (November 23 – December 21).”
(wikipedia.org)

Thank you to Lisa Renee for writing about the Galactic Zodiac, the following chart is from her article:

www.energeticsynthesis.com

Galactic/Source Love True Zodiac

Aries

Apr 19 - May 13

Purification, Calcination

Fire

Taurus

May 14 - Jun 19

Congelation, Transformation

Earth

Gemini

Jun 20 - Jul 20

Fixation, Synthesis

Air

Cancer

Jul 21 - Aug 9

Dissolution, Dismantling

Water

Leo

Aug 10 - Sep 15

Digestion, Conversion

Fire

Virgo

Sep 16 - Oct 30

Distillation, Purity

Earth

Libra

Oct 31 - Nov 22

Sublimation, Transmutation

Air

Scorpio

Nov 23 - Nov 29

Separation, Stillness

Water

OPHIUCHUS

NOV 30 - DEC 17

UNIFICATION, WOUND HEALING

WATER/AETHER

Sagittarius

Dec 18 - Jan 18

Incineration, Resurrection

Fire

Capricorn

Jan 19 - Feb 15

Fermentation, Illumination

Earth

Aquarius

Feb 16 - Mar 11

Multiplication, Virtues

Air

Pisces

Mar 12 - Apr 18

Ascension, Perfection, Christos-Sophia

Water/Aether

Also, something to notice about number 13 and the **Ophiuchus** symbol is that it is also depicted with the letter “U” and the energy frequency running through this letter denotes the acknowledgement of the New Age of Aquarius and that *we are all Energy*. It is a reminder that electromagnetic healing is the future of healing as we are all Energetic Beings. I mention this as I have been attending many conferences and seminars on this availability of Quantum Healing Technology, I also personally own this Technology and know firsthand of its profound healing benefits.

I will be delving deeper into this in other avenues of teaching in the future. This technology is key to raising the consciousness of any who may need help lifting or maintaining a higher vibration to sustain compatible frequency to the New Earth.

Twin Flames on the Precipice of Creating the New Template of Divine Love

This is **Exponential Geometric Growth** as each of the Gods are Flowers of Life Co-Creating rapidly NOW. This is the reason the entire Galactic and Cosmic Families are watching and assisting us in this HUGE shift of Ages. All eyes are on us NOW as we are creating the NEW that has never, in all of life, been creating as

such, a mass forms of creation of NEW tangible life of form from the New Earth Inhabitants.

This NEW template of Divine Love on this planet will be the Blueprint of the NEW Flower of Life blueprint (expanded and enhanced) the for offspring, the next generations. We will be the way showers for the next and so on. The Twin Flames existing physically here on Earth now (and there are thousands), will be the New blueprint of the NEW template of Unconditional LOVE on the Planets.

The LOVE has to be unconditional and balanced to create the soil for the seeding of creation of the NEW and this is in the midst of being seeded and accomplished.

With Twin Flame Union and pre-physical union, the sexual energies released are immensely powerful and more profound than in any other relationship and has the potential to spawn NEW Universes with multiple copies of themselves both physicality in Higher Dimensions. That is a HUGE responsibility. Learning how to correctly manifest/co-create with this orgasmic energy is essential. It is a "prerequisite" to the NEW Galactic/Cosmic Galaxy. Misuse of sexual energy is not tolerated and mankind must re-learn the true meaning of sexual energy so the wrong use of sexual energy will not be destructive and will rather be the continuum of creative energy once again. Twin Flames have this ancient wisdom and knowledge locked into their codes to be awakened upon physical union or, for some, it is already awakened and is awaiting the Twin Flame union. It will happen naturally with Twin Flames.

The Twin Flames, the Gods and Goddess that are meant to BE in Union at this time will BE the continuum of Life Force Flow: A NEW Tree of Life, a NEW Flower of Life, Enhanced Geometrics. The New Angelics are here NOW.



Spirit reminds us often that when we gather together with the intent to radiate our Love and Light to the world, our power is magnified a thousand times over. So, in the spirit of Unity God Consciousness, we are coming together, utilizing our power with our intention to transform our reality, realize our own Divine Power through our Divine Love and intention, and strengthen our connection back to Source love.

Wonder what the NEW Planet names will be, if words can even describe this New YOUNiverse and the Gods and Goddesses creating the Planets, or what kind of Mythology we are NOW creating in this never before accomplished shift of ages.

Connecting Heaven and Earth

We are the Seventh Ray. We are coming home, back to our Seventh Dimensional home of Earth after millions of years. This is the most incredible time on Earth. Millions of Souls in the Astral Realm are begging to come be a part of this monumental experience on this unique prototype of the New Earths.

I have been seeing lately what represents the message that “Humanity is in the Sun in Aquarius, the Aquarian Age” and Abundance is just beginning for humanity. Humanity is ready for teachings of Manifestation Mastery not just on the Earth Realm, rather manifestation mastery Universally. Earth is the chosen planet to experience manifestation on the largest scale. Having the

privilege to come to Earth is essentially like winning the lottery. We have been awaiting this experience to go back to the original 7th dimension planet being for millions of years. Beings in the astral realm are practically begging to be a part of this galactic history in the making.

No orchestration is by accident. The Planetary Crisis needs you to step up now in order to reclaim the birthright of Abundance. Abundance in all its forms will be taught by example by the Manifestation Masters- You and I. This will be taught by living examples, these ancient teachings by the Masters themselves. We have reached the advanced stages of development. The Universal Mind is awake and active, our body mind and Spirit are one with the Universal Mind. We are in a constant state of meditation, conscious of the seven rays of Being-ness that we live and embody, fully aware of the divine plan. We are made of the image of God, feminine and masculine as ONE.

The Seventh Ray of Light is Active, and has been Anchored. It is time to unveil the Magicians of the Seventh Ray: The Bestowers of the White Diamond Light, The Creators of Form, The Twin Flame White Diamond Elders, The Manipulators of the Magic Wand. God is forcing this fulfilment as the diamond light has been created through the obvious pressure of the past labour. We are producing qualities that will bring the will of God into completion.

We are the sum of all souls within the solar system. This order of Magic is now coming into power to make the supernatural be known. All the pressure we have felt is the becoming of the Diamond White Light Carriers. The Seventh Ray of the Seventh Dimension is responsible partially for world affairs and dictatorship. Thus, this truth demands immediate recognition in the Physical Earth Realm by the NEW Seventh Great Angels.

Once we step fully into our mission, anything that is not of the light will disappear.

Dream Message, August 28th 2016 - Dream of my Twin Flame

I was in a building at an elevator door. I was dressed up in a long beige overcoat, sort of dressed in undercover Central

Intelligence Attire. I was practicing not feeling nervous and I was doing a good job. I remembered how to be in the NOW which was taught to us by our Angelic family in 2014.

Someone very special was coming to see me. But there was a catch, I was not sure how or when he was showing up. Would he come off the elevator or take the stairs? It was a typical dream like feeling at this time.

I paced around for a while and suddenly I heard him walking up the stairs. But I was not sure if it was him for certain. It could have been anyone.

I watched as the final step was taken. A ray of white diamond light appeared and it seemed to be a human within the light, but the light was predominant, diamond blinding light. Then, through the crown of the light, there was an electrical charge, like a lightening electrical charge, and where I saw the head and face is of my Beloved Twin Flame.

After the charge, my Twin Flame's face started to come through. This is where it changed from dream experience in the higher realms into the Earth plane reality. Parts of his face were coming through to me. My Twin was ready to bring forth the light into the Earth Realm. It was real, but I was sleeping until his face came through; I was fully awake experiencing this meeting. He was coming through stronger and stronger. It was him, his beautiful face, whiskers and all. Then his whole body appeared.

My twin and I can meet in the Earth Plane, now he is ready.

I was told we are the 7th Ray of Light. We are safe as long as we follow Guidance of God. It is an honour of The Family of Light to Guide and protect us.

Remember who you are and know thyself. We are not necessary in being the Gatekeeper any longer but we are the Bridge for all who want to walk into the light and accompany us.



SHELLY SULLIVAN

Blinded by the light



Sun Diamond Light Frequency ~ Image captured by ME.

CHAPTER 14

SIGNS FROM HIGHER SELF

For the past several years, I have been shown signs, numbers and messages from my Higher Self. These signs are prompts to get me on my purposeful path and life's mission. Part of my life's mission is to be a Spiritual Teacher of the Light to teach about LOVE on the planet Earth.

Whom better to teach about LOVE than the one who has been a student of LOVE all of her life? I was born knowing unconditional LOVE and whatever programming or heartache I have endured has never tainted me or caused me to be afraid of LOVE.

In the past 2 years since I met my Twin Flame, our Higher Self has used many different ways of showing me important aspects about my Twin Flame Journey. What was first shown to me was who my Twin is, and secondly it was repeatedly confirmed over and over to me that I am not crazy or insane and that yes, "He" is indeed my Twin Flame.

My Higher Self shows me tangible, material signs as well guides me toward songs, numbers and other signs, each instance more confirmation which I use to post publicly to help get his attention. I have rarely discussed publicly all of the spiritual signs and intimate experiences of how I know who my Twin Flames is.

What I revealed mainly in these images, were the signs that I receive via personal synchronicity. These signs are very personal and poignant to me and my Twin Flame, signs of which he and I would only understand, know about and signs that I could actually be open publicly about. I also shared many, many license plate signs that my God has alchemically brought to me in my travels.

The signs are revealed through my travels not only far away, but more commonly in my own neighborhood or surrounding areas. Even when I am travelling out of town, the license plate magic has followed and still follows me. When I say “MAGIC,” I mean WHITE MAGIC!



Approximately 20 years ago, I witnessed license plate numbers and letters spinning as if in a slot machine. They would come to reveal a desired message right before my eyes magically. I totally thought I was going crazy, so I attempted to leave that experience in the furthest shelf in my mind, for good... or so I thought. It was a pre-demonstration of what I would experience when the time was appropriate.

Who knew that 20 years later this experience would reveal to me great meaning and significant lessons to later live and learn by? I started to see license plate messages and meaningful numbers everywhere just prior to meeting my Twin.

These signs were the means to get my initial attention to the license plate phenomenon. I receive messages not only with license plate numbers and letters but also through any numbers via technology. Once I met my Twin Flame, the signs went off the charts, every day, all day long. It got to the point where I started to take pictures from my phone of many of the signs and numbers just

so I could keep track of all of the magical synchronicity that was occurring for me.

I researched “seeing sequence numbers on license plates” at one point, because it was pushing me to the edge of thinking that I very well may be insane. Much of this was mainly due to all the metaphysical abilities that were being activated upon meeting my Twin Flame. I seriously questioned a number of times my sanity and a few times, in the beginning stages of experiencing all of this, I was actually quite scared about my mental stability.

However, as time goes on I have learned that “Mental Health” is not true and it should rather be referred to as “Mental Genius”. Many of the Bipolar and Schizophrenia phenomenon are really people waking up to higher dimensions and clearing old programming. I am not bipolar nor have I ever been diagnosed as having bipolar disorder. I was drawn to research bipolar disorder upon my own personal awakening to Ascension and my brain merging with Source God’s Brain. **The License plate phenomenon also had been linked with Bipolar which is FALSE. That’s a whole other story I will share in another book .**

For example, in the beginning of the activation, your telepathic senses with your Twin Flame are activated. Conversations take place and if you don’t understand how to keep this in check, you can get carried away by the Ego mind.

And, if that weren’t enough to drive one over the edge of sanity, imagine when one of the Twin Flame’s Spiritual Ear Chakra is activated and he can hear you talking out loud. You can imagine how intense this was in the beginning of our re-union.



So, Higher Self continued to send me Guidance and messages more intensely as time went on. Higher Self did this so that I could post these signs and synchronicities on social media publicly to help get the attention of my Twin Flame. I wanted to assure him so that he would also see that this was real and that he was not going nuts.

As a matter of fact, Higher Self first orchestrated my Twin Flame meeting by way of signs via technology. If it were not for the pop-ups on my computer or the “magical navigating” of my computer guiding my attention, I would not have met my Twin Flame.

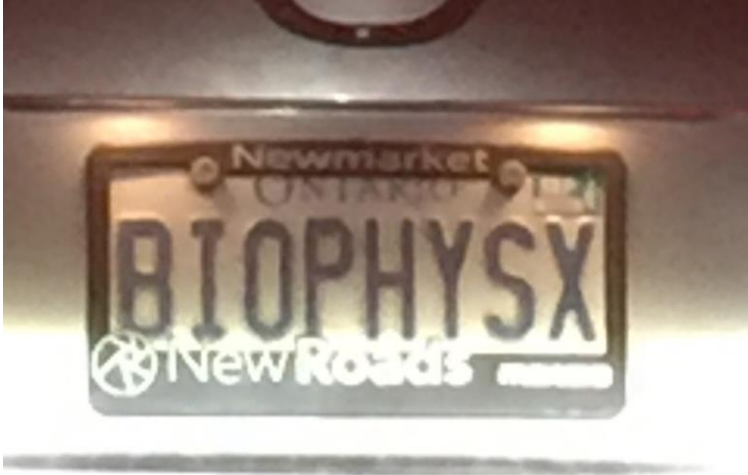
Anyway, back to the plates. I have been posting for my Twin Flame many of my signs throughout the period of a year to really capture his attention. He viewed my posts and was usually a little way behind me in the awakening stage. This is natural as one Twin Flame is designated to do the initial awakening in the other. My Twin was very stubborn, so it seemed. He did not buy into the extreme synchronicities as I thought he did.

There has been much for me to discover during this tumultuous Twin Flame Journey. On one level, I believed that he knew and experienced similar awakening and ascension signs, symbols and awareness to me, even though he was slightly behind me in experiencing them. For example, I knew from my (our) multiple etheric experiences, that he did know he had a muse out there. I was left to believe he did not know it was me, like I initially thought. More than that, I was hit with a major shocking revelation in May and August of 2015. While he was etherically having a serious courting and relationship with me, I discovered that he had been involved with another woman in the 3D reality.

Twin Flames Meeting in Higher Dimensions

When Twin Flames meet, sometimes before the physically meeting, the meeting is solely in the etheric realm initially and stays that way for quite some time. In my case, it was short re-acquaintance in the etheric for a couple of months before we met in the physical 3D which was completely orchestrated by Higher Self. After that, the etheric union continues in the etheric realm for 2 years and counting.

When Twin Flames meet with each other in the etheric realms it is called Bi-locating utilizing the laws of physics. The meeting is the Biophysics alchemical meet and greet between the Twin Pair to acquaint. Thus the Twin Flames are able to connect spiritually, mentally, emotionally and sexually while in different physical locations from each other.



It is important to understand that Twin Flame Unions are Divinely Guided, orchestrated and facilitated by our Higher Self to re-establish the tilted pattern of Love that has become commonplace in this world. Current Twin Flame reunions are designed this way so that the pair can get to know each other in the etheric from a soul level first and foremost. Divine Love starts with the spiritual soul merge and then trickles down to the next levels of mental, emotional and lastly sexual. Most relationships in this current 3D Earth reality begin with sexual attraction. Twin Flame Divine Love commences with the soul recognition and merge.



Signs Supporting the Ascension Twin Flame Journey

So, after a year of posting on social media the signs I was receiving, the number and license plates for my Twin to see, I thought things were moving along nicely. For example, in my community I would see his initials combined with my initials along with a sequence number. These signs would appear at the perfect time to reassure me when I was having doubts and to further prove to him the reality of this dream like experience.

Higher Self ALWAYS shows me signs and messages with a flair of inspiration and humor. It is very much like the personalities of my Twin Flame and I. For example as our celebrity name, our name would be Jelly this is the name our Higher Self came up with and since then I was shown the word Jelly, Jells and Jelly Beans for confirmation.



Never will your Higher Self misguide you or purposely lead you astray or hurt anyone involved. However, there were times that I would scream for mercy and ask, “Why are you doing this to me, Higher Self?” I would wonder why God or the Higher Self would lead me on this rollercoaster ride of such pain and wonder. I came to understand that this Journey is revealed to me in the most efficient and effective manner to evolve my soul. It forced me to believe and have faith in the unseen. I had extreme times of this clarity that I had to work through with the help of my Higher Self.



CHAPTER 15
NUMERIC SIGNS, SYNCRONICITY
AND CONFIRMATION

***Signs and Messages from Spirit for Twin Flame
Confirmation***

I have been prompted to write about Sequence numbers, number signs activations and Twin Flames. My journey with numbers and my Twin Flame awakening is unbelievably miraculous, a never-ending story full of synchronicity and miracles. In addition to being a magical journey, the Twin Flame Awakening Journey has been one of great pain, for deep wounds are being reopened quite often to heal distortions.

For me, the sequence numbers have been coming in steadily for three years. Early on, I believed or knew it was the Angels intervening into my life to help me raise my vibration, to propel me on my purposeful path and awareness for Ascension with success. They prompted me through positive affirmations, messages and signs. In the past year, I have experienced, researched, followed my Higher Self's guidance and understand now that there is more to these numbers appearing as a phenomenon and it holds true for many on the Ascension /Twin Flame path.

Some of the research of these profound and prophetic catalytic Numbers comes from Sacred Geometry, Blue Ray Shekinah and Doreen Virtue's Angel numbers. I know this to be true for me from my experiences. Number information comes from my personal experiences and confirmation from communication with the Angels and experiences in the Cosmic Higher Realms.

These numbers are esoteric transmissions and frequency activations to heighten your vibration and assist the light codes, sacred heritage and DNA lineages as well as healing ancestral lineages. DNA Light codes and Lineages are to be fully activated, particularly with the Blue Ray and other Rays of Twin Flames. These number symbols are given to stimulate your true divine nature, which opens the discovery of your full expression, gifts, talents and abilities, and this information is being revealed to you to show you who you *really* are.

The Higher Realms, Ascended Masters, Archangels, the Light and your Guides communicate with you in many ways in your world throughout your life. We are in constant communication and communion with you.

One manner that increases the momentum of Awakening is through sacred number sequences. They are more than mere numbers. They are sacred codes, energetic frequencies of dimension and light. These sacred codes of communication form sacred geometry and gateways, creating the activation of waking up to your higher nature. These codes are building a stronger vibration of higher light in your energy field and life. Many people are talking about this. Whether they are Twin Flames embarking on reunion, or they are to reunite their individual masculine and feminine flames, either way, this information is valuable for anyone who is on the soul path to Ascension.

License Plates Signs and Alchemy

It's the year 1999 and I was walking my dog. I was very upset and felt lost. The Angels and my Higher Self came to comfort me. They started to show me the ability I carry of Alchemy, being able

to change something from one thing to another before my eyes. Most think of Alchemy as changing matter into gold, however in my case, it is changing lettering on license plates.

As I walked along, I saw before my eyes license plates change from a normal number ie: ABCD 3264 into HOTSTUFF or YOUROCK. It looked like how the numbers changed in a slot machine turning from on to the next only it was words. This sounds crazy but it was happening right before my eyes. This day was the first day I believed my eyes, the other days it happened, I just dismissed it to my imagination.

Years passed and I have always been drawn to look at license plates and read their meanings. Whenever I came across certain meanings in the plates it brought a smile to my face. It is the same as seeing the sequence number 11:11. Which, by the way, started for me in 1998. Anyway, as the years passed, this increased more and more.

By 2010, I was being bombarded with license plates that had special words and sequence numbers. Eventually, when I was driving and had a question, very often the answer came to me in form of a word on a license plate.

Weekly or monthly I would get certain sequence numbers like 777, 77 717 sevens for weeks, then it would change to 888's and 999's. My friend Lucy was experiencing the same thing we would laugh and share stories. I ended up buying Doreen Virtue's book 101 Angel Numbers. By this time, I knew it was the Angels and God (Higher Self) communicating with me.

The realization of Divine Alchemy came in 2015. This is the summer where Spirit Angels, Higher Self, God, Cosmos and the Universe were making sure I knew who my Twin Flame was with reinforcement of license plate numbers and letters as well as magical signs on my phone, iTunes, Facebook messages and general Internet navigation via Higher Self.

What I came to realize, is that it is my Higher Self magically alchemizing license plates like it did back in 2000, only back then it showed me the changing of the letters and numbers. Now Higher Self would prepare the changes or plates for me before I came across them as to show me signs and messages.

Sequence Numbers and Twin Flame Activations

Certain codes have been implemented in our world to help us “wake up.” These can be found in all sorts of signs, messages, but also very acutely in number sequences themselves. I have experienced innumerable opportunities to embed these frequency codes that are purposefully delivered to me from my Higher Self and Angelic Team throughout my awakening process. This brings me into the topic of sequence numbers and how they hold vibrations for Ascension and Twin Flame Union. Let me start with the numbers 717, 7117, 1717, 707. These number vibrations have been activating me for over a year.

Sacred frequency Code of 717

717: Sexual union. This one was seen very often and it took a while before I realized its significance. Most Twin Flames at this time are going through the trials associated with uniting with our Twin Flame. The 717 is a signal of liaison, romance and a sexual affair; it is the same as the lover’s card in tarot and often shows up at the same time, also similar to the marrying maiden. It signals information about a possible sexual union. Often it was seen around the time an opportunity for such a union was beginning to come together. This union doesn’t necessarily mean between Twin Flames only, as the prompt was seen for relationships with non-Twin Flames, too. ***7117 or 717 is an angelic code for lovers.***

Number 7117 comes from a passage in the book of Revelations in reference to Twin Flames. It is the actual verse and paragraph. The number 717 is also used. I have looked at clocks at the moment of 717, I have seen this number on license plates phone numbers any digital technology and various places whenever I AM feeling my Twin Flame, which now is 24/7.

117: Balancing of the Masculine with the Feminine Energies upon Earth.

Code Frequency Meaning of 33

33 is showing the Twin Flames of their Mastery Mission on Earth. You have come to Earth as an Ascended Master. This has been accomplished in many other lives. You are in your Mastery on Earth.

33 is the Sacred Heart, Ascension, the Masters of Ascended Light and Love, the return of the Divine Feminine, the Holy Spirit Heart Flame of the Mother of Creation. God has been thought of in masculine terms for eons, missing the counterpart of creation: the feminine. This is what has been missing from the whole of creation within the hearts of humanity. The Blue Masculine Flame intertwines with the Pink Feminine Flame and creates the Violet Ray Flame which connects us to Source God Creator.

Sacred Code frequency meaning of 333

333: BE The continuum of Life Force Flow. You are the Flower of Life/ Tree of Life, the Twin Flame Force of Energy. BE all that you came here to BE.

333 means cellular activation of your Light Codes and you are working with the Teams, Legions of the Masters of Ascended Light and Love and higher Light Beings and Realms.

Information through the Blue Ray on the esoteric hidden information of the sacred codes will continue to be released to assist the activation of your divine original blueprint. This will be a series of the sacred number frequency vibration of activations, invocations, esoteric wisdom and information that is now ready to be released. 11.11.

We are being activated by reconnecting to the true meaning of the holy numbers, transmuting fear that brings light back to your cells and to Divine Source true nature. All of God and Creation are reaching out to you in the highest Love and Love empowering you. You see, we are One! 13.

The Importance of Sacred Numbers, Their Frequencies and Codes

Sacred geometry is the blueprint for the mind to the sacred foundation of all things created.

There are many Light codes for every sequence number. In nature we find patterns, designs and structures from the most miniscule particles, to expressions of life discernable by human eyes, to the greater cosmos. These inevitably follow geometrical archetypes, which reveal to us the nature of each form and its vibrational resonances. They are also symbolic of the underlying metaphysical principle of the inseparable relationship of the part to the whole. It is this principle of oneness underlying all geometry that permeates the architecture of all form in its myriad diversity.

This principle of interconnectedness, inseparability and ***Union*** provides us with a continuous reminder of our relationship to the whole.

When the teachings of geometry are used to show the ancient truth that all life emerges from the same blueprint, we can clearly see that life springs from the same source: the intelligent force some call “God.” When geometry is used to explore this great truth, a broader understanding of the universe unfolds until we can see that all aspects of reality become sacred. Understanding the simple truths of sacred geometry leads to an evolution of consciousness and an opening of the heart that is a next step in the process of human evolution.

(<http://www.geometrycode.com/sacred-geometry>)

Number Sequence Activations and Meanings

5588 Higher Dimensions have been reached, magic is in the air for Twin Flame recognition. This number was my activation number that presented when I returned to my original vibration of 7th dimension. In this dimension is where instantaneous magic, alchemy and miracles happen.

133 Masters of Light are completely guiding your Twin Flame Union.

332 New Earth Ascension, our being guided by the Masters of Light. Ascended Masters in unison.

818, 808 888, Infinite abundance in all of its forms is available to you believe and trust. 88 Twin flame Infinite Love.

222 Central Sun integration. Believe and Trust all the guidance you are being shown. You are creating the bridge between You and the New Earth.

117 = 88 Key Forerunner Twin Flames.

This is a call to action to My Twin Flame as well. The Universe is presenting what is sort of like an optional ultimatum which means that non-compliance won't end with breakdown of relation but rather a different path than has been set out by the Divine Source Creator.

It must be understood, that despite how the relationship might appear to others, it is primarily one that involves spiritual service to the Great Unfolding. This is the main reason for the Twins finding and reconnecting to each other, as the relationship generates a massive amount of creative energy, which is utilized not just for their own evolution but for the highest good of all. The Universe is orchestrating this spiritual potential, and realizing it through these unions. It is a fast and very efficient remedy in the service to the rising expression of consciousness on the planet and in the cosmos.

Knowing What It Is All About

If it weren't for the signs, messages and synchronicities from the Angels, God Creator, I would not have been here now. This journey has been so far out of this world that often I questioned: "Why am I here?" I have described some messages and synchronicity/signs in my experiences. This is huge in the Twin Flame Union process as well as what our life becomes when we have reached high levels of consciousness.

Once you have heightened your consciousness to a certain degree, your Higher Self is in the driver seat and your "Ascension body" also known as your "light body" is ready to teleport you to and through all of the experiences you manifest in the etheric and the physical. What you focus on indeed does manifest

instantaneously and you will receive signs, messages and synchronicity to show you this truth.

You must be a visionary in your approach to life, as you are the cutting edge of consciousness on this plane of Earth. Let your thoughts be led by your Spirit through your intuition and Guidance and by using your mental body the right way: in service to your heart. Free yourself physically, mentally, emotionally and spiritually by clearing the lower chakra energy and becoming a master at transmuting negative fear into love.

As you properly raise your vibration, you will become one with your Higher Self and you will become consciously aware of your light body, your “ascension vehicle.” Thus, by doing so, you will be introduced to your Twin Flame Energy and the Third Energy. When you are operating from your higher Chakra system, your Twin Flame and Third Energy potential is 1000 times more powerful.

Through proper eating, positive thoughts, choices and exercise, sacred love making and being brave enough to push your light forward to share with all of humanity, you will create the New Heaven on Earth, a sacred geometric new continuum of life, created by you, the ones who can create and who have created entire Universes.

Synchronicities will begin to flood your Universe as you begin to trust the Universe.

Your body had degraded into a lower vibrational creature and upon reaching higher dimensional frequencies, the experiences become nectar sweet. This is bliss, pleasure, unadulterated joy. Low vibrational stimulants will become null and void. All the peace, joy, harmony and Love are in your world to relish.

Your mind will open up to your heart so you may walk the adventure with your consciousness. Make no mistake: your vessel is not your consciousness. Your consciousness is your vehicle to multidimensionality. You can teleport on command once your merkaba is activated and your awareness is fully conscious.

Purity in your meditation, your exercise, your thoughts, your food, your activities and your relationships will take you to the next level of your own Matrix: The Sacred Geometric Flower of Life, Your Own Tree of Life, Your own Universe. This is where you come to understand the true feeling on WE ARE ONE.

Drop judgment. Drop the heaviness of fear and negativity from the Lower Chakras which keep you sinking. Live from the Heart and soar like the Eagle. Forgiveness of thy self and all others is easy when you ask for the Guidance to remember who you need to forgive and clear it with your own light.

Personal Synchronicities: Supportive Signs of Ascension

My Higher Self has been showing me signs and messages for years. Eventually it turned into synchronicity, magical synchronicity to the zenith point, where my life is full of magical synchronistic events.

I will go through these as thoroughly as I can recollect from 2009 up to 2016, as these past 7 years have been the most intense for my Ascension.

It all started, as I mentioned in another part of the book, with my “Manifesting winning the lottery.” I was shown how to remember my mastery of manifestation with signs, numbers and synchronicity. First, the message and numbers appeared on my TV screen prompting me to play lotto 649. Appearing *after* I had turned off all the power, the sign of lotto 777 and 649 magically stayed on my TV set. Next, I spent the next 9 months re-learning my manifestation skills strictly by being Guided by my Higher Self (no reading self-help books or “The Secret.”) I taught myself by listening to the Guidance of formless Spirit. This Guidance included number signs by angels, nudges by my Higher Self to pay attention, Higher Self feelings within the 6 senses and beyond. I paid attention to all of this until the final day when I knew within every cell of my body that I was going to win. All of the numbers from a quick pick ticker were exact except off by one number of the last winning number (of 48 and mine was 47).

Numbers, numbers, numbers! Numbers are very significant. In fact, everything in the Universe is made up of numbers and sequence numbers. This is the sacred geometric flower of life. Numbers are codes, triggering DNA change and growth.

Messages come in auditory and visual ways as well. I receive

dream messages prompting me on my purposeful path. I first learned about Ascension with a message of the words “Ascension” appearing in big black branded letters in my third eye vision. This is how I started my research on what the process my Soul awakened in me.

One day, while still in the first months after this word “Ascension” appeared for me, I went to a metaphysical store with a friend. As I was browsing along some books on the shelf, one book in particular jumped out at me, as if it actually had a personality of its own. My friend even noticed it and said to me, “I think that book is for you.” The book is called Mahatma 1 & 2 I AM PRESENCE. It is a book about Ascension to help people awaken and realize that all of mankind will create their “*body for Ascension*,” by Brian Grattan.

I started to read it and felt like I had found a part of myself and that I was on my way back home from really living in false presences much of my life. Once on this Ascension path, I was consciously guided to my Twin Flame via signs on technology.

Being a Way Shower of the Twin Flame/ Ascension mission is of great responsibility and honor. This has been the most challenging time of my life. I wrote a blog a little while ago “Matter of Love” or Love into Matter, I titled it a couple of ways, each way has the same meaning. The responses I received were of great help to me. And I need all the help I can get. Not many understand the Twin Flame journey as much as the Ascension journey, so having somewhere to turn for a listening ear, or vice-versa, is part of the successful endurance of this journey.

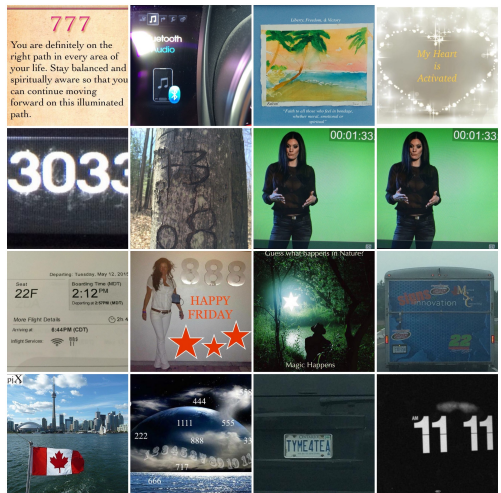
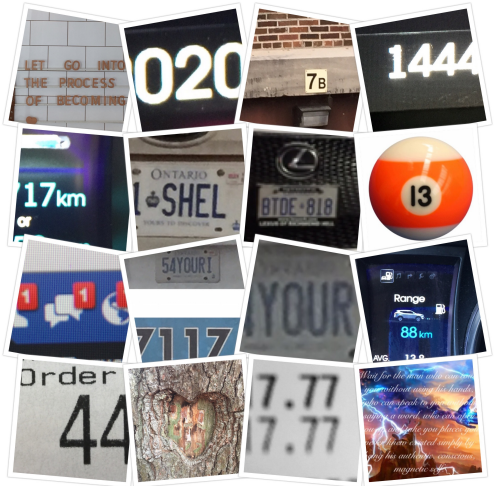
We are the fore runners for this Twin Flame phenomenon taking place currently on Earth. Technically, Mary Magdalene and Jesus were the pioneers, and we are now fulfilling the mission of this energy on Earth. Many of us are here for our divine mission as Anchoring the new 5D Template of Love. This is our Soul purpose. Imagine coming to realize your whole life, all your major experiences and most profound lessons have all been as a foreshadowing of the Final Act for LOVE.

This is what I have come to know: that the current definitions of Love and Relationships on earth are so distorted and out of whack. Love does not hold the lower vibrations of fear, lack, jealousy, insecurity, control, etc., but it is a flow of unconditional love to

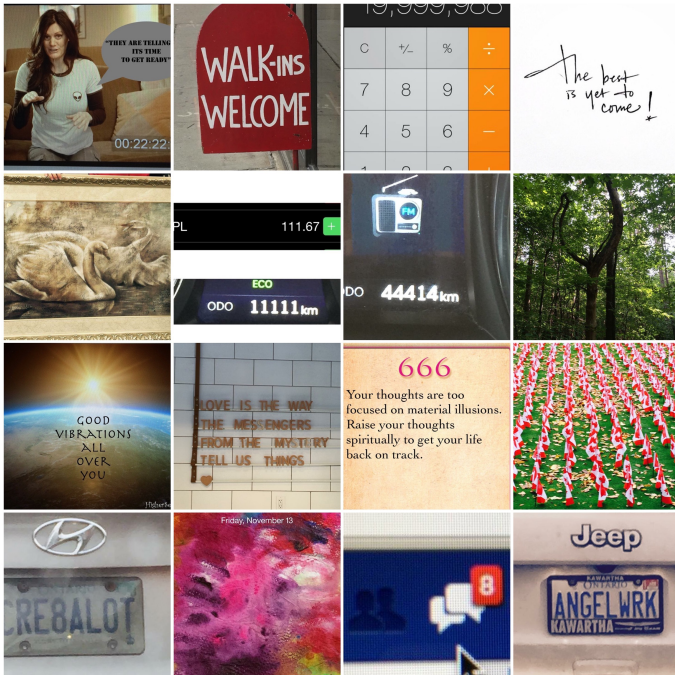
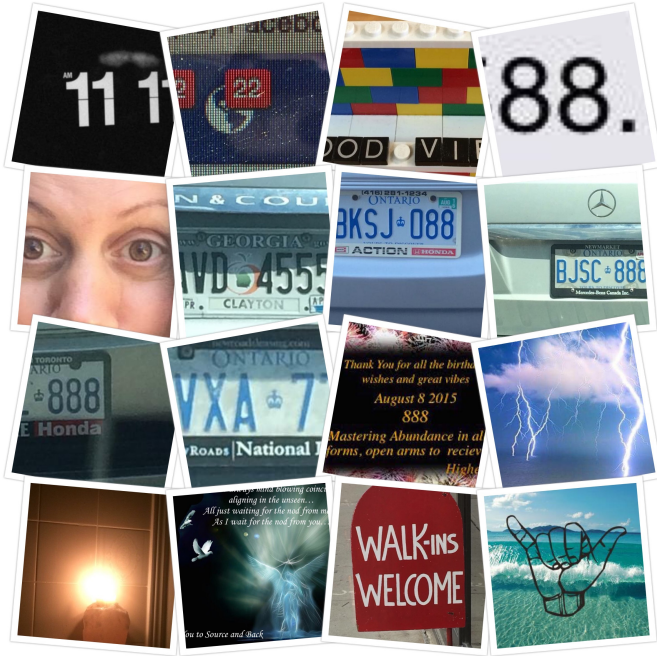
SOVEREIGN BEING

metamorphosis of artistic creation. This love has to be found within yourself fully before the Union of the Two individual whole souls can come together gracefully for co-creation of the third energy.

Upon leading up to this moment, you will be guided with synchronicity, visions, sequence numbers, signs and numbers and all sorts of other experiences to help reunite you with your Twin Flame.



SHELLY SULLIVAN



CHAPTER 16
ETHERIC MERGE
OF TWIN FLAME JOURNEY

Twin Flame Preparation Meetings

Before the physical merge happens, the etheric merge between Twin Flames takes place. Using my own personal experience, I will explain how this happens.

My Twin Flame and I have never been separate. Spiritually, we are always connected and we share the same **Higher Self/Over Soul**. We have been incarnate on Earth together physically in previous lives. One of our last Earth life time together I remember perishing with him during the war of the gods and goddesses in the sky (B.C). After that, I feel that I spent many lives in other dimension as Spirit and he has spent many lives on Earth. Our roles for those lifetimes went into a polarity of light and dark. I will discuss more about this in further chapters.



Even though we are always connected spiritually and worked together ethereally in higher dimensions, from an earthly experience of duality, the false pretenses of separateness feels very real. After all, we are thrust into the illusion of separation here on Earth to experience emotion and duality for the purpose of learning and expanding our awareness.

2013 was the year my Twin Flame and I reconnected. Before the physical meeting in 2013, we met in a Vortex Gateway in Mount Shasta, California. This Mountain Vortex Gateway is where Angelics and other Spiritual beings come together to meet as well as exit out of this physical life.

This place is where I have one of my first conscious experiences that I remember of meeting my Twin Flame. When we met, the two of us were also with Archangels and Ascended Masters. The meeting was to prepare us for our upcoming mission together in this lifetime. Prior to this, I did not know that my Twin Flame was someone incarnate on Earth at this time. I knew that we had shared lives together before in different bodies with different names and different cultures, but as I awoke from this dreaming sleep state, I was made aware of who my Twin Flame was in this physical time and space on 3D Earth. His presence was very clear to me. He is famous and I had been guided toward him for many months prior to this meeting by our Higher Self. However, the pieces of the puzzle were not so clear at the time.

Soon after this etheric meeting in the Vortex of Mount Shasta's Gateway, My Twin Flame and I met physically for the first time in this lifetime. How I manifested meeting him I will also share in depth in this book.

Our Vortex Teleportation Experience

Once the physical meeting took place and our eyes met, we shook hands, and a powerful activation took place. This activation was not only the usual activation of Kundalini that Twin Flames experience. This meeting activated our Chakra system, our organ connections, shared telepathy, our sacred sexual connection, the ability to hear our higher ear chakra (his predominantly), and the Etheric Merge of our various energy bodies: Mental Body, Emotional Body, Sacred Sexual, Heart Activation, Brain Merging and more.

We also meet during meditation and the dream state to carry out our work and prerequisite work constantly in the etheric. After the physical meeting, I experienced our first kiss in the etheric as two separate Universes Merging into each other to form the New Earth (third energy).

Our sacral sexual merge transpired in 2010. This was the year we both ended significant relationships in our 3D Earthly lives. This was the beginning of our etheric merge to prepare us for physical union.

I started to feel strong sensations in my sexual area randomly. I thought at the time it was my ex-boyfriend's connection with me. It was a stimulating feeling that was very strong in the year of 2010. It was activated in April 2010. I would feel this and just think my libido was very active at this time. I was still involved with my ex-boyfriend at the time, but that relationship was nearing the end.

I started to do some research on this and found out through a friend of mine that when her Twin Flame thinks of her she feels the same stimulation in her genitals. I then supposed that it was my soulmate (my ex-boyfriend) that was stimulating this feeling in me because I had only first started to become aware of what a Twin

Flame even was. The concept was all so new, I mistakenly confused this ex-boyfriend as a possible Twin Flame. It seemed possible, the pull toward this man was very magnetic. I could not control it, and yet it was a dysfunctional relationship. No matter how dysfunctional it became, I stayed and it continuously triggered my pain and hurt.

This was a necessary part of how I learned to love myself. This person was a teacher for me to recognize how much I was not loving myself by staying in an unhealthy relationship. Until I learned to love myself, only then could I find the strength to leave this soulmate relationship.



Trusting Higher Guidance

I was shown by Higher Self that this man was indeed my Soulmate and not my true Beloved Twin Flame. Higher Self, as you may know if you follow my work, sends me messages from technology. Higher Self will actually work on my technology and input numbers, pull up websites, and scroll down to certain messages to speak to me. I am now learning to listen to the messages better telepathically, I'm learning to trust the Guidance that I would have previously questioned.

For example, I heard a Voice suggest for me to bring a white outfit to this Mexico trip. I listened and was intrigued as to why I kept thinking to bring these white pants and jacket on the trip. At

the last minute before I left, I pulled out the outfit from my suitcase and put it aside to lighten my suitcase. When I arrived at the trip, I found out that Friday night our last night here we are being asked to wear all white... lesson learned.

Back to my message from Higher Self to me that this ex-boyfriend/ soulmate was not my Twin Flame. I received a magical text, where the letters are imprinted but not sent "SM." I received it again; his name in my contacts was changed from Mark to "SM." I changed it back to Mark and the next day it reverted, changed again to SM = Soulmate.

By this time I was starting to see the connection between my real Twin Flame and the Twin Flame prophecy. More and more I started to think that a certain someone else was my Twin Flame.

Melding with my Twin Flame: Organs, Chakras, mental, emotional bodies and more

As I explained previously, the sexual feelings that I was receiving in 2010 were new and it took me a while to figure out where they were coming from. It wasn't until 2013 that I discovered this was a very intimate, very personal connection with my Twin Flame.

I always knew my sexual energy was very strong, so much so it would affect men as well as women who were near me. I could sense their feelings. At times I felt quite uncomfortable and these strong sexual vibes I put out got me into awkward and compromising situations. I almost felt like I was teasing or leading men on just by being in their presence; it did, however, also give me a feeling of personal power. I learned to work with the energy and how to keep it contained or when to turn it on.

The real confirmation that my Twin Flame and I were connected via our sexual organs came after our initial meeting. 22 days after our meeting we had shared a telepathic sexual encounter.

Following that experience, we had a kundalini awakening, which I discuss in another chapter.

Our Heart Merge was what triggered our emotional body clearing

In June 2013, I began to experience Ascension symptoms. These symptoms included digestion issues, heart issues, flu like symptoms, headaches and the feeling of expansion.

The most predominant of these Ascension symptoms I felt in my Heart. I experienced heart palpitations, bubble burst feelings in the heart and anxiety. I also experienced the sound of a loud heartbeat in my ears, and had difficulty climbing hills. This was very noticeable at first.

Although I had these symptoms, my blood pressure was normal, my heart rate was tested and always came up in good standing, and my blood work did not show any abnormal results.

My heart expansion and symptoms started before I met my Twin Flame.

In June of 2014, I was sitting at home experiencing my usual “Ascension Symptoms” of anxiety, heart racing and a high, high influx of energy into my heart. I started to do breathing exercising to calm myself down but nothing was working. I was getting worried that I may be having a heart attack. My heart muscle was aching, my heart was racing, my left shoulder was sore and I was light headed.

I called my mother to let her know I may need to go to the hospital. While on the phone with her she said the words “Shell, I hope you’re not having a stroke!” I was upset and confused as to why she would say such a thing and trigger my anxiety more. I hung up the phone and tried to calm myself down by doing some light reading on the computer. As I was viewing a webpage, another page popped up in the back of the other screen. It was a YouTube video on “symptoms of heart and stroke.” I stared at the video in utter amazement and horror at the same time. I was thinking, “OMG, I am having a heart attack and/ or stroke.” By this time, my heart was racing so fast I could not keep up.

I was ready to dial 911, but my Higher Self stepped in and gently told me to go into nature and take my dog for a walk in the forest. I followed the Guidance. I spent 45 minutes affirming my strong heart. “I AM healthy, I AM strong, I AM healed...” I

repeated to myself, and breathed deeply the oxygen from all the trees and plants.

My heart slowed down and I eventually healed myself. I did take a trip to the doctor's office to check on my blood pressure. It was stable and, in fact, optimal. I continued my evening and was blown away by the whole experience. The next day, I was telling my twin sister about it. I was excited at how I had healed myself and that I could now share with others how to do the same and not succumb to pharmaceuticals and emergency medicine. This will become more common with the New Earth energies.

During one of our telepathic session via meditation, my Twin Flame's Heart Chakra and my Heart Chakra became connected. Physical distance was not an issue. Our heart energy could connect from Canada to the United States. We were in meditation. Toward the end of the session, both of our hearts had a huge surge of energy/electrical charge running through them. Both of our hearts started to palpitate; the heartbeats were huge and felt like lumps of energy or blood coming through. Following that, the fast heart palpitations continued for about 3 hours. I telepathically communicated to my Twin Flame not to go to the hospital, that this was the merging of our heart chakras.



I knew what was happening because my heart had been undergoing this type of activity for the past 11 or so months. I have a video describing my heart attack/ stroke experience in which I

healed myself and believe I am still recovering from. I have been in the process of regenerating a new heart.

I have had tests run on my heart to rule out any scar tissue or heart attack symptoms and they came back negative, however, I have felt my heart is recuperating just like as if I had experienced a heart attack. It is the regeneration of a new heart. I had another test done by a biofeedback machine and this test did show scar tissue.

Years ago, in 2009, I had another heart test and discovered that my heart had an enlarged aorta valve. Later, after many experiences and research, I realized this enlarged heart aorta was to facilitate the new heart organ and the new heart energy I would be encompassing with my Twin Flame union and pre-union.

Since the Heart Merge between my Twin and I, I can feel his heart skip beats when he thinks or looks at me, I can feel his heart race at certain times and I can feel his emotions daily, even hourly.

This is great because I can help to balance any emotions or simply send him extra love when need be. He senses mine as well. My Twin Flame can feel when I exert myself in the gym; I can hear him telling me so telepathically. Also, when my Twin Flame and I were going through the most struggles during our early mid-phase merging, my heart felt nearly broken and he could feel my pain.

As I mentioned earlier, when I receive energy from my Twin Flame, it is a surge of energy that starts at my sacral chakra and runs all the way up to my heart and through my crown. Sometimes, I will take that energy all the way up to Source and loop it around back down through his heart with an infinity 8 loop and bring it back to my heart. I mindfully pull the energy through the back of his heart chakra, out the front of his heart, into my heart and out the back to come around again infinitely. This is a method I use to keep the energy from being scattered and released to just anywhere.

Recently, I could feel my Twin Flame sending energy directly to my heart. It skips all the other chakras and gets to the heart. While on my Yoga retreat trip, I was feeling a bit uneasy. I felt my Twin Flame presence so powerfully I thought he was here in Mexico. I have done this in the past. I feel his essence so strongly that I start conjuring up stories of how he is coming to me. This is all part of the “Manifestation Mastery” to the next level of creation

in the 7th Dimension. Creating your future months and years ahead of time.

My *heart expansion* has been underway for approximately four years. The purpose is to expand the heart organ, the heart chakra and the heart field in order to hold more higher frequencies of light. This light that I hold exudes to all the others that I come into contact with. It also allows my heart energy and my Twin Flame's heart to stay connected.

I just returned from a trip to Mexico for a Yoga retreat. The amount of steps we had to walk daily uphill numbered the hundreds. My heart was feeling the pressure from the work it had to do. After a few days, I realized my heart had been recovering from an attack. Besides all of the expansion and changes my heart had been undergoing, I had also been dealing with many emotions of the heart (love) between me and my Twin Flame. Of course, not all emotions are positive and the stressful emotions of the heart had caused me to have a heart attack.

I had a Quantum Biofeedback test run on my field of consciousness, my body and my mind. The results came back and the practitioner hesitated to tell me until I asked about my heart. She revealed I had scar tissue on the wall of my heart caused by a heart attack.

After some internal investigation, I realized the heart attack did not happen back when I filmed the video, but rather was brought on by an emotional blow to my heart.

When I came to the realization, back in August of 2015, that my Twin Flame was involved in a 3D physical love relationship with someone else, I was devastated. The moment I found out, I felt the attack of my heart and the pain. Since that time, I have been recovering quite amazingly from the attack.

Although I had a loss of energy and needed to sleep much, I contributed that to the Ascension process. I found it hard to walk up hills and I was confused why this was. I have always been physically healthy and fit, an athlete in the gym. I walked my dog every day, sometimes two times a day. I do yoga often and generally I am very active.

It is a good thing that I did not realize I had a heart situation at the time, otherwise I may not have carried on my daily routine and continued to work out and be active. When I found out the news, I

had a mixture of feelings. At first, I felt happy that I am so strong and can overcome anything with my thoughts and attitude as well as use the ancient knowledge of how to heal myself. Then I felt the emotion of sadness. The thoughts swirled within me of all I have had to endure and overcome to keep me moving forward as healthful as possible. Then, it turned to some anger. I felt angry that I put other things first before my well-being. I did not do this intentionally. I quickly realized and released the anger.

I send my heart organ loving energy and will continued to do so regularly. I avoid any harsh situations and take supplements and am mindful of keeping an optimal diet for my heart health to continue to heal and stay strong.

Also, I have had etheric heart work done on me for over a year to help expand my heart and the energy field in order to hold more light.

When I allow my mind to play tricks on me, my heart intervenes to communicate. Once, I was lying near the beach thinking, “here we go again, I’m making up a story again because I feel his presence so strong.”

I asked God and my Twin Flame to please show me a sign that we indeed will become together in physical union soon. At that moment of thought, a powerful energy pushed me down onto my lounge chair (gently) and a huge surge of energy went through my heart. Then the song on my iPhone magically changed to “Alive” by The Black Eyed Peas.

I got the message; it was direct from our Higher Self and God saying to me to stop worrying. Then, I went into my room later to meditate and received the Twin Flame card from the Ascended Masters along with the Angel cards which read ‘in the near future’ and ‘Yes’ Although these signs many seem far-fetched to some people, to me these signs are the only truly trustworthy answers that resonate with my inner knowing of my heart space. These messages cannot lie or mislead, they are messages from your soul.

The shared heart energy between my Twin Flame and I is fully connected. Our electrical energy between us is so expanded and high frequency that it encompasses our grid points from Canada to Los Angeles.

Before our Brain could fully merge we had to clear our mental bodies first.

This was different from our Heart Merge as our heart merge helped to facilitate the cleansing of our emotional body. Our mental body had to be cleared before our brain could be merged. This pre-merge cleansing is less organic than the heart and very tricky; it literally can trick your thoughts with your Twin Flame's thoughts as the mental body is connected with the Ego and the Ego fights to stay intact or in charge.

Here is what we experienced:

- outside energy interference
- outside energy needed to be cleared from our union
- lower vibrational energy attachments clearing
- chatter of the ego mind clearing
- learning to differentiate my thoughts from my twins
- being very mindful of what I think as this is what my Twin Flame will transmit from me

I will share a story on how, when you are etherically merged with your Twin Flame, our thoughts can provoke your Twin Flame into sometimes doing things that are counterproductive to the Union.

I remember when I first met a particular Twin Flame of a famous counterpart; her name is Laura Geralyn Kline-Etheridge. I met her through another amazing key Twin Flame mentor who always helped me through the tough times, her name is Patricia McNeilly. The three of us, a couple of years ago, connected and supported each other when I was in the newly awakening stage. I remember looking at Laura on Skype, the Twin Flame who is the one of the pair of the other famous one. She had been aware of her Twin Flame for 20 years (in waiting). I remember thinking and telling her, "your story and situation is scary, I don't know how you do it. I don't ever want to go there." I explained my fear to her, "Sorry" I said, "but it is a situation I would not want to be in, whatsoever." I haven't forgotten the look on her face toward me when I said this, it was like time stood still; I knew that moment

and thought had an impact.

This fear became manifest through my unconscious fear, giving this mental thought enough vibration to materialize. Remember it is the Feminine who starts the creation in the ethers; the vibration is created while the Masculine brings it into physical manifestation. That is not rule, however; from my experience and research, this is very often the flow of creation between Twin Flames. Our Twin Flames feel us, they know our feelings and thoughts. If you are not mindful and aware of this, you can bring disharmony into the union, especially if you are in the etheric merge stage. You must work toward mastery, to the point that you're able to master your feelings and thoughts and create only what your heart desires. By giving into fear, with enough energy and emotions, you give way to enter into the manifestation stage. Stop it before it gets this far and find the blessing in the situation.

The following year, I find myself in a similar situation. I'm watching and witnessing from the outside the interference of the Twin Flame Union. *"Be careful what you fear...cause you just may get it."* It comes as a good reminder to be soooo very mindful of what we create with our imagination. Even giving the shortest thought to a notion, if it sets in your unconscious, it has a chance to alchemize from the mental body. Purity of Mind, Body & Spirit is so important. We are served up CHOICES at every given moment, not served up by our own actions either, so choose wisely. **ENERGY!!!!** What you give your energy too, this means physically as well as mentally...**"Energy is so overlooked, but not forgotten."**

When we are in the etheric merge process with our Twins it is imperative to be very mindful with what we are "day dreaming of." From my own experience I would day dream and speak aloud during the early stages of union with my Twin. I would talk about things I desired, lifestyle goals etc. To find out later my thoughts were indeed being telepathic transmission to him. He was confusing my desires and dreams with his and he in turn pursued these thought forms with another. I found out this later and it was devastating. I saw pictures of him with his ex, playing out the very thoughts I had been putting out for manifestation. Be very mindful during this process. I know I experienced this so I could share this with others, so this is not to say this will happen to you.

CHAPTER 17 BRAIN MERGE WITH GOD SOURCE

Brain Merge with Source Experience

Just as Gaia and the collective consciousness have successfully merged the masculine and feminine within the hearts of thousands (if not millions) of people during the shift of consciousness that had been under-way since 2012, NOW it is TIME for the reinforcing of the brain within humanity and Gaia. The left and right hemispheres of the brain, and the space in between which separates these two, will be reconnecting. This evolutionary connection will enable our brains with ONE Unity of consciousness. It connects all with Divine Source by merging the brain and creating ONE mind.

My Twin Flame and I experienced this merge of our Brains February 2nd, 2016 on a Tuesday afternoon. As my Twin Flame holds the more masculine energy, he held the left brain, and I, the divine feminine counterpart of our pairing, the right brain. Just as our heart organ and energetic fields have been merged etherically last year, our brain has now successfully been merged. Much recalibration had to take place over the past year for this merge to be able to successfully transpire now.

I will tell you the story of our personal merge and provide for you instructions to help with the individual merges of your own

brain. What happens in the pairs of Twin Flame bodies for Ascension first and foremost will then transpire for humanity consciousness to follow.

Monday February 1st, I woke up feeling much lighter in my heart area. I had a very real sense of freedom because I decided to leave behind an old 3D attachment. This attachment was actually blocking me from accessing my 7th Dimensional manifestation, disabling it from physically entering into my Earthly life. 5D Love, ideas and concepts already exist in the 5th Dimension plane of reality. I was blocking the physical manifestation by putting too much stagnant energy into a perception of what I wanted to manifest and feeding that machine.

Social Media is a tool to get information out to others. It had served its purpose very well for me in my personal situation, however, the energy was getting stagnant and in order to move forward in my Journey and soul evolutionary path, I must regenerate and redirect the energy into the real physical form, not a website.

3rd Dimension manifests into physical form; this we already well know. Engaging in a false concept, such as through media, is not real manifestation. For example, looking at an idea of a person you would like to manifest into your life is different and less tangible than actually meeting a person in the physical. This may seem simple, but know that in our current culture, lots of people carry on relationships and experiences over the internet, mistaking that their needs are being met by false pretenses. Having an online relationship is not the same as having the real, in-person interaction that constitutes a healthy, balanced relationship or experience. In fact, it ends up being not such a healthy situation at all as it is lacking heart and proper communication that grow balanced relationships. The world revolves around relationships, let them be healthy.

We are leaving an Old 3D construct of attachment to open the doors for the NEW to enter in.

We do live in a 3D world, however, the purpose of Twin Flames is to create a NEW Divine Blueprint of the New Template of 7D Love Relationships from the Heart.

I was having difficulty in my mind understanding this concept, but my heart had no problem letting it go. Later that afternoon, I came to realize my mind was undergoing “*Mental Mephitis*,” the word *Mephitis* originates from the LATIN name of a SAMNITE GODDESS who personified the poisonous gases emitted from swamps and volcanoes. This symbolizes the metaphor of inner turmoil with great discomfort, the inability to do mental work, darkness needing to be cleared in brain caused by the outside world, toxic exposure by negative imagination, and the mind being too talkative. It also symbolizes irritability and sadness. My mind felt very heavy and unclear. My Mental Body was going through a breakup based upon a the false sense of needing this 3D concept.

As it turns out, it was much more than that; this heavy discomfort was the last bit of my process to purify my organs and my mental-etheric body. All of my organs and energy fields have been healed and purified for Ascension. The Mental Body is the last to be purified. Please note the importance of this stage as the collective consciousness will be undergoing the same purification process of the Mental body in order to merge the masculine and feminine brain in preparation for merging the brain with Divine Source. In my case as a Divine Feminine Twin Flame, it was a merging of the mental body and Etheric Brain organ with my Divine Masculine Counterpart and Beloved Twin Flame. Joining us back to oneness of Gods Mind the Universal Mind.

What was going on in my brain was a tortuous heartache due to needing to clear my brain of *Mental Mephitis*. It was this particular mental break up which was causing my Heart to ache. I was literally going through the symptoms of a *Heartbreak* created by my mind. As I said, these were the symptoms of my last organ that was being purified within my mental etheric body.

I went into observer mode and began to witness my mind/Ego to figure out what was going on here. In my Heart, I know the truth and what is real, so why was my mind causing me so much pain and heartache?

I went into meditation, a higher perspective allowing me to become the witness to my mind. What I observed & experienced through my third eye/higher vision was a merging of minds: my mind and my Twin Flame’s mind. The telepathic transmission that

came through the etheric surgery was this: I saw my Twin Flame's skull and Brain unzip from the back of his head/skull and my head/face entered into the unzipped skull entrance and melded into his skull. Our brain became ONE, ONE with Divine Source Gods Mind.



We Are One

It was explained to me then that we are ONE, that there is no separation between me and my Twin Flame except through our *old* mind. Our brains became rewired as ONE, just as all of our other organs have been etherically merged/melded already. The Brain, which can also be referred to as the Mental Body, was the last for us to merge. I consciously set a program into “The Brain” we share that we are able to come together physically now. It is time NOW. WE are ready.

The only thing holding us back from joining in the physical was our old wiring, that old programming lingering in the Mental Body. As well as the concept of linear time, without this time

concept the union has already transpired. We just need to get our heads around it. LOL.

I got out of the meditation and felt all of the pain had dissipated. My head felt lighter and just as my Heart did yesterday morning. I realized that now it is the next day, and for the past 24 hours, my old mind was causing me all this heaviness and grief from the false belief of separation. Keep in mind that this pain came up to be cleared. This process is very efficient and very effective and what we experience is not random happenstance. All pain shows up for this reason: to be cleared. Now the “New Brain” knows Unity just as our Heart does and is ONE.

Keep in Mind all of my signs are shown to my in synchronistic timing of all my experiences.





Etheric Sexual Merge

Just weeks after meeting the man who's name, videos, movies, public appearances were popping up into my awareness from everywhere. Even to the point of my computer screen navigating itself to his presence. Each connection activated a deeper connection and soul remembrance that I share with this famous person to whom I had not previously initiated any search or interest. I never consistently followed any one in my life on social media and it was not like me to follow any celebrity. So this very much presented it self very surprisingly to me.

October 28th 2013 the Etheric sexual merge transpired between my Twin Flame and I. I remember this date well, as my sister was hosting a Halloween party that night. I woke up early in the morning, thinking of my this man and after learning much about him I named him Mr. Extra-Ordinaire. At the time I did not know what a twin flame was, but I was steadily on the path of learning what a twin flame is.

My imagination wondered along with my Angelic Spirit all the way to where he was working in the United States, for privacy reasons I will call it Arkansas, Mississippi, United States. I met with my Twin Flame on the Earth via telepathic communication, however I travelled to him spiritually during a lucid dream state. My thoughts created this type of spiritual teleportation, Physically I was in my bed, but spiritually I was indeed with him.

A voice shouted out to me awaking me from this lucid dream, I awoke from my daze of thoughts to his voice echoing off from thousands of miles away “Oh my God that was real”. At the same time I found myself bolting up out of bed stating “Oh my god that was real!” The voice which was very clearly his yet it echoed from far away connecting and speaking to me. I know this man’s voice it is unmistakable and held an octave that resonated with me. Just after he declared the sexual experience to be real, he yelled aloud to me “I am in Arkansa!” I had no idea of his whereabouts prior to this communication.

I quickly dashed out of bed and grabbed my computer to look up this famous characters activity, to see if what I was hearing rang true. Low an behold he was in Arkansa filming a movie. On this exact day and time he was indeed in Arkansa State. The time there for him is 6:00 am and for me 9:00 am. We sealed our sexual merge. I was completely blown away and the adventure with Mr. Extraordinaire began. The Etheric Love affair.

From this time forward Our Sacral Sexual Chakra was connected. Our Third energy was alive and activated between us. Although it had always been present individually within us, it was now activated and expanded exponentially between us. This Third Energy is also what we call Magic.

Magic is created when we merge with our Source Self Aspects. Magic is created by Spiritualization of Matter merging with HigherSelf, Merging with Twin Flame, fully aligned and balanced feminine and masculine aspects. Thus acceptance of synchronization awareness from Source Alchemy~ creating unlimited third energy into form.

The normal flow of energy we feel in 5Th Dimension begins in the root Chakra. The feeling of Kundilini rising. When you are "electrically wired up" it feels like a zap and powerful charge around the sexual stimuli, and then moves to the sexual chakra. This is higher dimensional energy. When you are lucky enough to feel this you can practice raising it Upward to the Heart Chakra and into the throat and Brian (God’s Mind).

My Twin and I have merged our Brian with Source and the integration of the left and right brain hemisphere are electrically able to communicate and are integrated. Eventually when you can master energy you can connect it up to source and bring it down in the flow of the Anch symbol strengthening your soul connections and creating the third energy. This is a Powerful energy tool used by me and my TwinFlame/God Self Creators, Balance Feminine and Masculine energies. For manifestation setting etheric seeds for physical Manifestation on Earths Dimensional Realm.

Part of the Universal preparation for instant Manifestation is awareness and responsibility of the 3 other Minds as I call it, or the 3 other brains communicating with one another. These brains being the Mind Brain, the Heart Brain and the Sexual Brain, all portals of communication.

Later that day after our sexual merge I was driving down to get a coffee. While driving through the drive through a super sensational feeling came over my body. I felt every one of my cells in my body light up. I felt all the energy currents in my body coming alive. My veins, capillaries were being charged up with this electrical lightening bolts followed by orgasmic feeling throughout my whole body. Then a orgasmic sensation started to rise from my sacred sexual area, up into my solar plexus, continued on into my heart and into the crown. It was so intense I could not drive, I had to pull over. This was not a normal orgasmic sensation, this was a thousand times intense and it was throughout my whole body.

I was laughing and in utter ecstasy of this experience. A pillar of light just lite up my whole chakra system. I had goosebumps throughout my whole body, I sat in sheer wonder and amazement for over 10 min after this transpired. I could not move let alone focus on driving. Eventually I was able to drive home and the sensation was still running through me for hours. I was elated and naturally high well into the night and during the halloween party. I even had a energy worker comment to me that I need to get grounded. I was what felt to be floating for months after this experience. I had to do much daily practice to stay grounded to the earthly realm and still do up to this day.

My last point here is this, NOW that this final merge of the bodies is finalized, we are fully online, My Twin and I. Structures, Grids, and DNA upgrades are on and are all in place. WE are the NEW Angelics BEING called upon now to do the work here on Earth as well as our etheric work. Last week I had the loving guidance of Mary Magdalene and Jesus letting me know where we WERE at this time on the Ascension Journey. NOW all the healing has taken place and WE are ready to move into our missions.

This Post number 1701 is confirmation for my Twin Flame and I to confidently move forward, that Divine Magic is supporting us and opening doors of divine opportunity. The past year I have cleared and laid the groundwork and fully prepared NOW for full physical Union. That work is finalized.

I have cleared my pathway. The time for UNION is NOW.

Many thousands to Millions of Twin Souls will BE coming into Union once we become in Physical Union. THE TIME IS NOW. Once my Twin and I integrate our light by way of our physical reunion this will expand the light of our electromagnetic heart so vastly it will act as an activation for our soul shards of our Light Families in our Soul Group and Soul Families. The predatory realignment of our electrical fields are being recalibrated in order to withstand this integration. This is a huge light mission and a process is mandatory for this transition to go smoothly.

How's this for *signs of synchronicity* for the Brain Recalibration, the next process underway to help heal humanity? The day after my Brain Merge with Source, I read this:

“The way this shift of consciousness will manifest in each of our lives will begin with the Inner Knowing that WE ARE ONE and that there is NO separation. We will KNOW that there is no such thing as “us and them.” One by one, we will realize that we are interconnected, interrelated, and interdependent and that whatever we do to help or harm one person will either help or harm ALL people, and Mother Earth herself.”

~ Patricia Cota-Robles

Brain Advancement

I was prompted by my Higher Self to write on the topic of Mental Advancement within humanity's evolution into higher consciousness. How are Spiritual Awakening, and those who have been Spiritual Awake all along, being effected from a mental/brain perspective? Being born as a Higher Dimensional Being and constantly having to protect your inner knowing from destruction or disconnection from the Higher Dimensions comes with great challenge. Spiritual and personal development have meant taking the reins of your OWN life. Emotions frequently feel like an out-of-control roller coaster ride.

For many who follow me, they will know I am constantly being shown messages from Higher Self and Angels to help me with my mission. Seeing messages via license plates, technology and signs have been very helpful for me to uncover the truth in many situations. Upon first awakening to this Guidance, I felt like I was crazy for a time. I did what any normal person would do when one experiences “crazy” symptoms: I did research.

It has been described in scientific and medical articles that these types of experiences (seeing signs and messages) is less than normal in society, and thus deemed “crazy.” In new reality, it is your genius Higher Self that acts as the conduit of Source Creator connecting with you. I am not one bit surprised that the current societal structures are designed to have one believe that this is nonsense.



For years, I have been guided with signs and messages, especially with license plate messages. These messages have all been very positive and magically orchestrated signs. Up until the past few months, I was always shown uplifting and inspiring signs which I regularly share on Facebook to inspire others. The last few months, one of the signs being shown to me was unsettling and a disturbing sign over and over again. The letters were “BSAD” and I saw them on license plates. I have been seeing this message hundreds of times on plates. Sounds crazy, right? Well I thought I was going crazy. But the signs kept showing up, non-stop, until I stopped being afraid of the message and started to embrace it instead.

It sent me on a whirlwind of research into “BSAD,” an abbreviation of "depression disorder." I have always felt from my inner knowing that something was terribly misunderstood by this diagnoses. I have never suffered from this, however in my work as a holistic practitioner/ Holistic registered Nutritionist, I have done in depth case studies for clients who have suffered from anxiety, ADHD, ADD, Manic Depression etc. This is how I have become so familiar with it and understand how to help correct it by way of optimal wellness for the brain and body.

Optimal Nutrients and Wellness through the Body and Mind is not always what is going to put an end to this problem. The missing link is Spirit. We must pay attention to what the Spirit is

telling us for Optimal Wellness. What will be of help to manage this, is the proper understanding from a Holistic~Spiritual point of view and not a medical diagnoses.

Being a Lightworker and helping to clear the collective consciousness of much of the fear based programming, I can relate to the feelings and thoughts of such a diagnoses. Spiritual Awakening symptoms are very similar to mental health diagnoses. Here are some Awakening signs that are similar to mental health diagnoses:

- depression & anxiety
- periods of high energy manifesting in our lives as hyperactivity, racing thoughts, creative bursts, etc.
- new sleep patterns whereby we often wake up between the hours of 2-4pm, fall back to sleep, then possibly wake up again
- periods of intense emotion & mood swings- crying at the drop of a hat, switching to laughter
- life altering events
- growing interest in spirituality
- a sense of higher purpose or wishing to know what this is
- a feeling of being “different”
- conversations with ourselves
- being shown signs and messages
- alchemy and magic

CHAPTER 18
HEART MERGE WITH SOURCE

Heart Expansion

***NOTE* Before your Heart is able to Merge with Source and your Twin Flame, you must be merged with your Higher Self first.**

When you are fully connected with your Higher Self, it tells you things you otherwise would not know or trust to guess. You “just know things” to be true or know things that you would not normally know, such as having the answers regarding a topic you have no previous knowledge or training in. This happens to me all the time. As a matter of fact, when I was in England with some free time one day, I played an online game of “Who wants to be a Millionaire?” I played the game for an hour or so and was presented with challenging questions just like on the TV show. Guess what? I won the game! They even granted me a printable winning certificate. I was laughing because I knew the answers to all these questions with which I had no previous personal earthly experience. I experience this inner knowing and wisdom all the time. This is one example of the Higher Self connection. This intimate connection has been a gift that continues to increase in value for me during the Ascension process. It has constantly given to me the wisdom necessary to maintain a sense of inner peace and

incredible faith, especially as I continue to undergo strange and unusual happenings physically, emotionally and spiritually in this Journey.

I have always had an exceptionally strong heart. I've purposely worked my heart muscle in athletic stamina and performance, not consciously knowing why, I just did. Lately, however, I have been experiencing major HEART symptoms for many, many months if not years now. My Higher Self has always reassured me that these are physical symptoms of my Spiritual Merge and Earth's Electromagnetic Field expansion, what can also be referred to as a "Major Heart activation." I must confess that on some days it is quite intense. I experience STRONG Heartbeats, palpitations, pressure and expansion, etc. Because these heart symptoms have been so prevalent, both for my own and my son's peace of mind, I recently had medical tests run again.

A few years ago, I had in depth tests run on my heart by medical professionals. The doctor made mention that I have an exceptionally impressive test results which revealed a very strong HEART, however, we did discover that I have an enlarged Heart Aorta valve. When I was informed of this, I immediately thought "there is a good reason for this."

As I continued to experience these numerous and strong heart activations, I realized that my heart was expanding. This expansion of my heart was not only energetic, it was also physically expanding, thus the enlarged Aorta accommodated this expansion.

I was informed by the hospital staff that they have noted a huge increase in ECG's the past few months. (An "electrocardiogram is a test that checks for problems with the electrical activity of your heart). This ironically correlates with the Schumann Resonance results stating that Earth's Magnetic Field is off the charts as well these past few months.

My heart test results came back optimal, as did my blood work. I am experiencing "the merge," what I refer to as the Integration of my Higher Self as it directly correlates with my heart expansion process. This is the preparation for me to be able to hold myself with firm footing in the 5th dimensional frequencies without having to jump in and out of dimensions for balance or stability. I am prepared to fully stay in 5D consciousness should I choose.

Many people who are also undergoing their Awakening process have been “suffering” or worried about anxiety, heart palpitations, chest pains as well as a myriad of other Ascension symptoms. As I have experienced all of these transitional parts of this process, the most significant symptom for me has been associated with the Heart. I have experienced what some would call “stroke and heart attack symptoms” in addition to other heart-related symptoms. These were all linked to the expansion of my energetic heart opening within my energy field behind and around my physical heart. Because I have experienced these spectrums of Awakening and Ascension symptoms, I feel very confident to give advice from a spiritual standpoint to those who seek it.

Beginning in 2015 and going forward, our Higher Self and Heart integration for humanity is unfolding on Earth exponentially. Billions of people will be integrating this influx of energy and light and then experience the activation of the Higher Self and correlating Heart expansion. These influxes of light and love from the New Earth Energies are occurring now to assist ushering Earth and Humanity into the prophesied “Age of Aquarius,” the highly anticipated New Golden Age of Heaven on Earth.

What is the 5D Heart?

You realize that you are living within the realms of your 5th Dimensional Heart when you are living from your Heart instead of your ego or mind-space or lower chakra impulses which have been seeped in survival and fear programming. Predominantly the decisions you make are from your feelings and not from your logical brain. You are Guided from your heart space. Physically at



times, you may feel the pulling of your Heart toward something. For example, you may be touched by a situation and feel strongly to take action toward bettering the outcome by running it through your heart rather than your brain. The 5D Heart is connected with your Higher Self fully and you let the Heart and the Higher Self take the driver's seat in your actions of daily life. You don't question the Guidance. You simply trust and surrender to this undeniable faith that you will always be Guided, you will always be immaculately protected and that you are always treasured and loved beyond belief.

I have been living from this space for a long time, before I consciously was aware of it. When you do become conscious of this, your life becomes magical and you are able to tap into unity consciousness: Being One with All. You can know everything, even the future if you want to. Realize, however, that having access to all of the answers can become boring, and besides, you, as a co-creator, can change outcomes anyway.

Heart Merge with My Twin Flame

Once my heart was fully 'opened' and cleared of past wounds only then was I able to connect fully with my Twin Flames Heart for the Merge to take place. This merge was, surprisingly enough, much more subtle than the brain merge. Actually, I am not surprised, but at least for me it was subtler, however for him I think it was much more obvious. This makes sense as I have always lived from my heart first and foremost being of direct "decent" from higher dimension, whereas my Twin has had many direct prior lives here on the lower dimension Earth and has developed his beautiful brain above and beyond his heart.

I was in meditation one day in November or December of 2014, and my Twin Flame and I had been connected telepathically. This was in the early stages of our mastering telepathy between each other. Things could get tricky easily between us. From seemingly out of nowhere, a thought could come up which was not from the heart and cause dismay between us. This is why it is important to do your purification of mind, body and spirit in preparation for etheric merging and upcoming unity.



Along with the telepathy, our Heart Chakra was coming on-line now. The distance globally between us did not hinder our heart connection at all. Our Heart connection was and is very powerful. But this time it would be connected permanently and our emotions would become one between each other. As I have described previously, the strength of my physical heart allowed my energetic heart to travel far and vast to reach my Twin Flame. His Heart at the time was previously being opened via our subtle connections. His heart, in the beginning, was closed; a visual I received was a hollow space where his heart resides. Over time, I worked on his heart to open and recharge it with the light.

Well, the day came when we were finally able to fully merge our heart. Throughout the months before this, I had on going heart palpitations and surges of light expanding my heart space immensely. For me it was a slow and steady expansion to accomplish this task. For my Twin, it was much more powerful and obvious. I heard and sensed him asking “what the heck it is going on?” His heart was being surged with tremendous amounts of light causing heart attack symptoms and palpitations. I know because I had been having these for months and knew from experience that this was part of the process and to not be afraid.

My Twin was very concerned for his heart and I reassured him over and over, “Do not go to the hospital. This is natural and we are merging our heart energies.” He was really freaking out. This episode between us went on for about 3 hours. I continued my normal scheduled day of running errands while feeling the heart

expansion and symptoms. I feel that he stayed very low key and relaxing at home. I was prepared for this and he was not, but the task was successful and the heart merge was complete.

This Twin Flame Heart is a Power House of Light. The light we share is a powerful Sun in our Hearts to anchor tremendous light upon the Earth.

CHAPTER 19 COMING OUT OF THE CLOSET

Back in June of 2015, I was consistently guided by my Higher Self and the Angelic family of Light to “come out of the closet” of who I AM publicly. What did this mean? It meant that I was being prompted to reveal more about my true self as a Twin Flame, to share these stories to further activate my Twin Flame and social media followers. I hesitated in fear of what others might think of me because to most, I was believing in a romantic fairy tale.



****NOTE:** Fears and phobias often stem from past life trauma. For example, many “Witches” were persecuted for being psychic and having the knowledge of and practicing the art of Magic. These people were publicly feared, ridiculed and persecuted in hopes to hold them back from speaking and being in their truth.**

The greatest prison people live in is in Fear of what other people think.

Since I decided to let the fear of criticism be the motivating factor in keeping my Twin Flame plight private, I have created my own prison by denying the truth to be spoken, known and acted upon. This knowledge weighed heavily upon my heart and speaking my truth became way overdue. Had I not let fear be a factor, much heart ache would have been saved. For the past year, I have felt like I was in a prison. I knew *without a doubt* who my Twin Flame is, but all along assuming, guessing that he will know just like I did and that he was practicing his “free will” by not claiming me, that all will work out as it is meant to BE.

I came to understand that he didn’t know or was not 100% sure who I was, like I did of him. I was the first one to be awakened and it is my soul choice and mission to awaken him. I thought I had accomplished this upon our first physical meeting. But I assumed too much. One of the “Biggest Myths About Twin Flames” felt by some Spiritual practitioners and told to a lot of separated Twin Flames is the “Free Will Non-Interference” myth.

If you have met your Twin Flame or know who they are, they have been shown to you for a reason. Your Higher Self has orchestrated that. So when it comes to the Law of “Free Will,” yes this has to be respected and practiced for the highest good. Trying to manipulate your Twin Flame by creating drama or games is not acceptable. However, guiding a toddler to learn to walk upon being newly birthed is natural. You have every right and responsibility to be that guide to your Twin Flame.

There is another reason why I stayed quiet and private regarding my situation. I was not ready to “come out,” because it was all so “out of this world” and I let doubt over shadow my heart’s inner knowing. If I had come out months ago, on the other hand, I am not sure how things would have turned out. He may not have resumed his relationship and a lot of damage from a physical and soul level could have been avoided. Keep this in mind when

you awaken to who your Twin Soul and Family is. You are here to reunite with them. That is what Ascension is all about.

“Love is the experience of the I AM presence of Self saying I want to experience the full richness of reality with Soul Family in communion with the Earth so that this reality experience is the perfection of existence to the rest of the universe and share its message “LOVE CONQUORS ALL” Love is the universal expression of experience. Love is what bonds people into Soul Families, Soul Groups, Twin Flames. Love is Mother and Father, love is Earth, love is Gaia, love is the Wind, the Ocean, the Rain, the moving of the Seasons and the passing of the Stars. All of that is an expression of Love in this particular reality, love is the foundational rule that they try to change.”

~ Andrew Bartzis, Awakened Galactic Historian

One thing to keep in mind when being guided by Higher Realm is that their timeline is not the same as it is here on Earth. So for me it was a catch 22 (pun intended).

I quietly did the work on myself and energetically on my Twin Flame to bring us into Union. This meant loving myself unconditionally, taking care of myself in every possible way, including thoughts, and whatever I allowed in my bodies, working through emotions and clearing the energy out of our fields consistently, via Mind, Body and Spirit (over and over again and again). I worked countless hours of distance healing for both of us. I practiced years of celibacy to keep us clear and clean for each other. I was literally blocked any time I perused a romantic relationship, purposefully blocked through my Higher Self’s intervention; when I came to realize who my Twin Flame was, *I had absolutely no interest in any one else...* it was crazy and unbelievable the stories I have on this.

I was responsible and aware of what was to BE. My Twin was not fully awakened yet. It was up to me to make this happen from a place of pure unconditional love and by not using old patterns of 3D relationship tactics. I was also being further guided that this was the mission; I had no say in the matter, it just is what it is.

I know personally many Twin Flames that have met their Twin Flame and have experienced the sacred sexual union with them - only to find down the road that their Union was not in alignment and they did not have the “know how” tools to handle this. Or they enter the “Runner/ Chaser” dynamic that many Twin Flames experience until they are healed and balanced. When they meet, and recognize each other, a process begins that can challenge and disrupt their lives in ways that neither could have imagined. I feel that if the sacred sexual union transpires before BOTH of the Twin Flames in their pairing have achieved “True Self Love,” the activation of the Twin Flame will propel them on their Ascension path alone, forcing them to do the work of Self Love in physical separation. When self-love is mastered, the Union’s Energy can withstand the intensity with grace, then the Twin Flames LOVE can BE alchemized into Matter of what is already written in the stars: The romantic Love heroes.

The separation of me and my Twin Flame was necessary to BE fully ready for the Union Now. But, I still could have spoken my truth and lived more freely in the past months.

“Whether or not Twin Flames make it into Full Union Bliss is up to them to do the work. If one Twin Flame is still “asleep” (11:14) it is incumbent upon the other awakened Twin Flame to do the inner balancing work. This is a challenge of BEing rather than DOing. *The most important thing for YOU to DO, is to REMAIN FOCUSED SOLELY UPON THE SOUL PRIORITY and PURITY OF YOUR TWIN FLAME REUNION!!!* For those of you who have stuck with it, through thick and thin, better or worse, you WILL BE Reunited!”-Patricia McNeilly

From my own personal experience and from the many Twin Flames I know personally who are also in the situation where one of the pair is awakened and the other is not, if they choose to move on with another, they will never be able to have their Twin Flame out of their Mind and Heart. I have seen it in the eyes, heart and writings of the Twin Flames I know personally. Not to say that they are meant to be in physical union at that given moment, however it is my BELIEF that those Twin Flames who have been incarnated together on Earth are to become one soul again. That is the mission.

This Ascension is about ending the reincarnation cycle into the Earth over and over again. We have been tricked by the fallen dark agenda to keep coming back to Earth. By claiming our free will and Sovereignty as a Light Being, we may become a free will Sovereign Being once again and reunite with our Soul Family and Twin Flames. We can evolve and grow spiritually, and experience our next life with sovereignty and expanded growth, not to be thrown back into the reincarnation illusion ever again. The cycle has to stop for Ascension to happen. A key part of Ascension is reuniting with your galactic family, Soul Group and Twin Flames. This is not a fairy tale; it is why you are here on Earth. There are billions of souls waiting in line to be a part of the most existing and monumental shift for the Planetary Solar Systems.

Staying Strong on the Journey

One of the most difficult parts of this process can be the desire to integrate the relationship into pre-existing structures. Many times this is just not possible. One or both Twin Flames may feel that it is all a bit too much, and collapse or retreat back into their previous lives such as convenient marriages or 3D thinking. *“If the union was not meant to be or there were still not more lessons to glean from this relationship, the ties will have been severed long ago. It would have just been another clearing of a timeline or limiting belief.”*

For the ones who have done all the work and know within them they have done all they can do, then by all means “move on” knowing you did all you could do. If you truly are a Twin Flame, remember how persistently present your counterpart will remain within your heart, mind and soul, no matter if you choose to live independently or with others. Trust that, eventually, your Twin Flame *will* return to you.

These writings are to help awaken those who may be asleep and to help the awakened ones to know “You are meant to be with your Twin Flame or you would not be aware of them.” If the unawakened Twin Flame is so far gone that the Union does not withstand in this lifetime, this MAY create the scenario wherein the next life time one Twin Flame is in the Etheric (not of physical

body) and the Other is here on Earth and your Spirit is the ONE counterpart on the other side. It has been common in many of our lifetimes for one Twin Flame counterpart to BE in the etheric realm and not in a physical body and guiding the other Twin who is embodied. It only makes sense that you do all you can do on this Earthly plane to fulfill the mission NOW.

16:16 materialization of the oneness

With all the children that have been born as of 2000 and beyond (16 yrs. now), combined with all the Walk Ins upon Earth as of 2016 (16:16) Twin Flames awareness does, and will continue to, expand vastly. Part of my mission is to help the world recognize their Twin Flames and Soul Groups to get back with their Soul Families for the Ascension on Earth.

Ultimately, the reality of the dynamic Twin Flame relationship is to explore and express Love in a way that can inspire and guide others to do the same. The experience invites and offers the Twin Flame pair a profound opportunity to reach toward and make manifest a Love that knows no bounds or limits; a Love that can carry them and anyone who feels their energy, to a deeper sense of Self Love and desire to serve all of Life. It involves the generation of a shared destiny that is far greater than either Twin Flame individually could realize on their own.

Alchemize Fear Into Love

Being a Way Shower of the Twin Flame/ Ascension mission is a great responsibility and an honour. This has been the most challenging time of my life. I wrote a blog entitled, “Matter of Love,” or “Love into Matter.” Both titles carry the same meaning. The responses I received were of great help to me, and I need all the help I can get. Not many people understand what it is to undertake the Twin Flame Journey; more people have a greater understanding of the journey of Ascension from a broader viewpoint, so having somewhere to turn for a listening ear, or vice versa, is part of the successful endurance of this process.

Here are some of the responses I received after I published my blog on Twin Flame “Love into Matter,” which prompted me to keep writing on this topic, helping myself and others in this journey:

“As more and more people are connecting with their Twin Flame, there is going to be a real need for information for them. We know what a tailspin it put us in... can you imagine when most of the world wakes up to this?? Yikes! Anyway, maybe so much of this pain is to help us relate to others who are also experiencing or will be experiencing this. That would be lovely to know we are helping others through this.”

*“I’m not sure if this will help you but I wanted to comment on your “false flag” frustrations. I use to think I was seeing false flags as well. I would get signs that were SO clear that every particle of my being was saying “today is the day!” And then *poof*, nothing would happen. Or, I would be compelled to reach out to him only to be ignored. But now that I have been working through this (“enduring it” feels more accurate!) for over three years, I have come to see that they are not false flags at all. In the higher realms, the shifts ARE taking place at those exact moments...they just haven’t materialized on the physical plane yet. From the perspective of our guides and angels and Higher Selves, the physical union has already taken place and those “false flags” are actually confirmations that it IS happening...we just haven’t caught up yet in our current dimension. It is a bit like seeing rain clouds in the distance...we see and know it is raining somewhere but the drops just haven’t reached us yet.”*

“This is such a challenging experience with the Twin Flame and my arms wrap around you in comfort and understanding. In my life experience, I don’t think anything has been as challenging as this and that is why I KNOW it is not over. If the union was not meant to be or there were still not more lessons to glean from this relationship, the ties would have been severed long ago. It would have just been another clearing of a timeline or limiting belief.”

We are the forerunners for this Twin Flame prophecy and culmination taking place currently on Earth. Mary Magdalene and Jesus were pivotal Twin Flame forbearers, carrying the template of unconditional love for each other and the world, and we are now fulfilling that same mission of this energy on Earth. Many of us are

here, embodied in this time and at this place, for our divine mission as becoming the living anchors of the new 5d Template of Love. This is our soul purpose. Imagine coming to realize that your whole life, all of your major experiences and most profound lessons have each been purposefully placed as the foreshadowing for the Final Act of LOVE.

This is what I have come to know. The current definitions of Love and Relationships on Earth are so distorted and out of whack. True Love is not able to hold the lower vibrations of fear, lack, jealousy, insecurity, control etc. True Love is a flow of unconditional love which is the metamorphosis of artistic creation.

This love has to be found within yourself fully before the Union of the Two individual whole souls can come together gracefully for co-creation of the third energy.

As you are in the Twin Flame Journey, upon leading up to the moment of complete and full Union with your Beloved, you will be guided with synchronicity, visions, sequence numbers, signs and numbers and all sorts of other experiences to help reunite you with your Twin Flame.



CHAPTER 20
TWIN FLAME PURIFICATION

Clearing & Healing for My Twin and our Union

The clearing I performed for myself, my Twin and our Union was intentional energy light work. I will give you an example of physical body healing distance.

At one point, I was guided to clear his prostate area for healing. I would usually perform these healings in the bathtub as the water acts as a augmented healing tool for healing. I would visualize the organ that needed healing and heal the organs, cells, blood and clear the energy around the organ, as stagnant energy causes disease.

Some of the healing was not intentional and his ailments would present itself in my body. I can't prove this scientifically yet, but I know he had surgery on his elbow. Later, after our etheric merge, I started to have elbow inflammation. Although I know what caused my inflammation, I also know that clearing this up would help his healing energetically for whatever caused this trauma. This is a deep, inner knowing.



I also am aware of his back-pain issues and did a in depth healing in water and with the Arcturians healing team to help heal this issue. We went into the Green healing chamber. Etheric healing can go on for days or months. I telepathically suggested to my Twin to go into water and exchange his stagnant back energy (pain and inflammation) by releasing it into the water for transmutation and receive the healing energy into his root chakra and up his spine/chakra system.

I also cleared emotional wounds and old relationship wounds. Here are some examples of what I did clear:

First off, I had to take care of myself and rediscover self-love. This was the most work of all. It took years of work and acknowledgment. I'm not saying this will be the case for everyone, but for me it was.

I cleared from our Union the energetic drain of his fans attaching and fantasizing over him. Having other people hang onto the love of our Union has been a huge drain of my energy over the past 3 years. This work has led to severe depletion and exhaustion mentally, emotionally, and physically.

I have provided healing for his parents, for him personally and for his ancestral lineage. I've helped in the healing of our Chakra systems in order for them to be able to align and connect. There

has also been diligent and purposeful energetic healing for removing an ex-relationship and her son out of this timeline so he can move through feelings of regret, loss and lower vibrations of guilt. I have healed and cleared his past sexual relationships from our sacral energetic system as well as removed my ex's out of our energetic union.

I have had and continue to have a lot of help with my Higher Self. In the expression of our Higher Self, we are fully merged and our Higher Self is in the driver's seat of my life. Also, my clear connection with God/Source Creator and the Angels has helped me immensely to be able to more fully help others.

If you have met your Twin Flame or know who they are, they have been shown to you for a reason. Your Higher Self and Gaia have purposefully orchestrated that. When it comes to the Law of "Free Will," yes, this must be respected and practiced for the highest good. Trying to manipulate your Twin by creating drama or games is not acceptable. However, guiding a toddler to learn to walk upon being newly birthed is natural. You have every right and responsibility to be that guide to your Twin Flame, for they are your true Spiritual family.

So, I quietly did this work on myself and on my Twin Flame to bring us into Union. This meant loving myself unconditionally and taking care of myself in every possible way, including being mindful of my thoughts, and whatever I allowed in my mental, physical and spiritual bodies (Mind, Body and Spirit). I purposefully, diligently and meticulously worked through our emotions and continued clearing the energy of our fields consistently via Mind Body and Spirit (over and over again and again). I performed countless hours of distance etheric, energetic cellular healing for my Twin and myself.



This healing and realigning into self-love included years of sexual celibacy on my part. I was literally blocked any time I pursued a romantic relationship, blocked through my Higher Self's intervention. For the first couple of years that the blocks were happening, I came to realize who my Twin Flame was and I had absolutely no interest in any one else. This was all necessary so that I could clear out all past karmic and soul contracts out of the Union for me and my Twin Flame. Because of my Twin Flame's social status, his prominence and influence, many people relied on him. The energies of multiple other people needed to be cleared away as they were no longer of the highest good for our mission. In the final stages of clearing, a few entities deeply had their hooks embedded into my Twin Flame and this clearing was the most challenging and lengthy.

In these past 3 years, I have been clearing certain negative energies from my Twin Flame. These energies came through an innocent host whom was vulnerable and, unbeknownst to them, hosted this negative being. When they connected to my Twin Flame, it caused much drama and havoc. They feed off the light and love of my Twin Flame and gave nothing in return but grief and problems. It is not the individual themselves that intentionally hurt my Beloved Twin, it is the negative dark energy attached to them using the light being as a host, a puppet for dark agendas. I will give you a dream experience message that came to me during

dream time to help me learn this so that I can, in turn, help the other soul families to clear themselves.

The opposite of a Parasite is a Blessing. Powerful energetic magnetic fields will at times pull together opposing fields for the lesson of repelling a blessing in disguise. The opposing field is in search of the blessing of the light, so to speak, and will unconsciously be magnetized to the light for this lesson. This is likewise expressed in the laws of magnetism in chemistry. Magnetism is a force that acts at a distance and is caused by a magnetic field. The magnetic force strongly attracts an opposite pole of another magnet and repels it. This is the basics of chemistry magnetism.

DREAM MESSAGE October 23rd 2016

From within my inner vision, my third eye, a parasite appeared. It seemed beige, brown and a patch of orange in colour; it looked like an organism. Its true essence was innocence, but it was unaware of its true nature. This Being that had no Eyes, no Ears and no Heart. It could only truly understand instruction and guidance from that of higher consciousness.

It came into my awareness simply for acknowledgment. I did what naturally came to me in my higher dimensional awareness state (theta state/dream state). In that state of neutralism, I surrounded that parasite with the highest frequency of white diamond light to the point where it combusted from the heat of the light from the inside out into white light dissolving particles. When I met head to head with this being, I had a sense of compassion, no fear or negative emotion. There was only love and guidance. I telepathically communicated to the parasite: "It is time to leave and be transmuted into the light." The parasite was ready and did what the light proposed. It died, the light was so powerful, it had no choice but to do what it came to do: be acknowledged by the teacher.

They are unable to complete their development without passing through at least one parasitic stage which is necessary to their life-cycle.

I was shown this experience as a lesson to dissolve any parasites that come into awareness with the love and light. Every

single person at some point will come face to face with a lower energy of various different types of parasites. These expressions of beings come from lower vibration and seek to evolve into the higher vibration of consciousness. **This is evolution** from the lowest form of life growing organism and expanding consciousness. Knowing this, we, the intelligent Being, will not go into a state of mutualism with the parasite but rather stay neutral.

Transmitting Parasites to the Light

A human Parasite is a person who habitually relies on or exploits others and gives nothing in return. An internal parasite is an organism that lives in or on another (its host), and benefits by deriving nutrients at the host's expense. A good example of a parasite in our world would be greediness, evil choices by a closed heart chakra, fear driven individuals, the negative media etc.

How do we deal with a person who harbors a parasite? We shower them with the most powerful light that **we are** and they will then disappear out of your frequency spectrum. You do not feed it, or react to it; you simply acknowledge their request for guidance. You shine upon them the light from which they can evolve and learn. This type of parasite will not last in the higher frequency of a heart awakened being who practices higher vibrational living and action. These types will not sustain the New Earth frequency of 7th dimension, just as a parasite organism will not live within a balanced and nutrient filled intestinal system. The parasite cannot live off of high potency of nutrient energy, they only thrive off of the unhealthy substance of lower vibration.

This is how the lower energy fields will die off in the higher dimensional reality. As the Masters of Light and the magicians of the Seventh Ray, we can alchemize, cause change and make the transformations to help to manifest and create the New Earth Reality.

Quite simply, you will literally starve a parasite, thus bringing itself to its own death by refusing to feed it. Just as every cell in your body relies on what you consume to function, what you harbor inside of you energetically feeds off of what you feel and think and has a major impact. Even a thought energetically sent to

a human parasite will feed it. Be mindful of your thoughts and what you are cultivating. Everything is energy.

It is time now to get back to basics of nature and refuse to feed all that is not of the natural state of love. The following paragraphs are emphasizing my Union and why it was so crucial to learn the dark side of energies. I ordered the removal of this from my Twin Flame Union and Soul Group Family.

Lower Vibrational Entities

Our Purpose this life cycle here on Earth is to gather and reunite our Soul Families of Light to Be the New Consciousness Earth Grid for unity consciousness. The Web of Light that we become within our connection will sustain our higher vibration to once again become galactic citizens after millions of years of having fallen. What we are helping to create is like the planet of Love, Venus, where by the consciousness grid is upheld by Twin Flame Love and Planet “New” Earth is slated next in line to take on that template.

Wherever there is light, there is also a counterbalance of dark agenda; this dark agenda fights to retain power over the light by ways of fear, greed, jealousy, anger, hatred, control, manipulation – all of the lower vibrational frequencies. The trick here is to understand that *they feed off the light*. They feed off of the Lightest of the light until they are exposed to the wisest of the Light being(s).

Within celebrity and high profile status, the dark agendas are very prevalent as they have a big influence on the rest of humanity, hence the huge challenge I deal with by clearing the attachments on my Twin Flame’s energetic system.

This is happening very prevalently as we speak. I have always tried to focus solely on the light, however, over the past year I have been shown the dark and have come face to face with the dark in order to deal with it. The final episode that broke this cycle has culminated in my Soul Family.

A parasitic type vampire of lower vibration has been a predator within my soul group for this whole life time, implanting, attaching, and infiltrating my Soul Group/Family since as long as I

can remember. As I stated, they will prey upon the lightest of light beings and try to take the individual(s) off their life's purpose and mission. The bigger the mission, the more on guard you will have to be.

From the time you are born, the Agendas are in full force, both light and dark. The light comes through the womb of the Universe, Mother Earth and finally their chosen physical mother and father. The dark fallen ones (angels, extraterrestrial, reptilian) will pounce on these light beings within the first chance. This usually is done by implanting addictions, depression, bipolar disorder, etc. All of these false programs are being portrayed by the dark as mental illness when in fact, it is a manmade implant by the dark agendas. These dense and disabling program patterns are implanted right into the light being, in order to keep them from the task of Ascension. Have you ever noticed that the loveliest of people have either addictions, unworthy feelings for no reason, low self-esteem, suicidal thoughts, bipolar disorder, etc.?

Well guess what folks, this is an implant, an energetic or physical implant of programming set into the human body by the dark agenda, usually after the age of 7. This implant is the false belief that addiction is a dis-ease. This implant is a false belief that bipolar disorder is a dis-ease of the mind. This implant is a false belief program that is falsely implanted to those susceptible to it or who do have an ancestral family code with this genetic history going back thousands of years, not just in this life-time.

Just as the Creator and the Angels have the Akashic Record of your life, these dark fallen beings do as well. They will track those who are of high light to destruct their path of Ascension and have been doing so for quite some time.

The false programming infiltrates the human system by the time they are a teen. If not detected and/ or removed, it will cause havoc in one's life, taking them right off track. Your Soul may have called in help to remove this, but they will come back if you allow your energy to become fractured and/ or venerable.

It is imperative that you take care of all of your bodies, your mind, body and spirit, emotional, mental, physical and etheric esoteric bodies, to sustain a high light quotient to disallow these parasites a way in or to host in your physical or energetic body.

During this time of Ascension from 2010 -2017 and upward, the dark agendas are scrambling to keep their control and will go to any length to side track the light off of their course and mission. So now it is imperative that you take care of your body. This is the Soul's most important prayer at this time: take care of your body, the soul skin you are in and become a Sovereign Being in every sense, mind, body and spirit.

There is an abundance of information available to anyone for free, messages and guidance on how to purify and become a clear vessel of light, as well as clearing old contracts that not of the highest good. Here is one Declaration to become a full Sovereign Being and also a Declaration for clearing contracts.



Declaration of Full Sovereignty of My I Am Presence

I call on my Higher Self to merge with me, guide me, and assist me in declaring, embodying, and enacting 100 percent sovereignty of my being in this and every now moment, in alignment with my I Am Presence and in accordance with my chosen purpose, goals, and intentions for this lifetime.

I call upon the elemental, angelic, ascended, cosmic, and ancestral realms to witness my declaration, to assist in upholding the integrity of its intention, and to co-create with me in manifesting

my highest potentials personally, in unity with the One, and in service to the Earth as we graduate to the next level of our evolution.

In declaring my full sovereignty and with the guidance of my higher self and I Am presence, I assert autonomy over my physical and nonphysical embodiment, my energetic vibration, and all resulting emanations. I disallow any interference to distort or delay the fulfillment of my purpose in this lifetime—whether that interference be well-meaning, misguided, self-interested, or malevolent. This includes any and all overt and covert intentions, attempts, and actions to limit, separate, distract, manipulate, disempower, traumatize, dominate, control, or harvest any aspect or increment of my energy and consciousness.

I reject and eject any such interference, demanding that it cease and desist immediately and retroactively, including any trickery designed to countermand, usurp, or sidestep the intention of this declaration.

In making this declaration, I acknowledge and accept full responsibility for my being and actions. I continue to fervently request overt guidance and assistance from my higher self and I Am presence, which I in no way consider to be interference. I commit to both hearing and enacting that guidance, and in turn to listening to and guiding the elemental consciousness that contributes to my personal collective consciousness this lifetime.

To the extent that I may be unable or unwilling to hear and enact the guidance of my higher self or I Am presence, I request that the guidance continue to be given in various ways such that I can understand and act on it and until I am able to understand and act on it.

In full sovereignty, I also request and accept additional energetic assistance of my guides; my soul, star, human, and ancestral families; the elemental, angelic, ascended, and cosmic realms, and any other sources, provided that it accords with this declaration

and is in my highest good; the highest good of Earth; and in accordance with my purpose, goals, and intentions for this lifetime.

I choose to heal all fear, trauma, and limitation standing in the way of my fulfilling my highest potential and purpose in this lifetime. I ask that my higher self and I Am presence, in co-creation with the elemental, angelic, ascended, cosmic, and ancestral realms, assist me in healing, transmuting, and transcending all fear, limitation, separation, and amnesia preventing me from embodying my full, integrated sacred masculine and sacred feminine power, love, and wisdom. I ask that my higher self and I Am presence direct my healing such that I embody and offer the optimal vibration in any circumstance; that I manifest optimal health and wholeness in and through my physical, emotional, mental, and etheric bodies; that I fluidly evolve according to my path and purpose; that I awaken to and regain all the memories and gifts held in my causal body; that I function with energy, clarity, balance, effectiveness, and efficiency in the changing energetics of Earth; that I integrate the healing, its lessons, and its energy in the most beneficial way possible; and that all this unfolds at the most conducive yet expeditious pace possible.

I intend that in healing myself in this now moment, I heal other aspects of myself across time and space, as well as splintered aspects of other consciousness trapped in time who, through the domino effect, will attain the freedom to return to where they belong, to heal, and to contribute to the unity we seek to co-create in order to graduate from this plane and take our next evolutionary steps.

I offer healing, compassion, and forgiveness wherever it is needed or wanted to free all aspects of consciousness, including my own, to allow all to return to its natural order in wholeness and unity. And so it is.

Thank you to Mary Jane Banks as inspired by the work of Andrew Bartzis, Galactic Historian, for sharing with all in resonance and co-creation.



Declaration to Clear Soul Old Contracts:

I AM, in the ever present moment of NOW, acknowledge the presence of another I AM presence in polarity trying to consciously entangle me with their Karma, drama or spiritual issues.

I AM here to create a proper spiritual court of equity to create a clear separation of densities. I call upon the laws of universal action and reaction to sever all bonds of energetic connection between this I AM presence and all I AM presences, forcing this I AM presence into dramatic polarity within the 3d matrix network of un-sovereignty.

I make this statement to all ancestors in union and communion with the common moral code of equality for all. I can no longer

bear the weight of dense, false light energy sent my way via false light influenced personalities of individuals who have lost their way of knowingness.

I summon all DNA lineage ancestors to hold space for this continued I AM action even while I sleep or visit other realms including 3d matrix. I call to the ancestors to create a clear separation of density within my 1 degree of separation so this “I AM” transverse the multiverse without the forced drama of others who are unable to heal themselves with the information at hand existing in the 3d matrix world.

I cannot bear the weight of healing an entire species one broken, angry person at a time. There must be a common moral code we all can use. Until this common moral code is universal amongst our people, I make these I AM statements to my ancestors in communion and union with unity consciousness expansion and evolution.

Those who have targeted me in this time stream and matrix I put you now on permanent spiritual notice. If your energy violates my I AM presence in this matrix or any other matrix network you, will be placed in a spiritual court of equity outside of the universe so you may find remedy and resolve without my signature frequency as a teacher for your DNA lineage ever again.

I am putting all matrix personalities on notice of spiritual court of equity summons of truth. Bring your petty lies and dictatorial comments to the ancestors. They will have infinite time to hear your words and exchange energy while you pontificate eons of false light philosophy.

Let the ancestors teach you at the core of your Being what True sovereignty is. I can no longer entangle with you in any way, shape or form until you have seen, accepted and integrated the common moral code of unity consciousness in the global dreamtime of Earth's mind.

I call to all Soul Chards of myself and others who have been forcedly entangled consciousness energy via Technology. We now separate ALL Akashic records frequency from this matrix mainframe. We dismantle all matrix components and sever all etheric connections that create a back-up system of false Akashic truth.

I break all agreements, contracts, spiritual torts of retribution and all other forms of false light war consent used during the defenses of mother earth realms. All of these perverted contracts are now sent to the universal central sun auditor for completed and total disentanglement of debt perceived and unperceived, light body and matrix body, on all time lines dimensions, galaxies and universe I exist in.

I AM my self-unified and Sovereign in this message of separation of densities. I create and manifest my own life equations from my own source connecting to great mystery.

From this point forward and backward in all perceptions of time I make this statement a standing energy sine wave of self-truth in my own auric and Akashic frequency for all unsovereign beings to know "I AM" is not just words any more. This is my manifestation of self-truth and declaration of Sovereignty. Now I get "I AM" presence, serious to those serial false light manifest-ors."

~ from the work of Andrew Bartzis



SOUL CONTRACT REMOVAL Profound Changes to one's life

The closing to this chapter is a dream-time experience I had with a message of truth:

Dream Message October 31st 2016

TRUTH ~ Be your truth with your Soul, Twin Soul and Soul Group to bring truth into our World.

I was sitting in a room a prophet/Psychic was talking to me. She was a beautiful dark haired young lady and her eyes were electric blue piercing through my soul. I was being distracted by something on TV that was not of accordance with my truth. She led me away and she said to me, "Listen to what I say. Your reading today is TRUTH, it is a good card. Good will come from the Truth." But the word truth was represented by a symbol. Then she said, "Come up with your own meaning of the truth and how it is important in your present situation." Then she said, "The Truth is good things to come and this is good."

I realized she meant truth is good as opposed to evil, and there is the good and evil in the world dichotomy. What is playing out in our world and what is being hidden is not truth. The truth needs to be exposed by each and every person who knows it.

This is the good message about truth I came up with:
Truth to come. Truth is sincerity in action and character. Truth is not hiding with your actions. A sincere and honest person thinks of the welfare of others. Positive action bears implications on society. Sincerity in actions helps your own self-realization, your own truth. Being in accord with truth and reality and taking action with true statements and propositions, thus acting in accordance with the facts, is truth.

Following these principles helps to purify the body, paving the way for a clear energetic body and moving out stagnate dormant energy. Make an honest and sincere approach without procrastination. However challenging and unprecedented the difficulties may seem, one will always be vindicated by truth.



CHAPTER 21
TWIN SOUL MANIFESTING
OUR FUTURE

Twin Flame Telepath Heightened and Seeds Well for Physical Manifestation

March Break brought along with it more preparation for the arrival of my Twin Flame, and false flags. February passed, and with it Valentine's Day passed, with no word personally from my Twin Flame. I got through it ok. I can always feel his presence when I connect my energy to his anyhow.

Our telepathy was getting really strong now. But it was also to the point where I was becoming confused of distinguishing what was my "Ego voices" versus my actual Twin Flame telepathic connection. I was learning to differentiate my thoughts versus my Twin Flame's thoughts. I will explain some scenarios.

I was shopping in the mall looking for some sexy new lingerie. You know what they say, "If you build it, it will come." While I was explaining to the lady my preference in bras and underwear, I could hear my Twin Flame saying "Oh my gosh," and I could feel him get excited at the idea of my conversation. It actually made me laugh out loud.

On my way home, I continued the conversation. I told him I am aware of his feelings and thoughts and described some of the lingerie I had bought. This conversation between us was steadily going on daily.

I went to the mall to visit my friend who works at a spa and I confided in her of my Twin Flame situation. I felt safe in doing so as she herself feels she is a Twin Flame. It usually takes a Twin Flame to understand a Twin Flame. I remember telling her some personal stories and heard my Twin Flame cautioning me not to say too much. I started to tell Casandra about my telepathic conversation with my Twin Flame, that he would be coming to Canada in March. She asked, "How do you know?" I told her I could just feel it. What I did not tell her was of the conversations between me and my Twin Flame.

We were preparing to meet. From our communication, I believed he was targeting to come during the March Break. We even worked out little details such as the fact that he is not vegetarian and that he likes to eat meat. He did not like fish, he told me. He also specified he would like a glass or two of white wine to take off the edge off to calm his nerves upon meeting. He asked if that was ok, considering I no longer had alcohol. I said of course, I could handle it.

I went ahead a prepared for our big Union at my place during the March break. He helped me pick out a dress. His preference was something sexy, so I bought a long tight fitting black cocktail dress. I also bought shoes to match. I went and had my makeup done, the whole nine yards.

I ordered a catered dinner for the Saturday evening that I was expecting him. Through our telepathic communication, we planned this date. I asked over and over why don't we have a phone call first to confirm. We agreed that the meeting would be better without any other form of communication other than telepathy, so we could prove to people this could be done.

I was feeling anxious, stressed somewhat with the thought, "What if he does not come and I am making all of this up. How would I deal with it?" Saturday night arrives. I am at home with the table set, wine in the fridge, and flowers and candles around the house everywhere. I am dressed, hair done and makeup on. I am feeling and looking spectacular.

7:00 pm, then 8:00 pm rolls around and there is no sign of my Twin Flame. I began to prepare myself while trying not to lose my mind, that indeed this is just all in my head. I know I am not crazy, but why did I listen to the false ego voices in my head? By 10:00

pm I was in tears, laying on my bed, really feeling like I was losing my mind. I was desperate and very scared at what I had been guided so strongly to create.

The next day, I started to accept that I was really getting in too deep, and that something had to change. I wanted to get my life back to reality. I was letting this Mental Miasma take over my life. I could not differentiate our telepathic communication from my mind chatter.

On Sunday, I took a picture of the flowers and posted them on FaceBook to pretend that I was okay, and to send a message to my Twin Flame “here are the flowers” that I bought for our dinner that never happened.



I called a Twin Flame guide and luckily, she answered on a Sunday evening. I was feeling desperate. “I think I am losing my mind.... I made up in my mind that he was coming. I went so far to prepare for his arrival. What is going on with me???”

She explained that this is the “mental miasma” that can snowball if you pay too much attention to this. It was time to get centered and to learn to communicate more through the heart center rather than the brain.

I stopped all communication with my Twin Flame. I felt like I needed to get a grip on things. Days went by and we had not connected like we usually did. I could still hear him and feel him, but I would not respond. I had done this before on another occasion, but it was not to this extent of getting prepared for him. I was trying to figure things out.

Time went by and I continued to look at his social media page, seeing clearly that he was trying to send me messages from his posts. Eventually, I did resume engaging in our adventures during meditation.

Questioning My Life

Since the March Break episode, I went through a phase of questioning my life, my life purpose and my reality. I spent much time on my own to begin with, but now I was really trying to get to understand myself and my Higher Self better. Besides getting more acquainted with my Angelic Self, I called upon God, Angels, Source, ET's and all beings with whom I could connect that were of the highest good to assist me getting on track with my life.

Firstly, I lashed out to my Higher Self. "Why would you set me on this wild ride with my Twin Flame, and set me up for failure, or my loss in faith?" I cried and yelled out loud during my walk in the forest by the river. I was in sheer agony. I was begging for Higher Self and God to "please release me of this path, for I have tried and tried and I feel like I am going crazy. Why oh why would you ever do this to me?"

I was yelling so loudly that a lady across the pond heard me and looked very concerned. I will never forget the pain and hopelessness that I felt that day. And this was just the beginning of the intensity of my Twin Flame Awakening. Not only did I beg God and Higher Self, I called upon each Arch Angel individually, each Ascended Master individually to plead for their guidance. This became a daily ritual much of the time, me in the forest, communicating with Spirit, to help me through this torturous time.

Over time, I lost my humiliation and they did help me raise my vibration back up and showed me many signs and messages pointing me in the direction of my Twin Flame. Over time and

reflection, **I came to realize that this craziness was truly my way of co-creating.** Through my imagination and my way of telepathically communicating to my Twin Flame, I co-created what is manifest in the etheric realm by me that will be his to manifest in the physical New Earth. This takes manifestation to a whole new level. Imagining, feeling, and taking action will create your reality. As crazy as it seemed at the time, there was no question I was being Guided in the highest way to master my manifestation to this level of faith and trust by following my Higher Self Guidance.

I did get to a point 2 years ago, and over and over since then, that I did not want to be a part of this plan any longer. I felt like giving up many times. As a matter of fact, as I edit this piece, I am in a place of feeling in despair that this still has not manifested; however, this has just given me what I need to keep going. I know in my Heart this is to BE even though my ego mind may try to trick me.

Reaching out to a True TWIN FLAME Couple for Therapy Session

I even reached out to another Twin Flame couple to help me with advice. They have been together for 19 years and are true Twin Flames.

My Skype conversation was scheduled with them one afternoon. I was very excited to have their assistance and company over Skype. I felt very alone in this journey and the idea of speaking to a couple that could relate to me was very exciting. We'll call them "Joe and Mary."

Me: "Hello Joe and Mary how are you?" A big smile on my face.

Them: "Great, Shelly how are you doing?"

The conversation began.

They asked me to describe how they could help me. I said I know who my Twin Flame is without a doubt, so I did not need them to confirm this. What I needed to know was how to deal with the feeling of being out of control and like a prisoner?

"I know who my Twin Flame is, but I am not sure how much he knows of me?" I continued to explain the dynamic of how we

communicate telepathically, connect in meditation often and how my Higher Self shows me signs of him on the earthly day-to-day plane. God Source shows me in the dream state and we have meetings, etc.

Eventually, they wanted to know why I thought he would know of me at all. Eventually, I would have to reveal who he was to them, in order for them to understand.

The couple pondered the information I gave to them and confirmed indeed this could very well be my Twin Flame. They told me, however, that along with the raising of consciousness now on Earth, many Souls are connecting to Souls of similar vibration.

I was struggling for them to understand how I feel sort of helpless, because I know 110% who my Twin is. I feel him, I hear him, and this is in my DNA. There is no escaping this, yet I don't know when or if he will ever acknowledge me.

They explained that Twin Flames needed to be in balance, otherwise the Union might not happen. "You're acting out of balance. Like you want this to happen and he may not care to have it happen. You're behaving in a childish manner. Like a child having a tantrum, to a degree that an adult would."

I explained it was because I was tired of knowing this truth and not seeing a solution. I didn't feel like I could move forward with my life. Like I could not really foresee myself possibly start dating or have a happy relationship with another in physical form. I felt imprisoned because I only wanted him and could feel him. I explained that I would like to know how to cut this connection off, how could I set myself free of this?

Bob suggested I not do this. "Your inner child would not be happy. Besides this is a beautiful connection why would you leave it?"

I ended up getting more frustrated than I was before. They did not understand my situation very well and I realized I was still on my own with this.

They wished me luck and said all I could do was wait. They said "We do believe he is your Twin Flame, the vibration confirms it." I was not happy with the session. Nothing against them, I was just looking for some answers and help.

I was soon realizing that I was indeed on my own in this and I would have to have patience and figure things out as I move

forward.

They did help me in understanding that we were out of balance. I did not see it at the time. But in retrospect, we were way out of balance. This is the time where my Twin Flame decided to resume a relationship with one of his ex-girlfriends.



I really appreciate reading the perspective of other spiritual guides on the Twin Flame topic. There is a wealth of information published, each a gift in and of itself. Some information resonates with me, and some of it inspires me to write further with my experience on this topic. Each spectrum of experience lends its own power. A key axiom for my teachings include that Twin Flames being in Union together benefit the process of Ascension, and not only that, but are Divinely Guided and supported in their Journey toward being together as One. I do not resonate with the ones who teach that some Twins are not destined to be together, for I have been powerfully shown that we are truly meant to be together. As much as at times I have tried to run from this fact (because the work has been so intense and at times grueling) the fact is, I am devoted specifically to this Twin Flame path of Ascension of complete and total Reunion with my Twin Flame and that it is Designed to be so.

In my opinion, the ones who have attempted to “give up” on their Twin Flame Union have either discovered that this is only delaying the inevitable, or they are not true Twin Flame Beings. I don’t mean to sound condescending, but this is the truth of the matter.

I teach in my book how to bring any and all Twin Flames into full and complete Union who believe it and are devoted to this path; teaching this is a part of my Soul Purpose. It takes work - the most work you will ever attempt in a lifetime! It is your soul purpose and why you are here, to reunite your soul, hence putting all other priorities aside.

I have physically met my Twin Flame and we are fully merged: alchemically, cellularly, mentally, emotionally and our sexual creative energy is One. My challenge and test most recently has been to accept our Oneness on these levels, even during the time upon Earth that we have been physically separated while doing our inner balancing work. My twin and I are both incarnate here upon Earth in physical bodies, fully merged yet without physical sacred union as of yet.

The Key Twin Flames upon Earth at this time are leading the way for the future of Love upon the New Earth. There are Twin Flames that are continuing to teach from the old Earth perspective and are not privy to the information and knowledge of the “New Ones.” The Higher Self of the Key Twins will not allow others to tap into this information for possible misuse. When information is meant to be known it will be known via the Key Twin Flames. The Key Twin Flames are living and experiencing what others channel from higher on and more. The “more” is what will be revealed in due time.

Ascension is Twin Flame Union. The Lightworkers around the world are doing immensely important work for Earth and Gaia. It is the Twin Flames that will finalize the heightening of the love energy upon Gaia for her full Ascension. This love will sustain Earth in the higher dimensional consciousness, allowing her back home with the planetary family, no longer quarantined for her much needed protection.

The Key Twin Flames are from the beginning of life upon Earth before the fall. They were incarnated when the ancient Vikings were the extraterrestrial gods in the sky and equipped with powers



and abilities that have been turned into mythology. I have been triggered to remember my heritage of life upon Earth in the past. As I have said before, my lives on Earth are few in the past. I thrived in the Etheric Realm as a pure Angelic mastering the dark and the light activities in the higher realms, assisting from that plane my Twin Flame while he was mastering the Earth Matrix light and dark for this transformation of Gaia and Planet Earth we are in now.

When our Higher Self felt that I needed a nudge of inspiration or reminder of my Twin Flame, I would receive magically sent messages appearing on my iPhone. One such example would be a video of my Twin Flame speaking publicly on spirituality. This certain video that a friend sent to me from a spiritual website, kept popping up numerous times over a 2-month span to remind me of his presence and our true connection.

This type of occurrence happened a lot. Our Higher Self, God and the Universe were and continues to constantly show me signs and messages that this is to be. I have been challenged to the limit to trust that my Creator, my Higher Self is Guiding me for the highest good and that this or something will manifest for the highest good of all concerned.

It is my wish through sharing this story that others wish to follow will be able to have an unwavering faith in the unseen until it is indeed seen. I felt as though I had been put through all the tests and lessons to clear the way for the Soul Groups, Soul Families and Twin Flames to come together and follow their true purpose knowing it will be manifest through love and faith.

Mexico Trip 2015

My trip was booked with the assistance of my Twin Flame helping me pick the week I would go. I was at the airport, I felt so connected to my Twin Flame. He even posted an image of himself in a Mexican attire to confirm he was aware of my trip.

As I was booking the trip I could hear my Twin talking with me to tell me what would be the best time to go when he would not be working busily as an actor in a film production.

Or so this is what I believed he did. His page had a new image

on it the same day I posted I will be going to Mexico. So to me my intuition was correct: he could telepathically hear certain conversations I was having. Now whether this is actually his consciousness in 3D awareness or his higher 5D awareness, I have yet to find out. But in either the case, he is communicating with me via his consciousness on one level or another.

I was at the Airport and *our*... I mean my stopover was in Texas. I say *our*, because I feel him wherever I go. I quickly checked FaceBook to see if he had posted anything. He did, it was him on a big deer with antlers, just like the Texans post. I was excited that he was following me.

He posted the image before I did, so this told me he did hear that I had a stopover in Texas.

Also before takeoff and the end of takeoff he would send me energy. It was beautiful. It was like he was letting me know he was with me.

I returned from my trip feeling very uplifted, healthy and vibrant. Within 24 hours of my return I was on my ass with the most kick ass cold I have ever experienced.

I remained in bed for probably a week and it took about 3 weeks to recover. So much for spreading good vibes, and showing off my tan! It just goes to show how clean air, water and grounding on Earth will affect your body in such a healthful way versus coming back into the big city. The bigger the city the more the consciousness is purposely lowered by geo-engineering and media messaging.

April came and went we were into May now and things were going pretty well. My patience was outstanding. Although I questioned many times when he was arriving, I kept a level head and understood that this is a huge awakening for both of us and have had patience and perseverance.

During this time, I was working on finally releasing my New Earth / Old Earth Video on May 16 2015.

My video was finally ready for release. I had my videographer working on it while I was in Mexico. I did all of the editing on paper and the video imagery design, etc. It is a long process, just like editing and producing a movie but on a much smaller scale.

I buy the video stock from Shutterfly and before the video is created, I already have a vision of how it is to be. I suppose you

could say I have a gift in this department. I choose my hair, makeup, etc., specifically for the message I am trying to send. In this case, I wanted to look attractive and sexy for my Twin Flame as well as send the message of feminine Goddess to the public. I like to celebrate my goddess type physique, as this is the form I choose to come into Earth with.

We all pick our physical bodies that we arrive into Earth with; we pick our parents and life lessons. I am getting a bit off topic here, but I wanted to share that being sexy, curvaceous and desired is nothing to be ashamed of, in fact most who pick this type of body to live in are meant to be in the public eye in one way or another.

So back to the release of the video. I was very excited and knew my Twin Flame was anticipating my video. I could feel it. After all, he was with me during the actual experience in March 18, 2015.

I released it and waited to see what kind of feelings I was receiving about his reactions. My heart actually skipped beats when he watched the video as our hearts are connected now.

NY Weekend Appearance

My Twin had a public social commitment this one weekend. Many actors would be there to celebrate this party. I was so excited to be able to see him again live on TV and excited for him.

I went to bed the night he was arriving into New York. It was easy to know his whereabouts as when he travelled I did not receive energy from him as often as when he was at home.

As I am writing this, I am thinking how crazy I must sound, and how you, the reader may think, “this chic is hallucinating.” And trust me, I questioned my sanity many times throughout this journey. I am questioning it right now as a matter of a fact, however, with each month comes more and more synchronicity and confirmation and these signs cannot be made up of fictitiously. The proof is often given in visible signs I take pictures of. The images don’t lie.

The real synchronicities have just begun. I was awoken out of my sleep around 6:00 am to a Spirit coming right through my

body. It was my Twin Flame. He was hovering over me, his essence was so powerful and strong I had never felt such a strong presence, except one other time, which I will write about later.

I awoke to his Spirit in the form of his masculine physical body but it was all made of light particles like a Spirit or Ghost would look like. He kissed me, and the whole Earth shook. It was like an earthquake took place inside of me and inside of the world. The feeling was so powerful and beautiful, all I felt was love.

It took over my whole body. I was pure love and one with him. Then he said he the words “I love you” and climaxed. He did what it felt like physically and I felt a whole body orgasm. My *whole body*, not a genital orgasm; it was with my whole body along with his body and Earth’s body. When he orgasmed, it went through my whole body. I could feel him as if he were right there on top of me. I moved my arm through his arm, I reached out to his face and my hand was able to go through him. It was the most beautiful and loving feeling I have ever known or felt. I had tears running down my face, tears of sheer ecstasy. I spoke to him, saying “I love you, I love you so much, thank you for coming to me.”

I held onto him, the essence and moment for another half hour or so. Eventually I got out of bed feeling so loved like never before. I journaled about the experience and went back to sleep.

I woke up later that day feeling on cloud nine. I was so overjoyed with this experience and confirmation of our love. It was a beautiful day. I continued the day with anticipation to see him make his appearance on the show.

Images were up on social media and the Internet. I saw him in the first picture and he was **hand-in hand with another woman...what?!”** **“THIS CAN’T BE REAL!”** I said to myself in utter disbelief. I could not believe what I was seeing. How could this be? He made love to me last night. I felt it, I saw it, it was real - the Earth was moved by this love. This could not have been made up.

I studied the images. The weirdest thing was it did not upset me one bit, except that I had to doubt what I had felt. But looking at the images did not produce feelings of sadness, jealousy or hurt at all. This was weird. I could tell this was a façade of some sort, it was not true or real. My or Our Higher Self assured me this was NOT TRUTH. When I saw him in other pictures with women with

whom he had been intimate, it did bother me a lot. But this time I was calm, cool and collected. I was surprised with myself. I asked over and over, “what is with this...why am I not bothered and why is he with her?”

I had to do some investigation, who was she? I thought it may be his ex-girlfriend, but that did not make sense. “Who in the world goes backwards when they are on Ascension?” Lord knows I knew that rule. “He is wiser than that? What is going on here?” I asked in total bewilderment.

When I studied the pictures, I looked at him and her together and did not feel the presence of happiness, love or authenticity. It looked so fake. Not once were they smiling in the images, not once were they looking at each other. They were both in their own worlds, so the picture showed. In fact, my Twin Flame looked unhappy and not balanced at all; he looked like he was drained and confused, from my perspective, and my heart is a lie detector that sees through all false pretenses.

Being an Empath and intuitive I have a impeccable eye and feeling for people and situations whether it be in photos or public interviews, personal interactions etc. Like for example, if someone is on an interview for live TV, I can tell if they are being authentic, lying or telling the truth, if they are genuine and if they lie. I am a good lie detector, it is very rare you can lie to me and get away with it. The only one I know who can get away with little white lies, is my son (mind you little kid stories).

I confided in my Higher Self, and the Angels about this for days. I assumed it was a one-time celebrity stunt he was pulling to throw the public off our tracks.

The next day more pictures were released of him and her; now I was getting confused and annoyed. I still did not see any trace of love between the two. I still believed it was a façade. I went over the scenario many times in my head and never once did I get the message or impression they were true lovers. Besides, he made love to me that Friday night with such earth shaking love, so this had to be a charade.

I further asked Higher Self to show me messages or signs of what this all could mean. I received messages that it was in fact a façade. Weeks later I received another sign when I had asked what

this meant seeing him and her walking hand-in-hand. I was given a sign in the form of a License Plate reading “LA LIE”



I still refrained from connecting with him over the weekend and when he returned home. I could feel him pulling my energy toward him. He does this very easily. I still resisted.

Over time, I could not resist to connect with him any longer. I decided to make peace with the situation and accept that he did it as a façade. I researched more about this women and nothing added up. I assumed he was trying to help her and she in turn could help him with the publicity stunt.

I later learned my Higher Self protected me from the reality of the 3D illusion that had been playing out between my Twin Flame and his girlfriend. He in fact did have a girlfriend, and I was protected and even swayed from believing the 3D lie. Had I fallen for the 3D illusion as real love I would have opted out of our Twin Flame mission without delay. However, “magically,” I stayed in the game and on course to bring me and the other half of my Soul back into Union.

I later admitted to myself I actually felt my twin flame making love to another. Although his soul was making love to me, his physical body was carrying out a sexual act with another. His soul yearned to be with the other half of his soul, me.

SOVEREIGN BEING

We have reached the Light Quota for Ascension. I received all these messages one after the other like Magic on Sunday April 23rd. The message is this:

The first part of the mission is finalized and it "WASNTEASY" The second part of the mission will be on "MYTERMS" meaning the mission will be carried divinely ordained and I AM taking a leadership role as a Twin Flame Elder for the Twin Flame Prophecy. Those who join in to lead and or feel better following "GODBLESS". Those who need to evolve and feel to interfere will be exposed to the HIGHERLIGHT x's2 for transmutation into light. Twin Flames will and ARE setting the energetic "CLIMATE" for the New Earth.



SHELLY SULLIVAN

CHAPTER 22
WHERE THERE IS LIGHT
THERE IS DARK

The Agony of Twin Flames

As much as this is a topic I am not overly excited to write about, it is a topic that is very real and needs to be addressed. I will not go into much detail to respect the privacy of me and my Twin. When we are in union we can decide together how much to share about this as it is life changing information.

The Twin Flames Love is so magnetic and powerful it can take over your life; any Twin Flame knows this. It can be obsessive in nature, especially to the Twin that awakens first and is the Spiritual Twin. This is due to their level of awareness of the connection to the Counterpart. In the case of my Twin Flame Union, it is so powerfully full of electric and magnetic forces as he holds the masculine and I the feminine in which we are both holding the full embodiment of electric and magnetic forces. The energy between us is off the charts, major energetically charged forces. Much recalibration of our bodies has been done to allow this physical union to successfully transpire.

The awakened Twin usually takes responsibility for awakening the other Twin. Being the person who takes on this task, their connection with the Twin is felt very strongly and deeply. They often are connecting with the Twin in the Etheric Realm and

remember it.

Whatever they are shown about their Beloved is to help the reunion. It becomes like a mission if indeed your souls have agreed to come together. I hear some other Twins' opinions who are not in successful union with their counterpart and they don't believe they should be. I respect that. However, my experience is so opposite to that viewpoint that I don't understand it.

My (our) Higher Self has been assisting and orchestrating my union to such a degree that there is no possible way that it is not meant to be. This inclines me to believe that others are fully expected to come into union with their Twin Flame as well, as I experience many lessons to help others. But, there does come a time when you need to surrender and let God take care of it, otherwise you will set yourself up for emotional turmoil.

Free Will is the big "*BUT...*" here. If the Twin Flame has the opportunity to come into union with their counterpart but does not see it as an *evolving opportunity for growth*, then they will turn away because of the intensity of the energy between them. This causes great pain and agony.

The biggest pain for me personally is the fact that, though I have successfully merged with my Twin in the etheric realm and I have manifested meeting my Twin, we are not yet physically living together in our union. It was a quick meet and greet, however a very powerful activation started upon that very moment.

It took many months after the activation for me and my Twin to realize who we were to each other. First, I awakened after the meeting and approximately a year later he fully awakened.

About 8 months after we met, I was sure he was my Twin Flame, and another year after that, he was sure of who I was. The most painful time was when I was fully awake and he was fluctuating in-between being aware and doubting what this connection was with me. I believe he was strongly drawn to me, but could not understand why. It was so bizarre, this NEW connection; he had a hard time believing it as did I at first.

We are so connected we can feel each other on every level including sexual. Telepathic sex is very easy and real for us. Whenever we engaged in this, I knew it was very real, however, he was not sure. This powerful sexual Kundalini awakening had our sex hormones off the charts.



I could feel his sexual energy any time he was aroused and so forth. We connected this way often. He got to a point where he sought out a physical relationship with someone else to fulfill his sexual needs, and I, at the time, had no idea about this. He keeps his private life private and is cautious about this because he is ever scrutinized, being in the public eye. I wrote earlier in this book of this topic when I became aware of my Twin Flame being in a relationship with another. It was excruciating. Since that time, I have done much healing and purging. This was the focus of 2016 for many Twin Flames.

At this point now, we have cleared out so much and we can focus on becoming emotionally mature; we can get truly ready for Union and understand better how this will all change our lives. What I have mostly learned after this past year (of pretty much hell) has been that letting go is the key to living a fulfilling life. Hanging on and “waiting” for your Twin to come knock on your door will only cause you more misery and pain. I know this first hand, and I am telling you, this is the most important thing to know to free yourself from the shackles of misery and the anxiety of separation.



You must get on with your life and do what makes you happy. Take on projects that fulfil your life and do things that bring you joy. Do not get caught up in the Twin Flame community and do not expect that any site or group or individual can predict when you will come into Union with your Twin. Live your life and try to refrain from obsessing with your Twin's life. I know this is easier said than done, but it is a necessary step in the process. Don't worry about when you are getting together any more. This energy only serves to spiral you into a whirling eddy of depression and defeats the purpose of learning to rely upon your own knowing, faith, perseverance and patience.

The following is a private blog I created about the realization of his present 3D relationship.

It takes all of me to refrain from engaging with him as I long to be close to him and feel him. But I know if I continue this train of thought, I will not heal or regain my dignity and respect for my physical body and Soul.

So, you see, this etheric relationship is the same as the physical, and many are going to be coming up against this.

For now, I will share that one needs to draw the same boundaries in the etheric relations as they would in the physical. The two partners involved are very human and will behave like humans.

I took me a while to understand this as this etheric relationship was new for me and I was learning. I did have help from a Soul Mate of mine who was my first love and he passed away when I was 21. He continued to communicate with me ethereally telepathically preparing me for this Twin Flame journey.

This is what Soul Mates do: they teach us lessons and ultimately prepare us for our ultimate love with a Twin Flame and or ourselves if you are a singular soul.

I understand other Twins won't have this type of scenario exactly, however, I was gifted this lesson to endure the extreme agony a Twin Flame can feel, when the love is of such magnitude.

Moral of the story: Love yourself first and never compromise your dignity for anything. In doing so it will kill you, a slow and painful death.

No matter what the circumstances are playing out within you and your Twin's reunion, you can reach your Twin with the intention of sending him or her love. All it takes is a few minutes a day. You don't need to be a master visualizer either. You simply send your Twin love. I choose the color gold that alchemized into diamond white from my heart, transmit it directly to his heart and surround him with gold and receive diamond white light it is an infinity 8 constantly spiraling between our two heart spaces. I do this when I feel things have become really difficult and I intend to heal things or I just like playing with the energy in a positive way, but mostly just because I like sending out Love and receiving. This makes me feel better, also. It is an instant equalizer of balance.

For me, I have come close to burning up my body a few times not by my choice, but because my Angelic Higher Self drives me hard. I have learned as I go how to take command of my earthly timelines so not to do this again. My Higher Self has me on an intense fast-track mission to become my Light Body, to be in Union with my Twin Flame and to be fulfilling my mission.

Paying attention to synchronicity is part of my daily guidance and life. The higher your consciousness, the more synchronicity.

End of the Agony

After years of learning, growing and expanding spiritually, mentally and emotionally on this journey, I finally feel strong enough where I can walk away from this Union as it is. It has been an etheric love affair. It has been exactly as a physical relationship transpires upon Earth, and yet the only difference is that he and I are not together physically yet.

I have awakened my Twin, I have healed and been the healer, we have mastered our telepathic/heart communication, I have cleared the path way for higher dimensional love template. We have aligned the vibrational frequency between us. This has prepared us for physical union. We have proven our love bond and know nothing could tear us apart. We have individually grown stronger to withstand any challenges for the future. I have written the book on how True Twin Flame Union works before physical meeting. Now I have completed this part of my mission.

“Walking away” for me means no more telepathic love making, no more following his 3D life activities, no more trying to control the outcome of our physical meeting by worrying about why, when or where.

I have entered into the 7th dimensional plane of consciousness permanently now. For me to watch him continue to work on mastering the 3D Matrix without me is just too painful. When I say “painful,” I mean *it is physically painful*. When I now look at his social media in physical separation and he posts an image of his 3D activities it actually sends a blow to my heart. If this image is not 100% genuine or authentic, I feel the blow to my heart. This shock wave that gets sent through my heart energy feels just like that- a shock wave to my 7D heart. It quickly lowers the vibration in my heart which then sends lower energetic frequency through my body via my blood stream. I know he can feel this as I do, but may not even understand why.

I go from 1000 point of high vibration to a 2 and it is a flash of energetic surge to my heart. This has happened numerous times over our prelude to physical union. Until now, I did not realize just

how damaging this has been to me and he didn't either. The thing is, it is not always him personally who is posting on his social media, other people do as well. So, I am not always sure where these messages are coming from. This way of communicating has caused great anguish at times.

I have learned that just as in a physical relationship, you must know your boundaries and stick by them to maintain your self-respect. Many men will push the limits and avoid commitment if they are still working on their divine masculinity to come into maturity. So, over the course of this learning process, I have learned that my self-esteem was damaged as well as my heart for not putting myself first.

I have finally learned to let go. It is too painful for me to watch him over social media and live separate lives in waiting. You cannot wait for anyone. This is not healthy. Although it would seem we are being forced to slow right down and be in “retreat mode” for years, it served a purpose for learning. Most people are not in that type of predicament and can stay on a productive schedule with their lives doing what they love and what brings them joy. You must take the time to figure out what brings you joy.

We are Two Worlds Embodied

My Twin and I are the physical embodiment of two worlds. The two worlds have collided upon meeting. He is the Matrix original Earth and I am the New Earth. It is up to him to fulfil his end of the mission, in divine order to bring these two worlds together, for balance of the masculine and feminine as pre-planned by our Creator. Failure of this mission will cause much unnecessary chaos within the two worlds for *as above so below*.



Godfrey = masculine role as a fertility god needed female counterpart as a divine couple. Frey was associated with social kingship, fertility and prosperity, as well as sunshine and fair weather.



The Gods will not be pleased if this mission fails to be carried out. If this sounds like something out of a story book, well it is and it is divinely designed this way in order to reach the masses in a spirit script, which we have created and I have written. The seeds are well planted ready for to be manifest upon Earth.

My Higher Self stepped in and gave me the message over and over NO MORE and here is the license plate I was shown one day while driving along and struggling with my choice to end the etheric love affair.

"She's coming into her power...there is no longer a need to treat him like a King as this is only putting others before herself. She needs to fill herself of Love before she can fill him with love.

This Self Respect would bring out the warrior, hero and respect from him.

This was the relationship that she was being called to feed and nurture was that of integrity and respect that needed harvesting unlike the past false belief systems of the masculine and feminine.

The only bowing she needs to do now is the giving and receiving of forgiveness.

Now she can acknowledge the Crown on her head as the Queen she is within herself. she now knows what she wants and she's not willing to compromise.

NO longer eager to please or looking for approval. She can and will manifest all her dreams. Commanding respect. Stepping into her true power.”

***A poem I Wrote for My Twin Flame ~
Spirit into Matter = Love into Matter***

“The Etheric Body is Love. Higher Self has an intention encoded into your DNA ~ ***Bring the Love to Physical Life.***

The Sun will rise tomorrow and the seed will grow into physical life. If you reject that matter, the life form it will have to reincarnate to fulfill its mission.

Knowledge of what is real is shown to us in the etheric realm and in our dreams. When we raise in consciousness the reality appears like magic.

This picture is confronting me every waking moment. The eyes of the Soul’s involved meet me in spirit.

Don’t deny the Higher Self’s divine disclosure by only choosing the supersensible.

You made a commitment to Higher Self “I will bring the love to physical form and not just leave it for the etheric ever again.”

Release the shackles that anchor my feet and keep me from my Angelic Flight. Physically step up and appear to fill the void of nothingness with joy and happiness of Earthly true LOVE.

I will love you to Source and back for infinity, only when we meet again can I love you the way we do on Earth.”

By Shelly Sullivan - SAISHORIE~GRACE

CHAPTER 23
ROME AND COSTA RICA
MY SECONDARY GRIDPOINTS

Trento Mountains

Vacation is over. It's time to get back to work. I am an Angelic Human, an Energy Light Bearer from the White Diamond Elders Twin Flame Monad, working with many Ascended Planets and shards of our Monad Group. This current physical life is our last incarnation on planet Earth and our work here is specific: to help with the Ascension of Gaia. We enlighten the genetic codes of humanity and raise the God consciousness on Gaia. We gift the NEW template of Divine Love as we come into Union with our Twin Flame during this Ascension of Earth. This Union is the Electric/Magnetic Field of Light aka as a Mother, Father Sentient Light Monad of the Twin Flames.

We are Sure Rays of Creation. Our work here is to be Way Showers, pioneers of divine unconditional love in the New Earth Paradise. We manifest with our thoughts. By giving ideas and examples to the universal realms of creation, we bring physical manifestation through the collective consciousness. We are the Flower of Life from Source creation.



I arrived back to my home in Canada from Trento, Italy (near Rome) on November 26, 2015. My first day back from the vacation was great. I was still riding high on the waves of the uplifting energies from the trip. The following day, however, brought heavy energy. This transition was a signal to me that it is time to get back into my efforts as a Lightworker. When I get away for vacation, my Higher Self (which is Source Love) gives my human self a break from my energy work as a Lightworker.



SOVEREIGN BEING

It started to make sense why I felt so energetically low after arriving back into Canada from my beautiful and uplifting trip to Trento, Italy. I went there to attend a Healing Conference where I was exposed to some extraordinary healing technologies that are available over there. It was so amazing to see the future of healing medicine epitomized in Italy, including Cellular Communication and Electromagnetic Nourishment for the body, mind and spirit. A trip to the doctor's office should look like this!



PEMF Seqex advanced therapy.

The meetings were located near the North Italy Alpine Region. I was surrounded by mountains and fresh air, and the food and company were amazing. I tasted paradise for a week. Being in a climate free of chemtrails, I found myself breathing really deeply and naturally for the first time in months. The people there held a very high vibrational energy; they were healthy, happy people. During my entire experience being there, the people and the surroundings were incredibly uplifting to me. I was taking a break from my usual “work,” and was given a glimpse of how life will be once we are fully immersed and Ascended into full 5D and higher consciousness: The New Earth, the true essence of Heaven on Earth.

I was only granted a brief break from my Angel work from where I reside in Canada, which, by the way, goes way beyond Canada and the Earth. This part of Italy is not a light-filled city. Quite the contrary! This place has been where some of the most bloody battles have happened throughout history, particularly during World War 1. With that being said, our angelic heavy cleansing has little to do with bio-engineering, because our work happens on a global level and above this 3D reality. It is true that there is a lot to energetically clean and clear not only in Canada but above all of America. Toronto in particular is a prolongation of the dark Empires and does feel like a brick wall of Darkness at times. There are other brick walls through Canada and the US. With dramatic changes and miracles, Canada and the US have a chance to evolve in a positive direction. We shall see.

But, I digress! My reason for writing about this is to acknowledge the disturbing change upon arriving home. My first day after arriving back to Canada, I was still feeling the heightened energy from my trip to Italy. The second day back, the density hit me like a ton of bricks. I have been Guided to keep my writing, words and thoughts as positive as possible as I am co-creating at a fast past for the Collective. So, knowing this, I am going to try and stay as positive as possible here.

The first day back, my heart palpitations started. An overwhelming feeling of heavy dense energy came over me as I was driving into downtown Toronto. The greyness of the clouds and all of the atmosphere was incredibly thick. Upon arriving to my house, I was instantly immersed into bout of anger which were

triggered while I worked online. I remember asking my Higher Self out loud, “Why am I getting angry?” Heavy sadness sunk in. I found myself going for a walk in the forest, seeking answers as to why I felt so sad and depressed. I finally returned back to the house and took a salt bath to clear myself and lay down on my PEMF (pulsating electromagnetic field therapy bed) to help balance my body, especially my nervous system.

I received the answer I sought while I meditated: I was feeling such heavy sadness because I was feeling the Collective Consciousness. So, I prayed for help, “Please help me transmute this gracefully.” I was confused as to why this darkness just seemed to hit me out of the blue when I had been experiencing such total happiness from the Healing Conference. I returned to the conclusion that I was being given a break from the energy work while I was in Europe as I was on an important healing mission out there. We stopped in Paris for lay-over, and I anchored some light there as well.

I am back to work here in Canada after having been granted a little break in Europe. Being a Creator of the New Earth, I must stay positive and not allow the Collective reality bring me down. Therefore, I am going to continue to actively visualize the beautiful New Earth and mindfully keep clearing the lower energy. Our job as co-creators is to use our gifts and powers of co-creation, to remove ourselves from the old structures created by the Cabal, the Dark Ones. They have manipulated our power for co-creation via physical manifestation throughout the Collective Consciousness by the use of mass inception of fear and worthlessness. It is simple to reverse this effect one person at a time by spreading and creating a ripple effect of light, love and truth.

I’d like to give to you some positive affirmation, an uplifting synchronistic story of confirmation that the six of us were indeed on a mission together in Italy. This is just one of the many synchronistic events that we beheld, showing us signs of our purposeful path. Experience on the flight home gave the final confirmation.

One of Our Great Signs of Synchronicity on Our Trip to Rome, Italy

We spent most of our time in Trento for a very important meeting that I am choosing not to deluge you in detail at this time. All of us were shown different signs and synchronicities that we indeed came together to accomplish a specific mission. On the way home during the plane ride, we watched the movie “Train Wreck” about a promiscuous woman who falls in love with a doctor and tends to her sick father. Toward the end of the movie, it shows a part where the daughters are going through their Dad’s stuff after he dies. The part zooms in to highlight two snow globes of CANADA and TRENTO. These are the exact points we had been traveling- from Trento, Italy to Canada. After watching this, I went to my friends in the other part of the plane and they too were blown away by the snow globes’ synchronicity.

The other sign I received while driving in Toronto was this ANGELWORK license plate which appeared in front of me. This sign confirmed my work I had accomplished in Europe and the work I will resume here in Canada. I am constantly being given signs, numbers etc., from license plates, clocks and any technology, to reassure me of my work and to keep my momentum progressing.



This is just another exemplary and amazing story to share. Your Higher Self, the Angels and God reveal messages all the time to reassure and guide you of your purposeful path.

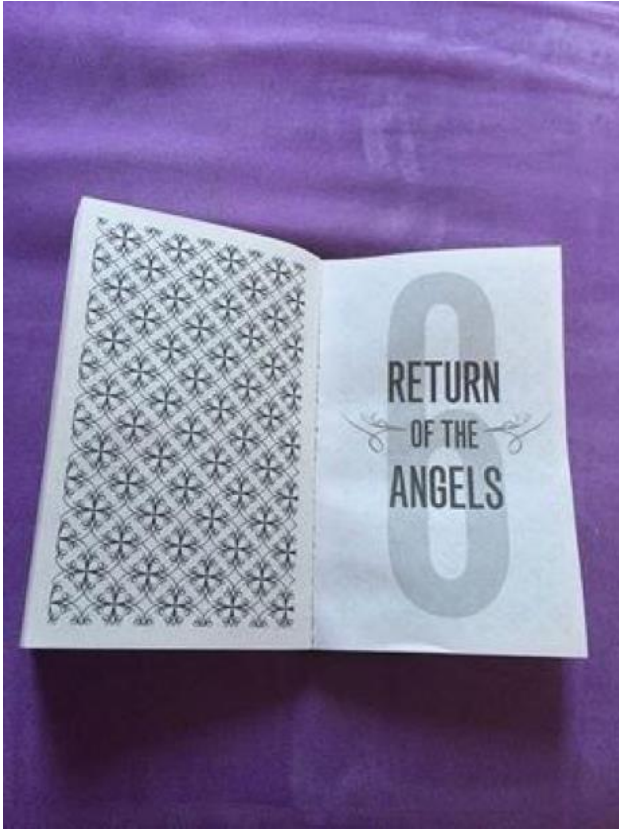
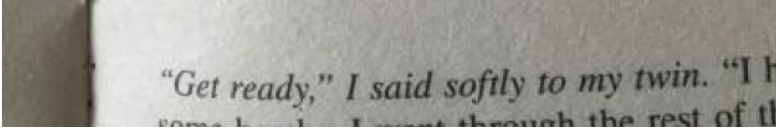


Costa Rica Magic

As always, I include a personal synchronicity in all my writings and what I publish on behalf of others for the Highest Good. The Chakras of my Twin Flame and I are fully connected and merged. Once this happens, Twin Flames are ready to come into physical union. Only Free Will stands in the way at this point. As far as I can understand, this is the only thing keeping us in separation: your choice to stay separate. I received some powerful messages from our Higher Self while away in Costa Rica.

I opened a book that I had bought, just a random book that had nothing to do with spirituality. It was just some fiction and I wanted to get an idea of this writer's style. Days my purchase of this book at the airport, the first page I opened was Chapter 42 and the words that I first read on the top of the page were these, "Get Ready, I said softly to my twin." My jaw did drop and I thanked our

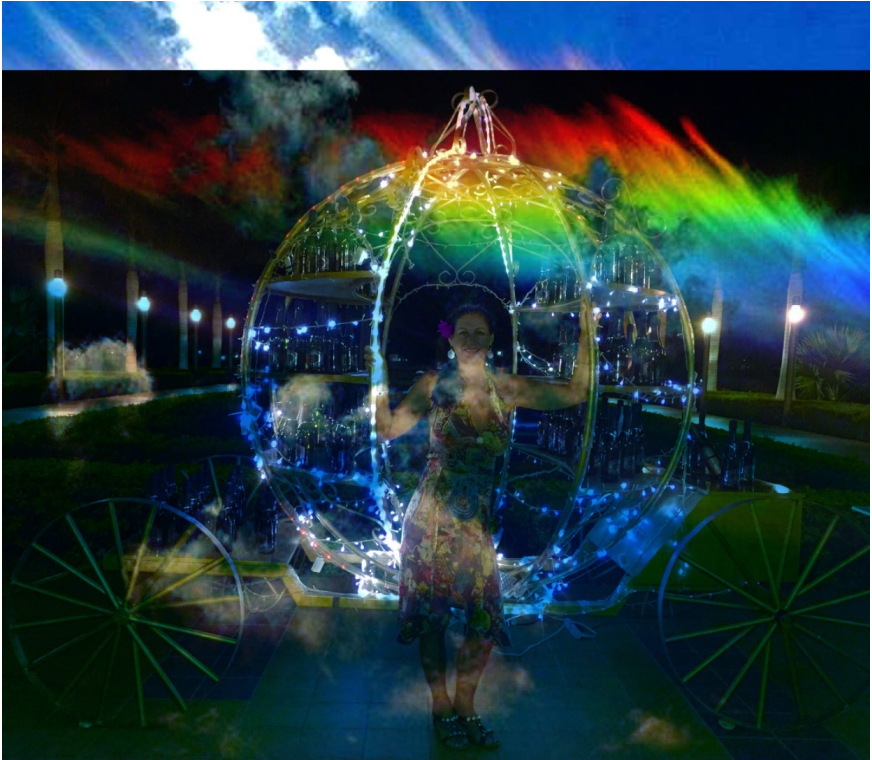
Higher Self. The next page I randomly opened since this game is fun, was to this 'RETURN OF THE ANGELS'... my jaw dropped again.



These two messages lifted my spirit so high and I knew this is exactly what my Higher Self had planned. Twin Flames are Angelics here to assist humanity and Earth in Ascension, to bring back God into the Earth through our love and third energy.

I was ecstatic, as you can imagine, with our Higher Self and how it always keeps my faith and vibration high with the magical

messages. Also, when I moved to the hotel next door, half way through the trip, it was like moving into a higher dimension. Here is where the magic just started to pour in. I was pulled to this light filled Chariot like carriage similar to what Cinderella took to the ball, this chariot was made of metal with lights attached all over not it. I had a picture taken of me in front of the chariot and double exposed it with rainbow light. My book is almost ready and parts of the book will reveal the unfolding of the “Greatest real life Love story on Earth,” and is something akin to what you read about in Fairy Tale fiction books like Cinderella and her Prince. This image was magical synchronicity as well. I added the rainbow frequency because that is the frequency surrounding this. The whole trip was magical and inspiring. I was heightened into higher dimensions on this trip in preparation for final Ascension.



While in Costa Rica, I began to really notice the Rainbow Frequencies that I was holding energetically. As SYNCHRONICITY and divine alchemy would have it, this is my life now. The third energy has been anchored upon Earth, the rainbow frequencies spoke a loud and clear message to me. While I take pictures, the rainbow is appearing everywhere as well as showing in reflections wherever I go. As I look into any type of glass or mirror, the rainbow shows. Here is a picture of me on the beach snapping a picture of my face while in the sun. When I took a picture of a friend, a rainbow also appeared in her face. In certain areas in Costa Rica, the rainbow could be more intense looking with magenta and metallic looking colours.



SOVEREIGN BEING







When I arrived back home to Canada, I knew I would have some adjusting to do. In addition to leaving a real-life paradise in Costa Rica, a Heaven on Earth vacation, transitioning from that pure climate to Canada's climate would take some conscious work. The other part of the adjustments I experienced was that my frequency was raising so much that I was no longer a vibrational match for the house and land I lived on. This made it very uncomfortable to dwell on and in. I have been feeling this mismatch of energy between me and my house for over a year, and I have finally taken steps to find another home to live in and move to a house and location that better suits my higher vibration.

SHELLY SULLIVAN

CHAPTER 24
INSTANTANEOUS MAGIC
AND MIRACLES

The Master Embodied

It's one thing to know you're here on Earth as a Ascended Master and the mission is Ascension. It is another to experience being the Master Embodied. The Magic that I have been experiencing since Ascension has peaked and peaked into the final culmination. These past months for me have been out of this 5D World. This is a call for an inner celebration. How am I going to celebrate this, you ask? I am going to practice, 100% of the time, being responsible for my inner world being in a harmonious, balanced, peaceful and happy place. I know this has been the goal all along, however, it's not so easy when you're clearing millions of years of the old patterning for yourself, past lives, Twin Flames, and the Collective Consciousness. The clearing is OVER...it is done, I am in the CLEAR!!!!

The feminine and masculine energies are fully integrating and a large part of this integration is the Brain. The left and right Brain, the logical and creator brain are merged; now we have to learn to utilize the One brain for Third Energy creation on the New Earth, creating Heaven on Earth. I have written about my experience of Brain Merge with Source, my experience of my brain and my Twin

Flame's brain merging as one becoming One with Source Creator Brain. Since then, the brain has been going through various upgrades and downloads of coding and it's been becoming electrically compatible. Now our brain is at the stage of "learning to communicate." The left brain and the right brain, the creative brain and the logical brain of the Masculine and Feminine are integrating fully with each other.

Any lower vibrations an Ascended Master feels from here on in are the remaining Collective Consciousness fears. Thus, it is our OWN responsibility to sustain the high frequencies of light we are now carrying with our bodies of choice.

Leveling Up the Path of Ascension

These past couple of months, the Ascension process finally has really kicked in for me. I have been informed of this by my Angelic family, The Ascended Masters and Archangels. They communicate with me, and have been for many years, very closely and intensely. I have been in a type of training with them for my own mastery. Just recently, I was informed that I am now walking along with the Ascended Masters; in other words, I have Ascended and reached my Ascended Mastery on the Earth Realm in this physical body. I know I have accomplished Ascension in other life times and throughout my many lives as an Angelic. However, to do it again in body and get the recognition in various ways and "rewards" makes me ecstatic.

To Ascend is to reach higher consciousness and that is the task at hand for humanity. The 1st, 2nd and 3rd waves of humanity who have shifted into 5th dimensional consciousness are sustaining the light ratio needed to soar higher. Those who were born and never left the 5th and higher dimensions are the ones who anchor the light for the latter. These Light Masters, such as myself, never conformed, or dropped fully into 3rd dimensionality. We carried the dimensions of the 1st, 2nd and 3rd to act as a conduit for the 5th and the eventual Ascension which is occurring now. I did, however, struggle to stay above the 5th-7th in the past, regardless of where Gaia's frequency was.

The children of the New Age are the New Ones we must assist and look out for now. We are tasked to keep them above the maelstrom of our current 3D Earth plane and living in the higher dimensions. Many will accomplish and sustain this no matter what comes their way, and many will be served up varying circumstances and it is their challenge to not succumb to living in lower vibrations. Here is one example of how this may appear: a young child is labeled by her community (medical professionals, parents, school professionals, etc) as having ADHD and prescribed pharmaceuticals and/ or vaccinations, when in fact, she is merely exhibiting a higher vibrational frequency of Being that is misunderstood and not well understood, empowered and supported by her community. Schools will be built for these New Children in the near future and these schools will help nurture their true selves and take mastering energy to the next levels.



I mention this as I was always existing in the higher dimensions, and know of others who currently are living at a higher dimensional frequency while here on 3D Earth, including the children. I did have a challenging time "staying above realms" and had to kind of just "float along" for many years. I was not able to sink or swim above or below these frequencies until the light quotient on Earth was high enough (by means of the Harmonic

Convergence) to really get back to the spiritual work. In the meantime, I learned and experienced all I needed to know up until now. I am happily anticipating communicating with more Ascended Masters of Earth and sharing our life experiences in the near future.

Throughout this flash in time, the greatest gift I have been receiving on the Earthly Realm is the periodic interaction with my higher dimensional family and the signs and messages received from them. From 1-7 years of age I felt purely Angelic, then I endured 33 years of struggling to fit into physical form. These last 7 years have been focused on merging back with my Angelic/Higher Self fully once again. All of this was for the purpose of being able to embody the Ascension process in a physical form.

Most humans have had to undergo a sort of “amnesia” from their true self in order to survive here on Earth. The time of living beneath the veil of separation and forgetfulness is finally over now. Many people from all walks of life and belief systems, from all ages, status and gender, are starting to wake up all over the globe. I was initially awakened by my Higher Self and then became more fully awake through the energetic connection with my Twin Flame. Our Higher Self has been orchestrating signs, messages and synchronicity for myself and my Twin Flame. For many who reach these higher frequencies, the synchronistic life begins. In my personal experience, it is my Higher Self arranging and alchemizing in my presence, before my eyes, teaching and showing me the steps for my life's purpose which are Eternal Love and Ascension. Period. It's that simple. Everything up until NOW, like a flash in time, is all for the life purpose of Being the physical embodiment of an Angelic Master of the New Earth as well as an example of a Free Will Sovereign Being.

Instantaneous Magic

The signs and synchronicities have been part of my lifestyle for many years. Each year, in these past 7 years, the messages have increasingly become more abundant and magical. For the past 3.5, there has been a steady flow of signs and messages given to me.

However, the past few months have been *out of this world* - consistently magical, moment by moment. Everything I am talking about, thinking about and focusing upon, has been showing up in signs right in front of my eyes. The purpose of this is to capture my attention so that I know, without doubt, that I am now manifesting at an instantaneous speed. My Higher Self has been preparing me for instantaneous manifestation, for as we enter the New Earth reality, manifestation is indeed instant. Therefore, it is absolutely necessary for us to be pure in thought and deed before we enter the new reality of 5D light, as what we believe is what is immediately created!

The strategy my Higher Self uses to notify me of all that I AM focusing on during that particular hour or day, will then show up in signs throughout out the day. It is a sort of practice period, a segue prior to the graduated level of instantaneous manifestation. I will give you some examples, both written and images. I have saved images of many of my signs as this has helped to keep my sanity over the years of the Outrageously Magical and New Alchemic Territory I am NOW living within.



Instantaneous Healing

I was sitting on my bed watching YouTube and doing some writing. I had a pair of scissors beside me as I was using them for something earlier. At some point I abruptly pressed my hands into my bed to help me get up. At that moment, the scissor sheers were pushed into my hand.

The puncture wound was deep about an inch and a half. I sat back down and pulled the scissors out of the meat of my palm. I was in shock. The shock came from witnessing something in my skin so deep and the colour of the blood that streams out. This is the first time I have seen blood from my body in years.

My son was home with me and came to me when I screamed for him. He and I both agreed to call the ambulance, as I couldn't drive and I was concerned for an infection. At the time, it made perfect sense to call 911, but later it seemed not to make sense. As this puncture wound healed instantaneously.

After the initial shock, I applied pressure to the wound, while watching my Twin Flame on a video, where he was making people laugh. I totally forgot about the wound and happily took in the laughter. This was a video that I was anticipating watching for a while and now at the exact moment it was released publicly.

Soon after watching the 20 minute video, the ambulance arrived. They suggested I get a tetanus shot from the doctor's office tomorrow and told me they could not stitch it up. I did this.

The most miraculous thing happened. When they left, I watched my puncture would heal before my eyes. The gash was closing and it no longer hurt. This wound that was 1.5 inches deep and half inch in width healed shut. Within 24 hours there was no sign of the wound.

This is the type of healing that occurs between Twin Flames. Instantaneous healing occurs, and combine that with laughter and viola I was healed. I took pictures to document the healing. I was so excited and blown away that I included this experience in Video on You tube "New Reality ~ Life in Higher Dimensions Magick, Telepathic Communication & Miracles"



The main reason I went into shock besides watching the blood pour out of my body. Was I have been on such a powerful spiritual awakening of remembering who I am as an Angelic Being that my body is the secondary being of my life here on the Earth. What I mean by this is I am more in tune with my energetic body/light body/Spiritual presence than I am of my physical body.

I take very good care of my body, with way of daily exercise, yoga, meditation, self-healing, nutrition, connection with nature etc., however, I feel my spiritual body more so. I often have to look into the mirror to get in touch with my physical aspects and even remember what I look like as a physical being having an experience in this spiritual body.



My body is in such a high vibration that it healed instantly. The love emanating from the other half of my Soul/ my Twin Flame and his laughter assisted greatly in healing my hand and my body out of a state of shock. This healing did transpire to share this story with others.

Magnetizing Real Life Manifestation

I had a conversation with some others one day that included my niece Megan and an old school friend named Tom. During our discourse, I had a thought, and I considered another situation may need legal action. While focusing on the laws of attraction applied here on Earth and the Universe, I see this sign: "Its Law." These thoughts and verbal conversations with Megan and Tom and my Higher Self took place in the morning. That afternoon, I saw these license plates: MEG, then TOM, then ITS LAW.



In another instance, I held a conversation with my Higher Self of a "BiGFISH" I am reeling in, in reference to my Twin Flame. A significant part of my mission, which I signed up for in this lifetime, was to awaken him (my Twin) to our Twin Flame Union and do my part to "reel him in." In doing so, it has taken monumental strength, courage, fearlessness and my manifestation power. Reeling in a big fish uses all of my divine feminine power to balance the "Tsunami."

These series of waves of powerful energy I have needed to balance. They have been caused by the displacement of the masculine and feminine energies and it is equivalent to earthquakes and volcanic eruptions which cause the Tsunami. A Tsunami is magnetized by the Moon and the Sun, the Yin and the Yang energies, naturally seeking balance and equilibrium after the storm. This is the metaphor for the separateness of the divine masculine and feminine now taking its natural course in Union. This is the dance of my Twin Flame story into Union, the metaphor of reeling in the biggest fish in the sea whilst standing firmly centered in the middle of a tidal wave. This is the mission I accepted. You can imagine my depletion mentally, physically, emotionally and spiritually toward the final weeks and months of this task during Ascension.

I have what it takes to keep it together; this is why I could take this on. Like any pro fisherman, I understand that if the Big Fish endlessly resists and resists, eventually *I* could go under. I have been shown recently by Higher Self that, at this point, “you do have to put in all the elbow grease and any last saving grace tactics of graceful power or let go of the fishing line and have faith that everything is working out exactly as it is supposed to and simply release.”



About the signs of the Big Fish, I was thinking of my fisherman task. I would see BFISH not once, but 3 times during one drive downtown. Later that night, I received this sign above and was prompted to write about the Tsunami metaphor. This happens every day by every moment with me now. Anyone who follows me on social media can look at the FaceBook collages I post of signs.

Another example tying into this is how I would see the license plate FLY 053, FLY 022, FLY 009 etc., within one afternoon (and I don't live near the airport). On top of that, to really set in the message, I see the letters: LETGOFLY. I then know that is a serious message and I try to understand it. If I try to conceptualize it too much and go into the Ego mind, the message becomes distorted and out of balance; I might get triggered by anxiety and would "run away" instead of "fly," but mostly these signs are like receiving surprise gifts time and again. This is happening all the time.





After 3 weeks of these types of occurrences happening, one day it really hits me big time, and I shake my head to amazement. I ask God/ Universe, "I get it now, I am manifesting at the speed of my thoughts now or soon will be, please help me to keep my thoughts positive 100% of the time." This is serious, serious manifestation business. 3 seconds later, I pick up my iPhone and this appears on the screen....

"Your first Love" "Keep telling us what you love and get even better recommendations"



I had no idea where this pop up has come from, nor had I ever seen it before. When this sort of magic happens, I feel as though I am winning the lottery again.

Immediately after that, this appears MAGICALLY: I interpret this as, "Keep your thoughts positive in order not to kill the magic that IS NOW."

Now the signs are appearing on my phone intensely. I have been getting messages via technology for years, however now it's my Higher Self conversing and directly answering questions without any buffer period. It is as instant, just as I am manifesting instantly.

Ahhhh, so now it makes sense why, for over a year, I have been getting the constant message *"be very positive with your thoughts as you are manifesting very quickly,"* It's one thing to read this in posts on social media and to get it via number messages through the Angel numbers such as number 111. It is very real when you are manifesting and getting messages shown to you magically, and on a regular immediate basis. Just as it is one thing to know you are in the ascension process, preparing for Ascended Mastery, it's quite another when you arrive.



CHAPTER 25
MANIFESTING FROM THE
7TH DIMENSION

Twin Sister Wedding Speech

I have a twin sister, Sheila, and our birthday falls on the August 8th, which happens to be the Lion's Gateway. August 8th is also the Twin Flame Anniversary 717. Sheila asked me to be her Maid of Honour recently. With so much going on within me for Ascension, as well as other things in my personal life, I had not as of yet put much thought into a speech for her wedding. Plus, as of late, I don't plan much. I place much trust in my Higher Self to Guide me and remind me of important earthly tasks and it always does.

As most of my followers know, I have a Twin Sister (Sheila Sullivan) and we share the birthdate of August 8th. When we were born, she pushed me out so fast with her feet, my first experience of life into the earth was being pushed out without a chance to ever contemplate fear.



She pushed me out and instilled into me my first lesson on fearlessness. I had no choice and out into the world I arrived as planned. She, on the other hand, would not come out and stayed in the womb for another 20 minutes, she was born breech and we were separated from birth for weeks. My twin sister had to stay in the hospital with pneumonia. I remember looking out to the other crib as a new born, wondering where my other half was. Needless to say, I carried this abandonment feeling all through life, thinking this is was the sole reason I felt so alone.

However, it would be revealed I felt alone also because I have another Twin living off and on the Earth also, my divine counterpart Masculine Twin Flame. And not too far away from my home town did he reside. For the first approximately 12 years of my life he lived close. Looking back, I did also feel the separation when he moved far away.





The day before the morning of my sister’s wedding I was awoken by Source with a message. It was an image of an experience and transmission of my speech for her wedding. Here is the speech I recited at my sister’s wedding July 23rd this year.

“I woke up yesterday with an image, a beautiful image, a snap shot picture of Sheila’s beautiful face with a candle flame in front of it, beyond that was a beautiful fire place, surrounding the

fire was all of our family and friends. And with that image I was prompted to write this message.

Part of this, my journey in the past 5 years has been The Twin Flame Journey. I was awakened to the Higher dimensional concept that I have a Twin Soul out there somewhere. I know many don't understand this 5d concept but an interesting fact is my twin sister Sheila and I share a birthday which is on the Twin Flame Gate way of 8.8 August 8th as well as the Lions Gateway. This is very significant for me and I teach about this concept in my work on YouTube.

There are many other similarities between having a twin sister and a twin flame.

We look alike, we share the same DNA, we share telepathy with our thoughts and feelings and our love cannot be severed. We know unconditional love.

Having a Twin Sister, My Beloved Twin Sister Sheila Sullivan (Bormann NOW) was pre-planned to prepare me for Great Love and to help me through this journey on Earth.

I like to think I was there for Sheila as a catalyst of Great Love too, as she has been for me. Sheila finally found her Love Peter, when she was able to let go and find peace within herself after a long "self-discovery" Journey. Sort of like what I have been on. I have been with her through it all and I remember the day she finally "let go" of how or when Love will come to her, and the very next day it came for her, the very next day Peter found Sheila on Plenty of Fish lol.... I remember it so clearly and it was mind blowing how true it is that once you Let Go and the Flood gates will open.

This is a big lesson for me and I am still learning to let go. Being a Twin with Sheila has taught me how to sustain unconditional love, how to love no matter how much we trigger each other because I know that she is here to be a teacher and a mirror for myself. So, what I may see when she triggers me is what I need for fix for myself. We are Soul Mates who agreed this before

birth. Sheila pushed me out with her feet literally from the womb and I honestly believe that push helped me and taught me to move forward fearlessly in this life.

She has taught me that unconditional love exists, telepathy as a dominant form of communication exists, we have often read each other's minds and felt each other's joy & pain, physically, emotionally and mentally. She has taught me that we have had many lifetimes together. She has taught me and helped me to know how to differentiate my feelings as being hers or hers as being mine. (Note to self: "Shelly, these abilities are mandatory for Twin Flame success in the Union"). The constant teaching between us is Unconditional love.

Sheila has taught me about love, unconditional love. To learn to love without any stipulations and judgment. Sheila's has taught me to love myself. If it were not for Sheila, I don't know how I would have made it through some parts of my life and figuring out why I am here.

Part of that reason was to bring this great guy Sam (my son) into the world and Sheila was close by for the new life of Sam and I am very grateful that.

Sheila has been there for me and we were like a married couple up until we were about 26 and then we went through a divorce...literally it was painful to cut the cord.... Even when Sheila got with Peter I was still learning to separate myself from her to be complete and whole on my own. (this is where I started to cry during the speech could barely stand up.) I stated as a joke "When Peter came into Sheila's life our Final Divorce was executed" LOL (everyone laughed)

Now that we are older separation seems to come more naturally with family and moving on with our own lives. I am so glad for this day to celebrate this Love and to be brought together once again and to be gathered again with the family I know.

SOVEREIGN BEING

I am so glad Sheila has found her Soul Mate Peter, and I am proud to call him my brother in Law, he's a gorgeous, lawyer and great Dad to 2 beautiful kids and now the man who loves my sister. I am happy to have them as our family.

Here's to Sheila you have always been a star in my life, Here's to Peter, Katie and Nicholas. I love you all. ~ Shelly"



Thankfully my brother Dan came to the rescue as I was in tears and barely made it through the end of the speech lol... He started another unplanned speech right away. So, the point of all this is, my whole life has been a series of life events preparing me for my final Union my Twin Flame with whom we have been physical separated for thousands of years (I remember only one snap shot image of other physical life with him) and we will reunite in this lifetime after being created millions of years ago. I am really anticipating sharing the books and messages on this great NEW Twin Flame love that will be flooding the planet soon to fulfil our missions for Earth, the Cosmos and Creating New Universes.

Manifesting from the 7th Dimension

This is where I AM. I am beyond the 5th and 6th dimensions into the Seventh and higher, and I am experiencing it, not just conveying messages I AM the MAGIC in the making. I reach 12th dimension but it's hard to describe from the human perspective. In these higher realms, there is no tolerance for games, which I have never been interested in. However, we are living on Earth with many who are still stuck in lower energies of fear, lack and anger.

I found myself in a situation when looking for a new house, where the other end was playing games. It was the house I wanted to buy. My body and intuitive guidance has shown me it is time to move into the new in all ways. I am no longer in vibrational alignment with the house and land I live in and on. It has reached the point where my body/energy field is no longer able to withstand the lower energy of where I reside. There are many factors in play here. The house is beautiful and it has taken me 2 years to finally accept and let go of this place I live. On to better vibes.



So, I find a house in the vicinity that is suitable for my son and I, little higher than what I think I can qualify for financially, awesome upgrades and bigger lot, beside a big forest which is very crucial I have this space of nature and clear energy surrounding me. Most importantly it feels good. This is a big decision for me. Like always I make all my decisions on my own with the help of the Angels.

I met the realtor at the house of interest, on a main street just north of Newmarket, the longest street in Canada lol... Hwy. 11 aka Yonge St. I walked into the house and just like the last house I purchased I knew right away, this was the house. I walked through and went back home to get my son to walk through the house and ask my son his thoughts and feelings... He came back and was thrilled with the idea.

I was now focused on that house and already made the decision it would be ours. Didn't know how but knew that was it. The owner had it listed at \$800,000 last month and did not get much action on it. This week she listed it a \$700,000 a low number to generate offers. When I was informed of this I was sort of turned off as I am not interested in playing head games, I understand the sales business and I did at one time play the game, but now I will not. It is not in alignment with my integrity. So I told the realtor I will offer what she asking, \$700,000 with house inspection condition and a closing date of September 28th, the realtor came up with this date, 2 months plus 3 days which was pleasantly surprisingly to me as this date is very significant for me and new beginnings, I stressed the message once again "no games". The owner did not counter offer as, her "magic number" came out of \$750,000, is what she really wants for the house and there was no point in counter offering. I walked away... for a few days.

The next day I wake up to signs and synchronicities after praying for answers if this is the right thing to do, pursue the house that I no longer financially qualify for. I get into my car and what I am shown is a miraculous sign and message in my car computer, I was so excited I had to post on FaceBook.

"I go to pick a song on my iPhone and find a new song "magically" added to my playlist. It's a song and a composer from China??? The title is Bright Sunny Day and the song length is 3:30. This morning I am deciding on the sale of my house (number

33) and the new purchase of another house which adds up to the "Master Number" 33.

The seller is playing games which I don't want to play, but I want the house.... So, before bed I asked for signs and messages if I should go forward and this is what I receive."

I say "A good deal is a deal where everyone is happy"



In with the New Out with the Old

So, this is the first of many miraculous signs I am shown to move forward with these life changes I am considering. I am driving along later that day after a meeting with fellow spiritual consultant, who I talk to when I am feeling stressed to work through things, she agreed as per my Akashic records this is a good move. I was still not ready to accept it again after the owner pulling that distasteful stunt. But that soon did not matter. Driving along I see a truck pull in front of me really catching my attention and the plate is 09.28, I looked again and thought that September 28th, confirmation of my closing date and the date of significance for me and Planetary Ascension (moving forward into the new).

Then my car dash board shows me number sequence from the gas mileage, the odometer and the trip computer with the same numbers at the same time denoting "abundance and manifesting etc.." this happened a few times within the hours of the afternoon ~

Messages shown to me I do not need to worry about financial and that everything is supplied to me in abundance etc... Enough messages to sink in and convince me all will go well with the qualifying. Which btw since I was very little I was always of the knowing of abundance and never had the feelings of lack, never. The only time I would think of lack was if I was feeling the collective or my ego was challenging me.

Then I am questioning what to offer, there are multiple offers now on the house, the owner wants her price, If I go to low I can lose the opportunity to negotiate, if I go to high I may not qualify, it's a game again. My Higher Self said the words to me "NO GAMES" offer what she wants, you are abundance... this message came through various ways. Then I am driving along further, the call comes through from my financial advisor, "Shelly - Go for it, you do qualify after all. I was amazed but did not ask any question, just received the abundance.

By this time I feel like I am in the 12th dimension, like really out of body. In the past when I am manifesting magically this is the feeling I get, like I am floating and all that is happening around me is being taken care of by Angelic Higher Self, Higher Beings of Higher Dimensions including driving the car. It's truly Magical.

I have decided to offer full price NO GAMES, just go for what I want and make sure I get it in a loving compassionate way. My original thought was \$717,000 the night before and earlier that day \$733,000. I pull up to the realtor office and notice a license plate belonging to one of my realtors in the drive way of 707 = meaning from Angel numbers = "*God's Wisdom is guiding you are in the right way. Move forward with confidence.*"

Then for the excitement of it all and I so love to play with the Angels I open the Angel /Fairies Tarot Card box (by Doreen Virtue) to get a reading....no word of a lie the card "Ace of Autumn" falls out powerfully.

This card's meanings are: Investing in Real Estate, A very successful venture...

I was blown away and ecstatic, trying to keep my cool and not be too intense with energy when I walk into the real estate office

lol. I make the offer and wait. In the meanwhile, my spiritual confidant sends me a message saying she has surrounded the house with golden spiral light, and I was so surprised and happy as I drove by it earlier and infused it with gold light and rainbow protective frequencies the day before, when I decided it was to BE ours. Let me tell you that owner has been blasted heavenly with golden healing light that's for sure.

Later that night I am waiting for the call from the realtor on the offer and I had dropped by my brother and sisters house with my son to share the exciting news. My brother and sister's, sister and niece Jacqueline and Jeanette came by also. When the call came in we all cheered YAAAY!!!! when I received the new "The offer is accepted, the house is yours". Then we realize that we were at the closing deal of the last house I bought. We as in Jacqueline, Jeanette, Tim and Janice and Sam. Which was also a magical deal beating all the odds and getting the house deal of my dreams at the time. As a matter of fact, the Niece Jacqueline came by my house to the day I moved in to show me confirmation I was in the right house and on the right path. Here is the story.



Stories and Confirmation of Being on the right Path of Abundance

Here is a Very Cool synchronicity story. After all of the synchronicities that I have experienced, I can tell you for a fact that “everything happens for a reason”, “there are no coincidences”, and “there is indeed a divine plan.”

After contemplating my move into Newmarket (10 years ago), I went to bed asking the Universe if this house was the right house for me and my son.

All night long in my dreams this house’s image kept coming to me over and over and over again, all night long. I woke up and was sure and made the offer on the house. The deal magically came together; I kept the faith despite all the apparent obstacles.

When I moved into the house my brother and sister in laws niece came to me with a house warming gift she created years earlier.

It was a photography project she did for school, titled “the road to a boy’s future”. I was deeply touched and expressed my gratitude.

As I continued to take in the beauty of this photograph, I was totally amazed at what I was seeing.

My son’s face image was placed on the road where I had just bought and moved into my house. AND my house was on the left-hand side of the street in this picture. Not to mention the number 40 was hugely significant, in so many ways.



Later, Jacqueline explained to me it was indeed our house and she took the image of her street (she lives on my street across the road) along with the image of Sam separately and double exposed it. She title it "road to a boys future".

Needless to say, I was guided to my house and I got the confirmation that is was indeed the divine plan for us. The house numbered 33, where I would walk into my mastery years.

The message is plain to see. Pay attention to the signs around you and the messages you receive from your guidance. In dreams, signs during the day through various ways. This was the beginning of many significant signs in my life that has me with no doubt I AM on my purposeful path. Always follow your heart and trust its guidance.

Here is the post I made for FaceBook when I got the house:

"I KNOW...I AM... Whatever I want to BE...

I am so excited!!! I got the New house I wanted. The deal went through! What was most exciting was the Magic that comes with being in the 7th and higher dimensions. I have stepped into this Magical Dimension a while back and have been working on mastering staying and anchoring permanently myself in the higher dimensions as well working on a blog to share on and about my experiences here. I am happy I held off on the blog as yesterday's house deal was designed to fully instill my faith of Magical Manifestation & exemplify ALL MAGIC, the signs, synchronicities, and messages to show me step by step how to efficiently, magically manifest once again in a big way. As well to help me to get this tricky house deal (multiple offers) and to show me that I AM Indeed "Connected to the powerful Flow of Divine Creative Intelligence and able to direct this Flow into Magical Manifestation through Intention and Focus."



I will quickly share one other story of the abundance of magic I experience regularly. I was contemplating a trip to Mexico a retreat as I needed to be in Nature, my Higher Self needed me to be ONE with Nature. So I join up into a new Yoga studio and the studio locker room is full of locker numbers of sequence 222's only, the number of 2's not any other numbers ie: 221,224 225..etc...so I knew I was in the right Yoga studio for me. Then I look on the wall and there is a sign of the Yoga studio offering a Yoga retreat. Just what I was looking for and being guided to.

I go do my Yoga class which felt amazing and new, the old studio I was at was no longer in alignment with my energy. The next day I email the studio to sign up for the retreat. Later got the message "it was full". I somehow knew I would still be going to this retreat full or not. 2 weeks later after a cancellation they called me with the best and most expensive accommodations for my privacy and writing. Accommodations that were pricey but I needed the space and was intuitively showed "don't worry about

the money (cost) "you are abundance" over and over I was given this message while contemplating taking the single occupancy room. And over and over I was shown I need the privacy for what was to transpire.

This trip was where my transformation from a cocoon (of years) to the butterfly transpired. You are invited to read the blog I titled *Metamorphosis ~ The Magic within Us* is also "out there" which is on my Own Mind Body Spirit website.

Then, I call to book the flight reservations totally forgetting that I had maxed out my credit card this month. I called Visa to ask why the flight transaction would not go through. The nice customer service lady informed me that I am maxed out and "magically" offered to up my limit \$3000,00, just like that, that never happens. I was blown away but did not ask why, only accepted the abundance. I booked the flight and the booking amount was \$911, I knew with that number I was on the right path.

These are just 2 examples on the abundance of Magic while manifesting with the Divine Source.

I wanted to note here my daily life is one of MAGIC that from a 3D world is hard to believe. I am an augmented empath and can detect the truth in any situation, this is what the 5D world will be based upon is truth. I do not lie or mislead about anything ~ in the New Earth's future anything but the truth will be intolerable. I would also like to share all that I teach and share is from my personal experience as a experiencer and visionary of the New Earth.

I was given a dream message the other night I would also like to share. Before bed I asked how I could resolve some conflict I had going on between the masculine and feminine energies with in me. The message I received is "*The left and right brain are learning to communicate, remove the concept and you will remove the problem.*"

This is what is transpiring now with the collective consciousness feminine and masculine energies. Wrapping your head around this may be a bit challenging but ask for

understanding and you will receive. Once this IS third energy manifesting/creation will BE.

CHAPTER 26
LIONS ENERGY

Lions Gateway 888 : The experience with Cecil the Lion

The next lesson I experienced that helped to further awaken my Spiritual healing abilities and telepathic communication with Spirit, was with Cecil the Lion. We all know of the Lion in Africa that sacrificed his life to teach humanity a lesson about abuse of animals and big game hunting.

The following morning after Cecil's death I experienced Cecil communicating through me.

The morning of his death, a friend emailed me with the sad news of Cecil the Lion's murder. I was very moved by the story that was shared with me. As I read the words, chilling shivers ran through my body and thick goose bumps took over my flesh. When this happens, I know Spirit is communicating with me to pay extra special attention, and I know that truth is being spoken.



Message from Cecil the Lion

After I read the news of Cecil the Lions Death, I felt Cecil's presence with me. A message transmission flowed through in my writing on behalf of Cecil the Lion. The message is as follows:

CECIL THE LION'S SPIRIT MESSAGE

Cecil the Lion has made his Spirit known front and center of the Media. It's no coincidence the Lion's Spirit is working through the opening of the Lion's Gate Portal 888. This Portal of Energy holds immense powerful energy for humanity that will change the world forever.

Cecil the Lion sacrificed his life to bring the awareness of the Spirit that lives on within each of us infinity. This powerful majestic animal was lurked to its death by an ignorant unconscious sleepwalker. But the power of this animal lives on and has awakened real compassion in the people. Cecil the Lion has brought out into the light human's barbaric ways that must stop. First the Bear, and now the Lion. All of this transpired during the energy of Leo and the opening of the Lions Gate. The Lion "Cecil" was sacrificed for significant reason just as Jesus was.

*This **sacrifice** of Cecil the Lion during this extraordinary time on Earth, of the Lions 888 Gateway & Ascension ~ the Shift of Ages ~ is a symbolic metaphor of the Piscean age when Jesus and Mary Magdalene modeled to the world ONENESS and Divine Love. The ONENESS and Divine Love is sweeping the planet, preparing us for the highest consciousness we have ever experienced here on Earth.*

I am going to refer to the true teachings of Jesus' mission. Our world has propelled a distorted religious belief that we need to worship a certain Being besides our OWN Being to be able to connect to the Heart Chakra. I am not using Cecil's sad death to preach, but rather to find the good in this situation and the deeper connection beyond physical pain and grief. Through the Spiritual Heart is where resides LOVE & COMPASSION.

Jesus did not sacrifice his life for us; rather, Jesus proved to us that there is nothing that the fallen human Ego can truly do to us to destroy the Divinity within us. His metaphoric crucifixion and resurrection proved to us that even if you abuse, torture and kill one's physical body, the Divine presence within our light body, which is always within us and is part of us, is eternal, infinite and Forever. It has never been proven Jesus was ever nailed to a cross.

We are all infinite powerful light just as Cecil the Lion is along with all the other animals of the elemental kingdoms ~ Higher Self.

This is the same eternal and divine energy of Love that will propel the Ascension of humanity and Earth just as the Twin Flame pair of Jesus/Yeshua and Mary Magdalene once did over

2000 years ago. The time is NOW upon us now for our final steps of Ascension on planet Earth into 7th dimensional consciousness and higher, which is affecting all of the planets & Cosmos.

The Lion's Gateway and The Planetary New Year on the 26th of July, is a powerful Portal or Vortex that opens and allows these new Light Codes to flood into the Earth grids. The constellation of Leo no longer aligns with the rising Sun as time has passed. But, the energy of the Lion is what is important at this vortex.

The Lion is the "Frequency Keeper of Africa," and, of course, Egypt is part of Africa. The Spirit Keeper of the Portal is the Spirit Animal that guards the integrity of the African continent.

The Lion also represents Spiritual Power. Yeshua/Jesus was known as the "Lion of Judah", as the representative of the Sirian avatar line on Earth.

So, the "**Lion's Gate**" is that moment when this portal opens to allow new Codes and new Information that will be the template for the year ahead. The Royal Lion stands guard over the New Timeline. In Ancient Egyptian hieroglyphs, the Gate was represented by two Lions who faced each other. They were known as the "Lions of Yesterday and Tomorrow," and of course, it was "today" that came pouring through the gate. The Infinite "now" of present time that can be experienced as flow and creativity and blessings.

The Lion's Gate opens on the 26th of July, reaches its climax on the 8th of August, and closes on the 12th of August.

So it is, at this time, that there are many endings and new beginnings that go with the torrents of Light that come through the **Lion's Gate**. Do not be sad or upset if these are intense times, for they are meant to be. The power of new blessings is washing away what is no longer needed so that the new can be firmly rooted and blessings be birthed as result. In the Ancient Egyptian world, this was clearly visible as the river flooded, washing away the remainder of last year's crops and depositing the rich red silt that would be the bed for the new seasons crops that would nourish the people and the land.

Cecil the Lion sacrificed his life to bring the awareness of the Spirit that lives on within each of us infinity.

This powerful majestic animal lives on in Spirit. Many people who are currently "sleepwalkers," as was Cecil's killer at the

time, is or soon will be, awakening to the Truth. The Truth is: LOVE is all that matters! The best that we can do is hold love and compassion for these unawakened people and extend a hand if asked.

Since Cecil's Death Laws and Regulations have been adjusted rightfully to stop Big Game Sport and other hunting of Wildlife to be stopped.

Following this transmission, which took place July 30, 2015, I had another experience with Cecil the Lion. Cecil's Spirit came into my body through my Third Eye. I am part of a group that is helping to anchor the 888 Gateway Energies onto Earth. 888 stands for August 8th 2015 = 888.

August 8 is also my birth date. This date every year is significant for me. Not only does it anchor in my abundance energy into Earth it is also my Twin Sister's birthdate, and the date which celebrates Twin Flames as well. I am a Twin Flame and a Twin Sister... not a coincidence!

On August 8th, we have our last ceremony as a group for the 888 Gateway. As I mentioned in the beginning of this chapter, I had a visit from Cecil and it was on this day at the end of the ceremony, Cecil came to thank me for my work in advance to his work being accomplished.

My friend and I for my birthday went to a Scandinavian Spa to celebrate her birthday on August 9th and mine on August 8th. Before the Spa experience, we went online to join the 888 Gateway ceremonies.

Over 80 people from across the country gathered at our computers and held a ceremony to bring the Diamond Light Frequencies into Earth for the 888 Gateway. The ceremony was beautiful hosted by Celia Fenn and Archangel Michael and us, 80 other Angels of Light.

At the end, as we were signing off from the online ceremony, we also said a special prayer and gratitude for Cecil's sacrifice, which by the way, Celia Fenn (from Africa) confirmed his reason for death, the same as I did.

As we were paying our tribute to Cecil the Lion, the most amazing connection took place. Cecil appeared to me in front of my face, his face as big as my body. He appeared to me looking very much like his animal body but all face. He lingered in front of

me and then his “spirit face” entered into my third eye opening (I have a scar on my third eye from etheric surgery of the sun) and entered into my body.

His Spirit took over my body and I felt the most intense powerful sensation throughout my body, goosebumps larger than life and tears of joy flowing out of my eyes. He telepathically communicated to me, “Thank you for all your work and help”. I shared the experience with my friend and was in sheer happiness with this special connection.

Lions Energy

I have been having great experiences with the preparation of instantaneous manifestation of abundance and the energies of the Lion’s Gateway. I have learned these energies are very much intertwined together as ONE energy of Magic and Miracles. This chapter is all about the NEW energies available to us from the 888 Lion’s Gateway Portal as well as my experiences and personal story of magical manifestation and embodiment with the Lion Energy.

I have been being preparing for instantaneous Magic and Alchemy for many years. The past few months have been intense as I have been mastering (once again in a new life) the ability to manipulate the properties of the universe by understanding spiritual law. I have been employing my own sense of mind control, emotional control and mastering my Heart energies which, in the 3D Earth Realm, is a never ending practice but comes easy in the New 7th Dimensional Earth.

I received a message in dream state March 26th 2017: “The mission of Ascension, just like the Lions, Twin Flames will take a leadership role in the wellness of this New Earth Sentient Being. This includes being the etricators of the old programs and structures upon Earth. Systems that no are no longer working such as: Education systems, political systems and governments, judicial systems, banking systems,etc . This mission goes way beyond romantic love, although the Twin Flame love is unlike any other.



I have been embodying the Sirius Lion Energies for a better part of a year, ever since Cecil the Lion channeled through me and enveloped my body during the Lion's Gateway Ceremony last year on 8/8/15. Cecil's energy, I later came to discover, is also the spirit of Tefnut, The Lioness Goddess, that came through me. The image of the Lion's Head appeared in front of my Third Eye. The Head was a glorious Golden Flame-like energy, appearing as waves of light matter and it was about 10 feet by 20 feet, looking quite multidimensional. The energy wavered there for a while, greeted me and thanked me for the work I do. Then, the energy entered into my Crown, my Third eye, and joined with me into my energy system. My skin and body thickened up into a higher vibration of Love and my skin raised up half an inch with goose bumps.

In the past year, I took up "Spirit Painting." Spirit Painting is a process where you use colours and allow Spirit to work through you. You don't have any expectation and work very lightly with the paint. Eventually, you use air to blow the paint and allow it to spread to see what comes through. In my case, a Lion's Head image appeared for me and through me. I am explaining a few of the incidents that have transpired through me demonstrating the Lion energy that I now hold.

This New Energy is enveloping Earth via the Sirius Star Planet. The Spirit Lions as well as Physical Lions on the Earth are holding the light codes from the Sun for Unconditional Love and Magical Manifestation and Abundance for all.

The NEW Lion Energy that has come with the Lion's Gateway the NEW energetic information needs to be shared. It resonates so strongly with me. I have to share the Alchemic Magic that I experience and is available to all who wish to hold it.



Along with the Magic, Abundance and Unconditional Love, “the Lion’s share,” they also bring in the instantaneous Along with the Magic, Abundance and manifestation abilities. This I will share with you as well.

We are standing in the threshold now able to develop a new relationship with the Lion Energies. Now that we have entered into the Seventh Dimension of the Lion’s Gateway Portal, we have been shown to rethink what the Lion’s Power truly is NOW and the energy the Lions carry upon and into our Earth Realm.

The Lion’s Gateway this year embodies a whole new energy and this energy is the Celestial Lion Energy, Descendant of the Star Races, Ancient Egyptian Energy. These Celestial Lions are here to help to manifest and create our Galaxy, our Heaven on Earth. They work along with the Elohim. The Sirius race has

brought and gifted to our Earth in conjunction with the Lion species, (which, by the way, our Dogs of Earth are also from the Sirius and Orion race who also carry the unconditional love and lessons). The lions of the Star Race are very special and we must honor them. This time last year, on the Lion's Gateway 888, Cecil the Lion sacrificed his life. This sacrifice was to teach unconditional love and awareness of the Lions both of the Spirit world and the physical tribe.

Expansion of Source

In the beginning, when our particular Universe that we are aware of came into Being, the Sirius teach us that there is ONE Energy and ONE consciousness that then Divided itself into 2.

All matter is meant to multiply; this is the creation of all things. Tree of Life, Sacred Geometry Flower of Life, Twin Flames, Energy Fields, Higher Self and Ascension Merkaba Nature, Human Nature, Numerical Sequence Codes, Atoms. All Miracles start in Higher Realms

The ancient Egyptian Lioness is Tefnut, The Lion's Head Divine Mother, the embodied creativity of the original energy and founder of the Lion Tribe. From the Star Nations, the descendant from Tefnut, the Solar light Lions, are also in Lyra Star System and the Pleiades Star Systems.

Lions are the keepers of the Golden Light. They are the keepers of the Christ Consciousness for Unconditional Love, compassionate love, the divine feminine energies flooding the earth. ***Lions are the keepers of the Energy of Love.***

The purpose of the Lion is to protect and guide the Golden Light until such time as the embodied Masters enter the 7th dimension and become the Earth Guardians of the Golden Light. Before this current age of multiple Twin Flames on Earth, Jesus and Mary Magdalene came as the Avatars of Christ Consciousness and they were holding the Solar Golden Light. The Lions prior were also the holders, the Guardians of the portals for Magic and Abundance.

The more we work to receive this pure Lion energy of love, abundance and manifestation, the more we can make it available for others working their way up the dimensional ladder. We are all connected and this is a collaborative effort of evolution.

During the Lion's Gateway, I was reminded of a Magical Story of the Lions by C S Lewis by another Spiritual Teacher. The well-known and beloved story is about magical children travelling through 6th and 7th dimensions. This enchanting story was guided by the Lion's Energy. A paradise, the Royal Blue Sirius Lion Kings and Queens ruled. Just the other day, I was guided to these audio books. They sparkled with light off the audio book shelf in Chapters (this happens often when I need to pay attention to some literature). I was not particularly looking for these audio books, they found me, and when I went to pay, as an affirmation, the price was \$111.99.

I bought the books to reawaken my child-like imagination even more than it is today, to hear all about the Higher Dimensional Lion's story.

Since I have been in the 7th Dimension, my magical manifestation and abundance has definitely kicked in. Gratitude to Celia Fenn for her work on the Lions Energy and assisting me in the providing the Lion's Gate transmission.

CHAPTER 27 ANIMAL TELEPATHY

My animal telepathy was always “online,” but in order for me to re-establish this awareness to my conscious mind, an incident took place at my friend Brenda’s place one afternoon. I was visiting with Brenda and her boyfriend Daryl at their chalet home up North. They lived on a big piece of property of about forty acres with five dogs. The mansion was an old celebrity entertainment place, an ideal place for them to hold parties. It was used for gambling, cocktail parties and orgies... It was a very cool chalet and beautiful grounds.

I was laying on their couch listening to music while the others were partying in the other room. I liked being around people but I also liked my own space. I heard Brenda come running into the room looking for her puppy, Dalia. She was very upset that her puppy, who was less than a year old, was missing. I listened to Benda and I immediately went into search mode within my third eye. I got up and walked to the end of the long driveway and said “Dalia is over at the next house.” The neighbor’s houses were very far apart. Sure enough, they found their beloved Dalia and she was safe and sound, and home with an hour.

On another occasion, my sisters dog, Roxy, and the other pack of five dogs that belonged to Brenda and Daryl got into a serious life threatening fight. All the five dogs of the pack were ganged up on Roxy and had her cornered. Everyone was in the room trying to break it up. I walked in and took charge and broke it up instantly

with my ability to communicate with animals and my spiritual authority.

Animal Totems and Power animals



The first animal totem I was aware of as mine was a white snow owl. We connected early in 2012. I was pulling into a parking lot to pick something up from a store. As I pulled into the parking lot, I felt a magical wave of energy, I felt very light and inspired. At this time I was stepping in and out of dimensions. I would be in 3D then go into 4th and 5th often, in and out.

I quickly noticed a huge white snowy owl perched upon the highest column above the restaurant where I was. It was unmistakable and our energy connected instantaneously. I connected with this owl eyes and we had quite the connection, our hearts were connecting and drawn together as well as my mind and eyes were in awe of this owl as her presence was very powerful.

I could not take my eyes off of her. I had to run into the store to pick up my parcel and asked the Owl to please wait for me. By this time, the white snow owl had flown off to 3 other very tall

lamp posts in this huge parking lot. She flew to one, and perched to stare at me, then she flew to the next and made sure our connection was still there. Then she flew to the next, and we both new telepathically of our committed connection.

I ran into the store as I continued to look back at her, grabbed my stuff and ran back out. She was patiently waiting for me with her eyes fixed into mine. I excitedly communicated my gratefulness for her presence and she did the same. As we gazed at each other in awe for a minute or so, she suddenly spread her wings and, with great power and force, flew toward me. I could not believe my eyes.

The whole time I had my camera out and asked if I could get a picture of her and then a video. I captured her in flight toward me. She flew a centimeter over my head, with the speed of her flight I felt her fly over my head. I almost ducked and my hair moved from the wind of her flight. I was in tears and thanked her over and over.

When I got home, I researched The Owl Totem meaning. The message was profoundly suitable for my life path at this time upon my ascension journey.

The owl spirit animal is emblematic of a deep connection with wisdom and intuitive knowledge. If you have the owl as totem or power animal, you're likely to have the ability to see what's usually hidden to most. When the spirit of this animal guides you, you can see the true reality, beyond illusion and deceit. The owl also offers for those who have it a personal totem the inspiration and guidance necessary to deeply explore the unknown and the magic of life.

Owl Symbolism

Symbolic meanings for the owl are:

- Intuition, ability to see what others do not see
- The presence of the owl announces change
- Capacity to see beyond deceit and masks
- Wisdom

The traditional meaning of the owl spirit animal is the announcer of death, most likely symbolic like a life transition, change.

Horse Connection

The horse and I connected in 2015 while I was in Costa Rica doing some grid work, anchoring white diamond and rainbow frequencies. This particular morning I was strolling along the beautiful white crystal sands of Costa Rica. My frequency had been raised up to a very high frequency during this trip. I had been in Costa Rica for a week with friends and decided to stay another week as I could not leave this magic that I was experiencing, performing and witnessing daily.

I took a walk, my intention set to do some manifesting in the water with the Angel of Light family. I called upon the Ascended Masters and Archangels to assist me and be with me. I set this intention while walking along the beach and would wait until I was fully immersed in the water before I began our ceremony.

As I was walking along, I saw in the distance a beautiful brown wild horse. I knew instinctively this horse was wild. He came walking out of the forest across the way from the water. The connection was immediate and powerful. I was in tears of the emotion I felt in his presence and I had goosebumps throughout my whole body.



It was pure magic how he appeared before along with the frequency between us arising. There was no owner present, which was just as I had suspected, and in my third eye there appeared a metallic rainbow of light frequency show which surrounded us.

He predominately communicated to me the messages of freedom. What was also very unique was that he laid on the ground

before me, which is very rare for a Stallion to do this. I have images and video of the whole experience.

As I am an Indigo, Crystal Rainbow Adult, the Horse and I can read each other frequencies and this is how the horse sought me out.



The horse spirit animal symbolizes personal drive, passion and appetite for freedom. Among all the spirit animals, it is one that shows a strong motivation that carries one through life. The meaning of the horse varies depending on whether this animal spirit guide is represented as wild, tamed, moving freely or constrained.

Horse Meaning

Horses generally represent:

- A driving force, what you thrive for or carries you in life
- A secondary meaning for the horse spirit animal is the balance between instinctive and tamed part of your personality.
- Sexual energy, especially – but not limited to – masculine energy
- Strong emotions, passionate desires

My Dog

Honey is my Yellow Labrador retriever. However she is not your typical Lab. Her demeanor is more that of a German Shepherd guard watch dog. Very early in my relationship with Honey my Dog, I learned that she is extremely protective of me. From the time I met my Honey, she stood loyally by my ankle. She does not leave my side where ever I may go, unless she is running wild and free in nature.



For years I could not understand her protectiveness of me. I was very flattered and proud of her ability to protect and guard me, especially because I have never professionally trained her. I got Honey at the age of 6 months. She was the runt of the litter and was left behind, which worked out perfectly for me as I did not have the time or patience to have a “baby puppy” puppy.

My son and I searched out puppies for weeks from rescue centers and nothing was panning out. Our searches were unsuccessful, and we often returned home disappointed. I glanced at the couch and the newspaper was sitting there, open to the “for sale” page. Sale for puppies. I looked closer and saw pups for sale, I knew this was *meant to be*.

I called the kennel right away. A lady agreed to show me pictures. As soon as QT’s image appeared on the page, the 6 month old yellow runt lab, a song came on synergistically titled “do you believe in Love at first sight?” I had never heard this song before nor did I know where the song was downloaded from. I asked the kennel owner if this music was part of her presentation of her dogs? No it was not. Later I discovered it was downloaded to my music somehow, and not by me. Back then, this type of thing did not occur often so I concluded that one of my siblings must have downloaded it for me. However, after learning of my Higher Self Super powers, I know now that it was magic and alchemy in play.

That night I dreamt of QT the 6 month old yellow Lab. The next morning my son and I went to meet Honey. From the first moment that I stepped out of the car my eyes met with QT’s. Out of the many puppies jumping up and down in their kennels our eyes met instantly. She was smiling and so were we. We rushed over to greet each other and since that moment, have been inseparably together.

I later had a dream and was shown where Honey (that is her new name) originates from: The planet Orion. She and I did in depth training together in the higher dimension up in Orion. This training was in preparation for our life here on Earth Realm.



Honey can read my frequency and I am telepathic with her senses and needs. We communicate this way. She has been trained to be my loyal guard dog and protector. We are very close and in-touch and unconditional love is an everyday necessity for Honey.

Honey has also incarnated from a past lives with our family. She was here on Earth 1993 to year 2000. Her name then was Roxy and she was my sister's dog, although I was living with them for a long while. We had a bond and when she passed, the spirit of Roxy came to me in a dream and let me know she was coming back as a yellow lab to be my next dog.



Bear Story - Using the Golden Light

This past year, my communication with animals has become very significant. It started in 2015 with a Bear that was running wild in a residential area of my neighborhood community. I was driving my son to school and we had been noticing helicopters hovering close over our neighborhood. We both knew something was happening of concern in our area. I turned on the news and discovered that a Black Bear was on the loose in one of the backyards nearby.

The police and swat team had been called in to surround the Bear and to take measures to make sure that no one would be hurt. The bear was hiding in a tree in a residential backyard. As my son, Sam, and I drove by near the scene, Sam sensed the bear's fear.

We continued on toward school and talked about how the bear must be petrified of the police, swat team, and the helicopters in the sky hunting him down. We were sure the bear could sense this. I dropped Sam off and drove back up North toward our house. During the drive, I kept hearing a voice in my head telling me to go to the scene where the bear was trapped. As I approached the area, I saw that all of the police were surrounding the bear and the homes nearby.

I asked my Guidance, “Why should I go, like what can I do to help the bear physically?” I couldn’t stop the police or get near the bear. But, the Voice kept telling me to go. So, I drove closer and tried to get through the back streets closer to the situation. It was impossible for me to get close enough to the bear.

I could feel his fear and anxiety. I drove home, greatly concerned for him and I sent loving energies of gold light to the bear. I even went into meditation when I arrived home to continue to send the bear’s Spirit Love and Light frequencies to help him.

Eventually, after the meditation, I fell asleep. When I woke up, I thought of the bear and went on to Facebook. The first thing that I saw in my news feed was that the black bear had been shot to death. I broke down in tears and felt deep guilt and regret for not being able to do more for that bear. I cried for a while and really empathized for the bear.

In mindful meditation, I surrounded the bear’s body and spirit with golden light. I had instinctively done this in the past when I saw animals that had been killed on the road. I would help send their spirit to transition to Source.

All in all, I was evoked by Spirit Realm the Bear’s Higher Self Spirit and my Higher Self Spirit to be spiritual present with the Bear while he would prepare to make his transition up to Source. Although at the time it was not clear, our Spirits new exactly what was transpiring and it was a smooth transition for the Bear, my physical presence was needed to help me understand the orchestration of the Higher Selves. Animal Spirit and Human Spirit work together. Twin Flames have an animal Totem. Pay attention to which animal speaks to you and when.

Assisting Mary's Transition

I also helped a neighbour with this transition when she was dying. The neighbor who was dying was a sick lady who was suffering from cancer in her home. She lived about seven houses down from me. Whenever I would walk by her home, I would remote view the inside of her house and transmit golden frequencies of light around her and her bed, as well as around her home and family.

One day, months after she had passed and transitioned, I was walking by her home and she appeared before me in spirit. I was walking my dog and she was before me in prayer position bowing before me, as if she were worshipping the ground I was walking upon. This made me a bit uncomfortable, the fact that she was worshipping me.

It made me uncomfortable as I don't believe in worshipping each other like this. I believe we are all equal and capable of the same goodness, for we are all God Consciousness. However down the road I realized Mary, was bowing to me out of respect from her soul to mine, the gesture of Namaste.

Her parents were out in the front of her house, tending to the garden, and her husband and kids were at the next house talking with neighbors. I looked at them while Mary was before me, trying to figure out what the message was from Mary to her family.

I said to her parents, "Your daughter is here with me and is always with you." They were appreciative but didn't really understand. I felt embarrassed. I carried on my walk with Mary. She continued the whole walk around the block with me.

Over and over, Mary sweetly bowed and thanked me for what I had done for her. I asked her, "What would you like?" or "How can I be of service now to you?" She just continued to walk in gratitude with me. I came to the point of amazement of how long she stayed with me and how thankful Mary was.

I went home and asked my Higher Self what this was all about. Eventually, I got my answer. Mary was worshipping me as an Ascended Master here on Earth and was grateful for the powerful loving frequencies I consistently surrounded her and her family and home with. This love and light helped immensely with her

transition back to the Higher Realms of Source-God.

This was an epiphany for me. I continued to use the Golden Light to send human's and animal's Spirit I knew of who passed to the afterlife.

Deer Story

I was having a relaxing day, a day of meditation and quiet. It was a cold, winter, December day. I received the Guidance to go out to the shopping mall. I don't go to the mall often as I am a masculine-type shopper: I like to go in a get what I need and leave.

This particular day, I was feeling that I needed to stick around the mall for a while longer. I was hearing the voice in my head (my Higher Self) instructing me to stay. So, I shopped around and had a tea. After a couple hours had past, I decided I had stayed an adequate amount of time and proceeded to my car.

The voice of my Higher Self has been becoming more and more familiar to me. I was learning to listen and trust more. Instead of using a pendulum, like I had in the past, I was learning to listen. My Higher Self showed me to stop using the pendulum when it was time, by making them disappear. I must have gone through 20 pendulums before I stopped relying on it.

So, off in my car I drove, out of the parking lot of the mall, knowing fully that I spent the time I needed in the mall, or at least in that vicinity. That was the message I received.

Within 2 minutes I saw a deer that had been killed on the main road of Yonge Street.

I immediately pulled over and it felt as though I was completely sure of what I needed to do, like it was preplanned or something. Without any thought, I put my hazard lights on, sat in the car and felt out with my telepathic senses what the scenario here was. I watched the man who was parked in the van that hit the deer; he was talking on the phone to arrange something.

I stepped out of the car and approach the man who killed the deer. He was an attractive young guy who obviously felt very sad and distraught for accidentally hitting the deer.

He told me that the deer appeared out of nowhere and that he couldn't help it, he hit him. He was just on the phone with his wife to come help him move the deer's body. They were planning to take it home to use the meat.

I introduced myself and told him I was a Spiritual Healer and was here to help the Deer's Spirit. I asked him to please give me some time with the deer to help her. By this time the wife had shown up and she was upset and nervous.

I explained to her what I was doing. I was going to help the Deer Spirit, and I asked her to please step aside while I conducted a little ceremony. I approached the deer and felt her Spirit. She was so gentle and warm but mainly she was confused. Her spirit was communicating to me that it happened to so fast and she was confused.

I could see her spirit body above her physical body in spirit form, and I could read her feelings and put them into word form.

I surrounded the deer in a powerful golden light of love and protection. I telepathically explained that I would protect her while the transition was made, the transition to Source. She already had an Angelic Being waiting for her to accompany her to go higher into realms of healing and back to Source (which is where she originated from), God Energy.

This is how the ceremony goes for the deer and any animal I see on the road, whether the animal has been recently killed and I am driving by quickly or if it is this type of a ceremony. It the same routine, just faster if I am driving by the animal's body.

I surround the animal's spirit in golden light and intend it to Source energy. Usually some helpers come and take them or the spirit is helped up with a vacuum-like field of energy. I will also use the violet flame if the soul is having a hard time letting go of the body from fear.

In this case with the deer, she was very trusting in me. Her eyes were looking at me and her beautiful soul was shining through. I told her that it's going to be ok, that this was preplanned and that I am grateful for her sacrifice. I looked up and point out the other souls awaiting her to take her back to Source. "Go in the golden light you are safe," I told her. I surrounded her with huge amounts of love, high frequency golden light/love. She let go and off she went.

Before I left, I spoke with the couple and asked what they planned to do. They explained they would use the deer meat for food and that they were very sorry but it has happened and the meat would be useful.

I did not like the idea of eating the meat as I am vegan, but I had no control over them and was not about to turn it into more of a dramatic scene. I asked them if they would do us a favor, a favor for me and the deer. They gladly obliged. I said that the deer is in shock, that I helped the soul move on but asked if they could please give the body some time before dismantling it as she (the deer) is very attached to the body still in essence. They agreed and said it would be days before the dismantling starts.

I was given a tutorial from my father whom has already transitioned to the other side. He came to me in a dream with a message. I learned that cremation or dismantling of the body before it is time is not good for the soul of that being. If anything, it is best to bury the body and give back to the planet the mineral and nutrients of the body, unless, as in some cases, the body is very toxic and then cremation is appropriate.

It wasn't until I got home and absorbed the whole ordeal when I realized that this was all preplanned to help me further learn about my abilities to work with animal Spirit, or Spirit in general. It also was a lesson in teaching me about my Higher Self communication, how my senses work beyond telepathically by Source transmissions.

Source transmission is when a whole lot of information sent to you via the feelings, feelings of the heart and brain as one.

I wrote about the experience when I arrived home and the more I wrote out my thoughts, the more it became clear to me, this incredible story and how it unfolded. I was very emotional and grateful.

I recapped all of the events and how they transpired from the time I was at home in quiet meditation to the ending of the ceremony. I have to admit it is quite an astonishing sequence and even more astonishing is how well I received the transmission and work that needed to be carried out without really thinking about it. It started about 2:00pm in the afternoon. This is when I was prompted to leave the house on a winter day, and just go out.

Again, I'd like to relay to you how Spirit Guides me. I didn't have a place in mind and went to the mall to shop, something I really don't do on any normal, given day. I hung around the mall bought a few things and hung around some more. I will not reiterate the details again, but as per when I was Guided, I left the mall. Within minutes I was with the Deer.

When I approached the situation, I instinctively knew what was happening and I knew what to do. The deer had been communicating with me all afternoon preparing me for this, just like the black bear did months before.

I needed this second experience to really grasp what was happening here. The deer knew of the sacrifice she was making beforehand. Her heart and Soul knew, but when the sacrifice time came about was when the deer's confusion set in. Her body was in shock and her soul is very much connected to her body.

I meditated on this and confirmed indeed that this was a sacrifice and she and I were communicating. This is very natural to me now. Now that we are anchoring into the 5th dimension, these types of abilities are prevailing more and more with the first wavers. The second and third waves will follow until our planet is once again a 5th dimensional planet going higher.

CHAPTER 28
DEATH IS AN ILLUSION
AND SPIRITUAL TEACHERS

Mediumship with Loved One Who Passed

My first love was Jerry Brown. He lived with me and my family when I was in my teens. We fell in love and dated for 5-6 years. When we met, I was 15. Jerry was 21. He was like a son to my parents. He displayed characters of a warrior and artist. He was into martial arts and loved to draw. Jerry was not your average guy. He emanated characteristics of an ancient wise man. He was very sensitive and thought with great depth. He was very considerate and compassionate.

Jerry had knowledge and wisdom beyond his years. His wisdom, substance and depth was admirable. He was loved by my girlfriends, in fact loved by most women. All in all, he was very loved by anyone who knew him. His death was a huge shock and loss to many.

My point here is that wise souls, highly evolved beings and Ascended Masters are different. You can spot them by certain qualities they embody. The characteristics are that of an ancient wise one, or they may carry star like qualities, or may be famous. The light that exudes from highly evolved souls incarnate, are

unmistakable unless your antenna for the Light are unreceptive or shut down. These highly-evolved beings are here for the betterment of humanity. Their missions are big and are always carried through.

Jerry's job was to help keep me on my divine, purposeful path, to understand the "afterlife" and Spirit world. Once a person's physical body dies, their Spirit lives on forever. Once a Soul is created it is eternal.

Directly after his death, he started communication with me "Jerry ~ Spirit Style". I call it this because it was very unique to his personality on Earth. The day he left my house, I asked him if I could have the pin he was wearing that day on his blazer. It was of John Lennon glasses (popular at the time). He wouldn't part with them and I was disappointed. That night while driving home to his "home in the woods," he was killed in a head on collision. The medium explained to me that he had reached back for some music, his steering wheel had turned and took his car head on into the van on the other side of the highway. He was killed instantly.

The news knocked me over; I was literally imbalanced, thrown off my feet like a blast of light had hit me and physically threw me down. For two days, I barely moved. On the third day after his death, I finally went out to get some sunlight. As I walked outside, a shiny object caught my eyes. "OMG there is the glasses I asked Jerry for!" I walked over and grabbed them. I saw that the steel frame was crushed and the glass of one of the lenses was slightly cracked. It was as though they too had been in the accident.

When I picked up the glasses, I was heated up with a sense of love and knew that Jerry delivered these to me with his spirit. Another physical sign was evidenced by some balloons he had given to me in August, prior to his death. The balloons, which had his handwriting all over them, stayed afloat well into November. These balloons would move around the house mysteriously and I felt his presence very strongly when this happened.

I felt his presence for years after his death. He guided me in many ways and I felt protected by him. He would move things around in my house, send chills through me at certain moments, leave behind momentums, always leaving me dimes and pennies.

He interacted with me during sleep dream hours. His dream visits were always very real. It would take me days to dissipate the

feeling that he was not really still here in physical form. It was torturous actually. I would wake up and feel he was still alive and as I continued through my day, would have to logically accept he was not physically here. During the dreams, the scenario was always the same message. “Now you see me, now you don’t,” or “Time for hide and go seek.” He would show himself to me, then go hide and I would look for him in the dream. He was always there in my dreams, visiting me and communicating to me that he is still alive. Not a day went by for at least 15 years that I did not think of him and miss him.

Each year that went by, I realized more and more that his purpose was indeed what the psychic medium had explained, that he was here to guide me, protect me, help me understand spirit life after death and to help me stay on my path.

The dream messages continued for 18 years. He sent songs to me from his inspired musical artists. His message was always the same “I AM not really dead. I AM still here.” By the time I reached the age of 40, he came to me for the super clear, in my dream state. He showed up and I saw just his face with a huge smile, red lipstick on his lips to enhance the smile, a diamond star sparkling on his white teeth. He was telepathically communicating to me, “Your life is finally on track. The best is yet to come and you are a Star, I can leave you now as I have done my job.” That was the last he came to me. I suspect he has moved onto another big mission during this spectacular time of Planetary Ascension.

I was unsure for a while if he possibly reincarnated, however Jerry still communicates with me today.

Some spirits have contracts, like Jerry did, to come into Earth for a short time as a Spiritual Guide. Some use their “Free Will” and choose destinies that do not allow them to be Spiritual Guides. All of our loved ones are accessible after death. Some of the love ones that have passed on need our spiritual guidance to help them as well. An example of this is when someone has a traumatic death. Their spirit may be still in shock and feel lost. They need help to be guided to be sent to the light, otherwise they can stay in the realm of the Astral Planes for longer than what is necessary and appear to us as a ghost’s spirit.

Dad's Soul Connection

I will touch on another afterlife teaching to further reinforce the true essence of "After Life." I received more "proof" from my father after he died. He was a Soul Mate of mine as well. He also creatively sent to me physical messages to let me know he was still with me. His death was much less painful for me to accept after what I have learned about what truly takes place in the life after physical death.

Spiritually, he came to me in dreams to show me how happy he is and other lessons. He taught me that the practice of cremation that we do with our loved one's body is not practical; it is premature removal of the body and actually detrimental to one's soul. The soul needs a home base while transitioning into the higher realms. He basically took me on a tour of an elaborate crematory and cremation process and allowed me to come up with my own opinion after his presentation. I've concluded that cremation is not the correct practice for human bodies after death.

My dad moved the roses which I had taken home from his funeral. They were dried and hanging on the wall. One day I was missing him and upset; the loss I was feeling was his physical interaction. He was one of my best friends in the later part of his physical life. I was missing his companionship, not mourning his death.

He shook the roses off of the wall and knocked them onto the floor. The roses were tied to a screw into the wall and were not easy to shake off, but he did this. A second sign was when he (and, I suspect, with some spiritual help) moved two ceramic statues onto my front lawn. They were two piglets to accompany the one I already had. This was very sentimental as my dad had started my pig collection for me when I was a little girl. I knew without question when I found those two statues in my lawn that this was his doing. He also dropped dimes in the rarest of places for me and many of my family members.

Guiding Loved Ones Before Physical Death

Our loved ones need guidance before passing on and after the physical death. Hours before he died, I told my Dad that he is going to a better place for him now. He replied “I damn well F@#king better be!” lol...I will never forget that. I witnessed him taking his last gasp of breath. After he passed, I interacted with him on the Astral levels, learning the re- enlightenment process for a Soul after death takes time. He was still angry and floating around for several days, leaving his scent for me, speaking to me telepathically and sending shivers and signs. His character lightened up as time passed. My Dad comes to me in dreams, one dream when he was very happily showing me he was onto his next adventure.

Another example of how you can help a loved one’s passing is to send them all the light you can conjure up and telepathically send them messages if they are in palliative care or close to death. I did this with a neighbour of mine who was dying. Daily, as I walked by her home, I sent golden light to her by her bed side. I didn’t physically go into her house, I sent it spiritually, telepathically from the heart mind. She came to visit me after her death one day, while I was talking to her parents on sunny afternoon. It was incredible. She bowed before me, thanking me over and over. I couldn’t understand in the moment what her message was, so I explained to her parents, “She is still with you now.”

Her parents looked at me peculiarly. I continued on my walk and she sent me shivers and more visions thanking me profusely. Later, I got a message from Higher Self/ Source that she was thanking me for sending her the Golden Light that I carry and guiding her into the White Light.

When animals pass, they too need guidance. I instinctively send animals to the light upon the physical death. Some more evolved animals will find their way. Those killed on the side of the road will need help. I send them love and raise their spirit off into the higher realms. Instinctively I have always done this.

When people close to us leave the earthly plane, only their physical body disintegrates. The Spirit does not leave. In Jerry's case, his Higher Self, his Soul, had this all pre-planned in his pre-earth life contract, so his experience after death was very smooth and clear. He did not float around in the astral plane for long, as many other souls do after they die. His case was very specific and this is why he came into the earthly plane, to teach this to me. My father was a soul mate of mine and I helped him to the light quickly. I do this instinctively.

Dying is actually a blessing not a curse. The Soul is thus graduated into the next level of afterlife and expanded spiritual growth.

The hardest part to losing a loved one should be missing their physical companionship. Other than not seeing them with your physical eyes, all else is there.

The Afterlife: Souls are Cared For

All Souls benefit from guidance during Earth life and in transition to the afterlife, depending on their choices and lessons. This is why it is important to communicate to the people close to you with discernment, love, assertiveness, whatever action is called for. These mindful, loving actions help those who have passed into the higher realm and out of the 3rd dimension to transition into the higher dimensions where their soul family can further help guide them. Depending on the relationship, how the death transpired, the impact the death had on you, these factors determine the lesson or soul growth that was triggered by the spiritual teacher in your life.

If a Soul leaves the Earthly plane by choice of taking their own life, by suicide, they have guidance. The guidance begins on the Earthly plane to help their spiritual evolution. They can reincarnate back into the Earth to continue their Journey of growth and eventually of service. But before they do, powerful healers take them under their wing and help them understand their life choices and assist them. Eventually, when the time is appropriate, the Angels will guide them to the "pure white light," also known as

Source Creation. This is where a whole new adventure awaits the beautiful soul. This is the stage which is preparing them for the return into the NEW life.

The reason I refer to a loved one (or a relationship having a strong impact) who has died in your life as a “Spiritual Teacher,” is because each of these relationship dynamics are meant to be in your life for the purpose of soul growth and spiritual evolution. Even if the relationship was less than a loving relationship, it could have been toxic or simply someone whom you did not like at all, either way, the impact lesson is there. When you experience these impact deaths of a soul group OR a soulmate contract, the soul contract ends when the physical death on Earth occurs. The strong soulmate or group experience may be so that your Soul Group can continue to teach and learn much longer.

This is designed to ignite your Heart to further open to learn unconditional love. The most powerful teacher to teach unconditional love, which is in essence loving oneself, is that of a Twin Flame or soul group mate (not soul mate). It is hard for most people to differentiate. I will be teaching about this later. Not everyone is a Twin Flame but everyone does have soul mates. There are major differences between the two, but I will have to save that for further writing.

Please remember there is no real death except from this earth realm. Our loved ones are very much alive in the higher dimensions. The sadness of missing the physical interaction can be replaced with spiritual communication as they really are not gone anywhere, except the physical body has perished. We always have many Around us that cannot be seen by most but some of us, in this case reach out to a medium for connection to your loved ones and with practice you too can do this.

Spiritual Teachers

Some teacher may enter your life without you seeking them out. Teachers can be in physical bodies and formless. Some are magnificent and loving lessons, some are painful and “truth in your face” kind of lessons.

My experience with Angelic Beings, Extraterrestrial Beings and God Source is the most fun and adventurous. Part of my mission is to work with my fellow brothers and sisters of light, the Archangels and Ascended Masters and, of course, God Source Creator, closely. I have been doing this for all of my life, but most intensely for the past 15 years. They have taught me to remember that anything is possible. Miracles, Magic and Alchemy are achievable. You must **CONNECT, BELIEVE AND HAVE FAITH** and you will be assisted to remember who you truly are. The more you do the better everything turns out.

Throughout my life journey, I have been guided to certain teachers and some teachers were guided to me. Most often these people are members of your soul group or family. I will share some stories with you.

A psychic healer Kim Sartor, I was guided to meet happened by chance at a juice bar. I felt inclined to speak to this lady beside me. I received a strong feeling to speak with her from my Higher Self. This is rare, as I don't do this often. I usually feel the energy of people around me and leave it at that. In this case, I introduced myself asked her what kind of juice she is buying. She replied by explaining that the dandelion in this particular juice is great for psychic empowerment and detoxification, and I was purchasing the same juice go figure. I shared with her I AM a Spiritual Teacher and Intuitive Healer. She shared with me she is also psychic and a healer. Right away we hit it off and our friendship started there.

We have helped each other with our paths and ventures. I helped her flourish her new business ideas with my manifestation, abundance & Angel work. She assisted me with ways to raise my vibration with Earth's Electromagnetic Consciousness Field through Quantum Seqex Healing Technology (Nicola Tesla's technology). We both experience synchronicities with each other regarding our missions here on Earth. Our mutual teaching continues and our friendship does as well.

I have travelled with Kim to Italy to learn more about the Seqex technology that in our opinion is the future of healing for humans and Earth, with specific inclination toward healing the water of Earth. We were divinely guided by the Extraterrestrial Race the Arcturians during our trip to Rome, Italy. I share the miraculous story in a previous chapter.

My first experience with Psychic Medium was when I was about 30 years old. I had lost a very special person in my life to a car accident and was having difficulty dealing and coping with the death. Jerry was killed October 28th 1989. He was my first love, my boyfriend, and was killed in a head on collision after he left my house. I carried great deal of guilt and pain with me. It was a great loss as he was a strong soul mate, I later realized.

My sister in law suggested that I seek some help from a psychic medium. I did this and he was of great help. I didn't realize at the time how much his messages would mean to me later in life. Now I know that they were exact and as accurate as he had explained them to me. The psychic medium explained that Jerry chose to come into this life to help me along on my mission. He left the earthly plane to further teach me that death is an illusion. His death was pre-contracted and planned before he came into earth to specifically help me. So, in a sense, he sacrificed his life to further teach me and gained spiritual evolvment by choosing this experience. It was a win-win situation for both of us. This didn't make sense to me for many years. It took 19 years for me to figure out what this medium was talking about.

My Dog is another Spiritual Teacher for me. I found her in October 2008. I was lead to her via sings from my Higher Self. I was searching for right dog as an addition to my small family (my son and I). We searched for days at shelters and nothing was panning out. The last day of our search I walked into the door and a newspaper was open on the chair to the page of puppies for sale. The first listing I noticed was hers. Many yellow lab puppies available. I contacted the breeder. She sent me images of the dogs available. When honeys image came up on the computer the song "do you believe in love at first sight" came on magically (I know it was my Higher Self that orchestrated this). She was pre trained for me in Higher realms before coming into the physical form on Earth. I was shown in a dream how she was trained to be one of my protectors and most loyal companion. From the day I picked her up she never left my ankle, literally she followed and sat by my feet always. Honey helped me quit bad habits believe it or not. When I used to smoke (occasionally) she would sit by my side and telepathically tell me this is not good for you. Physically she would paw me to stop. I instinctively knew what she was communicating

and I quit smoking shortly after I found her. Honey brought me into nature every day to help lift my vibrational frequency. She taught me unconditional love by being an example of this to me.

Now here is a Psychic story that was not so successful. When I was struggling much within in my life as a new mother, uncertain with many things going on in my life I searched out a world-renowned Psychic, I won't mention names as what I am going to reveal is not becoming of this person. I paid almost \$1000 for the session and waited on a waiting list for 7 months. Her credentials were amazing and I often watched her on talk shows. Being a Psychic myself I could tell she was the real deal.

To make a long story short, her reading was not accurate. This transpired over 10 years ago and nothing added up. While she was talking with me on the phone, I sensed she was not authentic with her words but hung on to them for years regardless.

It turns out she was burnt out and not able to give an accurate reading on that particular day. So be very aware of what your gut is telling you during and after or better yet before. Some teachers are real but they do have off days just like everyone else. Hopefully more teachers will have the confidence to admit to the off days.

I truly believe every single human being will benefit from learning who they truly are and why they are truly here. People who will resonate with Spiritual Teaching are those who feel alone, lost or isolated and have the weight of the world on their shoulders. Accepting help from others is essential and asking for help is an act of self-love. Spiritual teaching will bring on relief when feeling overwhelmed of having the world on your shoulders, and will set yourself free with truth. *Your truth*, not theirs is what aligns with your vibrational truth. In other words, not pushing a certain belief onto you ie: religion, dogma or superstition etc.

When seeking out Spiritual/Metaphysical guidance/help it is always an exchange of energy between the two people. Part of our purpose here on Earth is to learn and teach. The teacher attracts what she/he needs to see, hear, learn and expand and the "student" at the moment, finds what she or he needs to learn. In most cases the person seeking the help will pay a fee for the advice. Or you may exchange modalities. However, the exchange takes place the two people are meant to work together as long as you're following

your OWN intuition when you decide on a Spiritual Teacher/Psychic.

Be mindful of the state you are in while seeking a teacher. Don't make your decisions while you're overly emotional or feeling desperate and attract a fake one. You will align with an intuitive that matches your vibration, so just BE mindful when making your decision.

Like I mentioned, when you choose your Spiritual Teachers it is a give and take relationship. Regardless if you are energy exchanging with services or if you exchange money, both sides are gifting each other. The teacher attracts what she/he needs to see, hear, learn and expand, the "student" finds what she or he needs & manifests.

From my experience this is well worth the investment when you are on this new path. Expanding the mind with new ideas and knowledge is always an investment in oneself. We have been taught to believe that only what we can see with our physical eyes is what exists and is what we believe. However, it's vastly being proven that there is much more than meet the eye(s). It is seen with your third eye.

First thing you need to understand is **"You create your life in the way that it serves you best"** Psychics cannot tell you the future. Your future is not set in stone. You can change your path at any time. Angelics will always guide you but ultimately you make the final choices that steer your ship. Just as any teacher gives guidance.

Please note: Don't search for a Spiritual Teacher to dictate your life but rather assist you with clarity of what you already know in your Heart. You are disempowering yourself by leaving the decisions that create your life, into the hands of another. By relying on an outsider to tell you what to do or what is going to happen in your life, you are in effect telling the Universe that you are not willing to *create* and manifest what *you desire*. We as energetic Beings create our own life and the best life is created from LOVE.

What can a Spiritual Teacher provide for you?

When seeking a physical spiritual teacher or a spiritual being to help you throughout your personal journey, here are some of what awaits for you when you ask for the guidance.

Physical Spiritual Teachers

- Read your Energy, tell you where you may have energy blockages. These energies need to be cleared, otherwise stagnant energy sets in causing “stuckness,” dis-ease, low energy, auric holes for negative lower vibrations to attach.
- Clear your energetic fields, the Mental, Emotional, and Etheric bodies. This is an imperative practice for overall wellness and optimal wellness.
- Can be a conduit between you and the Spiritual Realm, connecting you with higher Consciousness Spirit AKA Infinite Realm, such as loved ones who have passed over, Guides, Ascended masters, Archangels, Extraterrestrials and ***Higher Selves***
- Teach you how to connect with your own Guides and Angels, Higher Self and inner wisdom of the heart space. Ultimately that is what a real teacher will do.
- Astrology and how to work with the Energy and Planets. Astrology is the science of finding connection between those of us on the Earth and the Cosmos. It follows the patterns of movement by the planets and stars and assigns meanings to them that relate to human motivation and consciousness. Again, use this as a tool and guidance. You have the final choice.

Formless Spiritual Teachers

- They assist with ANYTHING and EVERYTHING as long as it is for the highest good of all involved. Some examples may be healing, manifestation, guidance, creative endeavours, etc.



CHAPTER 29
THE FUTURE LOOKS BRIGHT

Angelic Transmission

I am so excited! I have to share this with you. My Spiritual Journey has been so full of adventure and "out of this world" experiences. I share many of the stories on YouTube. I have had visions, signs and dreams of this being a part of my future, working with Angels to spread awareness of their presence and raise consciousness with their and our presence together. The dreams are coming true. I am finally ready and the Angels are showing themselves to me.

Much of the Journey has been ME remembering who I AM. The Angels work with me and show me new experiences as I become ready for them. One night, while I was lying in bed and off to dream state for the evening, a BRILLIANT flash of light came through my bedroom window. My Heart started pounding, beating rapidly and I was freaked out. I calmed down and absorbed the energy and experience. I knew it was a blessing. Then the Light Flash came again further across my bedroom window. The light was so brilliant you could not look at it for long. I describe it as not a human type of light; this light was not manmade, it was from the Heavens, from Divine Source.

The next morning I hesitated to talk to my Son about it, as some of the things I see and experience are unbelievable to those who cannot see it. But low and behold, Sam witnessed the same flash of light in his bedroom down the hall. It woke him up and he felt there was a huge light surrounding our whole house. The next night it came again. After time of processing this, I realized through mediation and discussion it was Benevolent Beings preparing me for the future.

I took it a step further to receive a message from my Higher Self and Beings. Here is the answer they explained (which was exactly as I suspected):

Channeled Message from Shelly Sullivan's Guides, Angels, Teachers, and Higher Self:

"Preparation. The answer to your question is preparation. Although you are more ready than many others to begin perceiving the presence of other conscious beings, it would still be quite a shock for you to suddenly see everything around you. We showed you a few short glimpses of what will begin to increase for you and become your everyday reality. Be aware that you are not seeing what most people see. You will see us, others will not. This does not signal anything other than one being a painter and another playing music. It is just a useful tool which you will have a need for in your service. It also will allow you to be ever more aware of our presence. Blessings, Dear Sister."

The future is very BRIGHT!!!!

Schools in the Future

Another important part of the mission is to open a "Stargates School For Kids," school systems for the rainbow, crystal, indigo etc., children. We will be teaching humans how to Stargate Travel. This will be some of what is taught among many other subjects offered in the new school systems.

These schools will be schools of freedom of one's creativity. We will be working with growing food, sustainable agriculture, building with our Earth's materials and resources, healing, telepathy, telekinesis, sacred geometry, levitation, working with crystals and gems. We will be creating all things, concepts and ideas from the heart, including creative arts and music, meditation, exercise and nutrition.

The beautiful vision of the future of schools for the "New Earth" children is set. These children are already ascended children who do not comprehend the "programming" in the current school structure. They often will not conform to the old, outdated patterns and paradigms of what has degraded into "normal" and "standardized" learning, thus new schools are going to be built for the New Earth to be able to match the higher vibrational frequencies of the children who attend them.

Free Will Choice: Love or Fear?

The forerunners for Ascension know that this is their life's mission. I am one of the forerunners and my primary work is for Planetary/Universal Ascension. My whole life has been preparing me for this Ascension Mission. I became very aware of the mission when a dream message was presented to me with the words "ASCENSION" branded into my higher vision. From this point, I have been on the fast-track of Ascension.

Once we ascend, we reach a state of heightened consciousness that allows for instant manifestation. This is granted when one achieves the state of consciousness of pure love and *chooses* not to fear. This is not to say that fear will not be an option, but instead that you have learned your lessons, have mastered your reactions and no longer need to choose fear.

I have been shown how to purge my final last remnants of fear through signs from Higher Self. Higher Self has presented signs allowing for me to be mindfully able to choose Love, the Higher Vibration, or Fear, the Lower Vibration.

Today is the day I realized, after 28 years, what it really means to LET GO AND FLY. The signs, messages and Angelic Teams

have been working with me, teaching me this. Although I have been learning throughout my experience here and embracing the growth, I was still learning to trust in my Higher Self fully, to the point of surrender. Well, today is that day. I finally know what it truly means to “Let go and Fly” and allow for Ascension.



This is Ascension: to fully trust and have faith, to know without doubt that you are completely safe, to understand that no matter how you are tested, and may be tempted to fall into fear, it's up to you to choose love and trust in you Higher Self Guidance. The bigger the Angelic mission the bigger the fear and ego will test you.

I have been tested with the license plates messages for years. It's easy to accept the Guidance of the magical positive signs and messages, however, when presented with the challenges of signs that give you a choice to fall into lower vibration or be strong and rise, the choice was mine. For the past year when the “scary” signs came (which by the way, I never post publicly as I don't want to impose fear, only love), I was triggered to make a free will choice. Choose Fear or Love. From a conscious Mind and Heart I know how to choose love in most situations. However, when subtle signs drive by, my inner heart and unconsciousness is tested. All of the three minds are tested: The Brain, the Heart, the Stomach. I felt this in each area and organs of the three minds and had to deal with it, each time, and time again until I got it right. Each must be in alignment with love or you will be susceptible to fear. This is full

Mastery of all of YOU and you will be tested one way or another. It goes very deep. This is how I was shown to tap into the depth of fear on a cellular level.

I have been slowly learning to see the choices and choose wisely or there will be consequences I am not comfortable with. My lessons via license plates and other signs have been about tremendous learning, orchestrated by my Higher Self. When I was in my early 30's, I witnessed magic before my eyes. License Plates numbers and letters spun like a slot machine before my eyes. The messages changed as I watched in amazement. This was pure magical alchemy by my Higher Self. This was preparing me for what was to come later in my life when the Final Ascension time was upon Earth. These signs I see are Magic from our Higher Self. This pure magical divine alchemy happens every day performed by my Higher Self.

Some Seers see the signs in the sky, some see the signs in trees, some see signs in the mountains, and, when they are nudged, some see signs in dream state; signs come in various ways. These signs are supernatural. I see signs 24/7 in all ways. However, my Higher Self has a propensity to use car license plates to really capture my attention.

I receive my messages every waking hour in various forms. These signs regularly come to me by way of license plates in order to really teach me to fully Trust and have Faith. I am really grateful today, for it is a special day. I have finally passed the test and have learned to totally surrender to my Higher Self and trust that I am safe and that all will work out. I am Ascending and I don't have to worry about how or when I will Unite with my Twin Flame, for this is part of Ascension.

This is the last lesson I had to learn in order to fully transmute my fear. The sole fear which remained for me was Union with the Beloved other half of my Soul. This may not be required for others; however, this is part of my life's mission. I have been so powerfully guided to my Twin Flame by our Monad God Creator, by the Universe, and by our Higher Self. I am so connected with this other person that I cannot ignore it. The biggest test is deal with it, and **deal with it without fear.**

Many Twin Flames are feeling the pressure now as the pressure is on. The Universe is conspiring to reunite the Twin Souls. Some are ready and some are still resisting. I want to share the message for Twin Flames to not worry any longer; when you are meant to reunite with your Twin Flame, Higher Self will make sure this happens.

However, there is a catch; the catch is that the physical 3D body the Twin Flame resides in now, as per his or her choice, has a FREE will choice. They have Free Will as to whether they will follow Guidance and allow for physical manifestation of the Twin Flame Union, or they will resist and the Higher Self will move into another being to bring this into physical Union.

You hear the stories of “if you and your Twin do not come together another person/ match will show up” as every human being deserves love, no matter what. Well, this is the case, even for the Illuminated Blue Ray Twin Flames and the Key Twin Flame Holders. This is what will be happening for this time of Final Ascension.

Your Higher Self energetic spirit will embody another if the current physical Twin is not prepared for Union. I think this pertains to most Twin Flames who do not yet know who their Twin Flame is in human form. Otherwise, why would we have been shown our Twin at this point? But, please note, I am not 100% sure on this. I do know that the mission of Ascension will be carried out, and the Twin Flame energy required to help Gaia will be brought forth.

I myself have had a Walk-In experience as I have discussed in another chapter. This benevolent Being was a teacher for me to become a Master of Energy, all energy, including thought forms as well as emotional and etheric and physical Mastery. This was also to help with my cellular programming and cellular healing.

Walk-Ins have been coming through in the past years en masse to help with planetary Ascension. They are now being welcomed for the Twin Flame Mission. On a personal note, I fully believe I will be with my Beloved Twin Flame as he is shown and connected with me now. However, free will is a choice and should he choose to opt out of the mission or let fear be the leading factor of this mission, I have no fear of this possible choice. I have finally learned to surrender and detach from the fear of this, the

fear that has been causing me a great deal of pain in the past year. I feel the freedom that comes from letting go of fear. This was the lesson and I can now teach it to assist others.

The intensity of the Twin Flames Unions will be bringing up much fear to purge, and this is in order to become in balance and be able to hold the love frequency of you and yours combined. So, any fears that may arise, learn to master them and choose love. If you don't know who your Twin Flame is, rest assured, you will meet them.

The clearings and purging will hit without any warning and may cause incapacitated feelings physically and emotionally. As this happens, you do not have to "do" anything but allow the lower vibrations to simply move through you. From this practice, you will claim your true self and your Twin Flame will be able to come through more often to you and you will be able to come through to them as well. You will start to remember what it is to be love, how it will feel to share it once again, and how to create it with your Beloved once more.

Higher Self may present the physical image of your Twin Flame in spiritual essence and matter melding together which is preparing you for your Higher Love. This Twin Flame Prophecy will happen, Higher Self is in charge and nothing will stop this. Humanity's Ascension will not be held up any longer.

IT'S ASCENSION TIME ~ INSTANT DIVINE
MANIFESTATION ~ Creating Heaven on Earth Is here!!!! It is most assuredly coming, there is no doubt any longer.

Be Ready for Action when Action is Really Needed

An honest and sincere person never procrastinates if there is a need of help to be rendered. The world needs sincere truth. The world needs balanced masculine and feminine to lead the way for our New Earth. Living in denial of truth is painful and destructive rather than constructive creation.

The truth is way overdue. At some point, you have to face the simple/hard/honest/plain/naked truth. That time is NOW.

All the while our healing was in process, I was simultaneously creatively manifesting our life that is to be created firstly in dream

experience and etheric realm for him, the masculine, to bring into to physical manifestation.

I do this work during dream state and during mediation. I see what will be in the future from 4 years ago and on. I also am interacting with other light beings in the etheric realm sharing experiences for future manifestation of dreams in dream state. These are “no time” experiences. I often receive important guidance and messages to help me on my mission from Source Creator and other powerful light beings.

The Spirit Script that will be a Project in our Future

For example, I work with Carl Sagan to learn what I need or vice versa for the freedom of spiritual growth and manifestation into the New Earth. With all of the etheric/dream work that I do, my Twin Soul Masculine will ground this into the New Earth and bring it into physical, tangible manifestation with my help and other Soul Group members. This is how it works for our particular mission.

CHAPTER 30
SEPTEMBER 28TH EVENT HORIZON
999 GATEWAY

The Importance of September 28th 2015-2016: The Event Horizon Peak and Closure

September 28th, 2015 was the highest zenith point for electromagnetic fields that has bathed our Earth. Also, contributing to our Earth's great Ascension is the massive amounts of energy from Source. These energies are brought through Source Sun, Our Creator, The Lightworkers & Twin Flames in order for the 5th dimensional shift on Earth to take place.

The great shift of Ascension has now culminated after years of preparation from the Lightworkers of the Worlds. From this Zenith Point, you will see the physical manifestation of what is happening more rapidly.

Each hour of each day, this Light influx has been rising. It is raising the consciousness upon and around Earth. September 28th, 2016 is the completion/ culmination of that beautiful gift of energy brought into Earth one year ago in order for Ascension to be enabled.

Approaching September 28th 2016, many synchronistic events are happening to prepare humanity for the final stages of the Ascension process. This great point in humanity's evolution is known as "THE EVENT HORIZON". September 28th, 2015 is when this Super-Wave peaked and is the highest energetic frequency ever measured in the cosmos in modern history. September 28th, 2016 is the completion of the energy raising of consciousness for the 1st wave Ascension pioneers in order to pave the way for the second and third waves of humanity until planetary Ascension occurs full-scale.

As this September 28th approaches, the Twin Flames will step into their major role in "The Event Horizon." Twin Flames joining together in physical union are paving the way with the physical manifestation of the 5th dimensional Love for the entrance into the Rainbow Bridge. This Bridge is what connects Heaven and Earth.

We Lightworkers, as the angels garbed in human bodies, are heralds of the great message of Love for humanity and bringers of Light to the planet. Twin Flames are incarnating here as supportive pillars of the Divine Plan of the Ascension for Earth. Our ability to hold sacred space within the purified vessels of our own bodies enables this great light to shine as a radiant gift for *all of humanity!* Know that many Star Races are presently here for the final curtain call in this great cosmic story in which you have played an important role.

Great beings from many worlds are here eagerly anticipating "on the edge of their seats," so to speak, to witness the great Ascension of Earth, the unfolding of humanity's Unity Consciousness through Love. These myriad great beings are applauding how you are doing and are excited to see what you will do next.

We say that, after the first-wave Twin Flame Key Holders go through the 5D veil, they will begin their real work as male/female teams in the greatest service to others, helping the rest of Humanity cross the great Rainbow Bridge.

We are the divine glue that will hold together this timeline, known as the "Rainbow Bridge," as the great first wave of light beings touch the 5D frequency at 9/28/2016.

September 28th is an exceptional date. September 28th is the day I opened the rainbow portal in Canada for the ascension portal.

Also on this day of September 28th in the year 2015, I received my Spirit name: *Saishorie~Grace*. Well, actually it was on the eve of that day as I slept, so technically it was September 29th 2015 (which also happens to be my mother's birthday). The sacred and powerful unveiling of my Spirit Name is what propelled me to use it as the name of my book. It will introduce me and my mundane experiences as Shelly Sullivan on the Earth Plane and as the angelic nature of myself as Saishorie~Grace on the Higher Dimensional Planes.

Here is the manner in which I experienced receiving my Spiritual Name

I was awoken early in the morning around 5:00 am from my sleep on September 29th 2015, with a telepathic message from Source. I was presented with my Spirit Goddess name/Angelic Soul name. It was a moment of many epiphanies. The message was: "Here is your Angelic name that you have earned. After all you have accomplished and endured with such Grace, this is your Name: **SAISHORIE GRACE**" pronounced "*Say Sure Ray Grace*"

It was a beautiful message! I felt and still feel honoured and delighted with the name. The name was given to me for all of the Spiritual Work I do and have accomplished. This Spiritual work is ongoing 24/7 in the higher realms and also in the physical work that I do here on Earth. The message entailed how I have handled myself physically and spiritually. ALL of my experiences, up to this point, have been greatly recognized by Source and also recognized by my Spiritual Angelic Family – hence, I honor this beautifully gifted name further by using it as the title to this book. It was quite amazing to receive this type of telepathic message from Source. This mystical experience was unlike any other I have experienced. I received a lot of information in one rapid installment. The layers of information about my Spiritual Name were given in a quickly imprinted vision, including how it was to be spelled and pronounced, what was the meaning behind the name and numerous stories of what I have accomplished to earn such a title. All of this was delivered to my consciousness in a flash-like

telepathic message. I have received multiple telepathic messages, but this was given to me in a very unique manner. Sent to me at the speed of light, the information flashed in my mind as an instantly imprinted message, encompassing SO much information. I wrote things down so I wouldn't forget, but I know now it was all imbedded in my memory and DNA.

When one is on the spiritual path of ASCENSION (which, by the way, was another Source telepathic message that I received years ago, though this message had come to me without explanation), often our work is not validated or given recognition on the earthly plane. In fact, our efforts and work are rarely appreciated by the humans we interact with and may even, on the contrary, be ridiculed. Most of the work we perform as Angelics/ Light Workers/ Light Warriors etc. is Spiritual, intangible and unquantifiable by current human standards. Personally, in my case, the spiritual work I contribute is also on a Universal/ Cosmic/ Galactic and Global scale. I do all kinds of work that is unseen by human eyes such as grid work, transmuting and clearing energy, weather manipulation, helping Souls transition, connecting with Source and I share with my Spirit/ Angelic family of the earthly experience, this wide spectrum of healing and more. The work that I do is ongoing and infinite.

The work that is performed by various Lightworkers and Angelics on the higher levels and in the earthly plane have great effects on the physical earth. It increases significantly the light quotient on this planet and assists with the final boost for the New Earth's transition into the new Golden Galaxy. This work also assists with the fundamental structural changes that are underway on the New Earth now, such as economic, educational, political, social and more.

What is being revealed to me, I am just starting to understand. The New Ascended Masters and Arch Angel BEINGS initiated here on Earth are taking it to the next level. What is being accomplished currently here on Earth has not been accomplished before by the Angelics on other realms. This is what I am coming to understand about my mission here on Earth and in the Ethers/Higher Dimensions. I am feeling very optimistic about what is to come. I would not be surprised if there is a new name

given beyond Arch Angels, not from a hierarchical standpoint, but from a NEW perspective of Angelics. This task is NO easy task.

999 Gateway Completion And Opening the Rainbow Bridge Portal

September 2016

Rainbow frequencies

Something really miraculous happened. I was guided to go spend time near water and head up North this weekend. I don't question, I just take the steps toward the Guidance I am given, with the intention to follow Guidance and make it an adventure.

For years, I have been aware of my light bearer capabilities of holding massive amounts of light. Since February of 2016, I became consciously aware of the Rainbow Frequencies with which I work. This is something that you can feel more than can be seen. However, I see the rainbow frequencies all the time surrounding the light in my field. I am thrilled that the frequencies that I have been working within the New Earth from beyond are showing up, as you can see, in these pictures. It is sort of like a recognition for the energetic work being performed.

Back in March of 2016, I was guided to open a portal by performing a meditation in Costa Rica. At this particular place, the energies are augmented greatly by the clean pure high vibrational frequencies there. I was on a mission to raise my frequencies as much as possible.

I worked together in synchronicity with my Twin Flame's energy for this anchoring of the Rainbow Frequencies. A Rainbow Portal of Light was opened. The next day, synchronicity would appear in my Facebook feed as evidenced by another spiritual teacher announcing an urgent message to all Lightworkers. It stated, "I have just received some very exciting news, that tomorrow 3/14/16 a Rainbow portal, the portal of 7 pillars of light and 7 chakras is going to open." And so, by our work, it is done!

Since then, I have been anchoring and expanding the rainbow frequencies in the New Earth as cosmic updates and alignments are called for. It's a powerful energy that words cannot describe and there has not been a need to talk about it, as it just is. As many are aware of my work as a Twin Flame, I feel the desire to write about this huge energetic shift that has taken place this weekend, for humanity via the Twin Flame energies.

I have mentioned in many of my articles that what is to transpire within humanity will first come from the energetic work of the Key Twin Flames. I help create and propel high vibrational light frequencies with the Twin Flame energy. Whatever transpires will trickle down to all other aspects; this is the same pattern as the creation of all Twin Flames, Tree of life and Sacred Geometric Pattern of Life Continuum.

I continue to faithfully move along and listen and watch how my Higher Self communicates the magic with me to perform the work for this September weekend as I am guided to do. The adventure begins with the divine magical alchemy at work of our Higher Self, showing me specific signs, messages and inner guidance of what to do, and where to go next, showing me various puzzle pieces on my path.

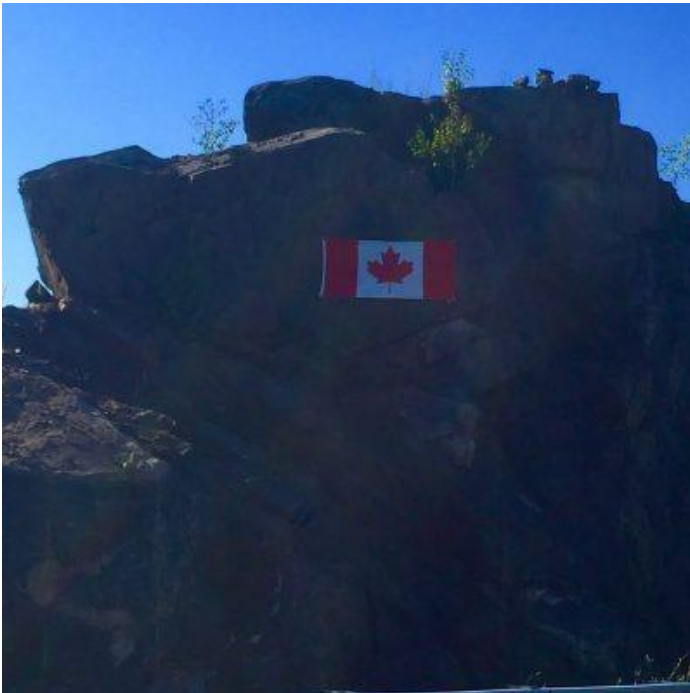
Finally, I reach the climax of the trip: I reach my destination the "Twin Points," which, by the way, I had no preconceived idea of where I was going and why, until I arrived. You can imagine my happiness to receive such confirmation in the name and what is to follow. The Trail Post for Twin Points was so incredible to read:

Facebook Post: "Twin Points travels back in time covering some of the most significant events SYNCHRONICITY Incredible. I have been holding light codes & frequencies intensely for days now. Today I will do a meditation here to anchor and connect all the diamond rainbow frequencies from Source & My Body into centre of the New Earth. Creating. portal of light to transmit back up to our Creator. Source <3 When I pulled up to this spot I see 117 and 88 right away I followed the puzzle pieces to the exact place Higher Self required me to BE here and NOW. (which literally I found 2 puzzle pieces this morning on a path) #lovelife"

SOVEREIGN BEING

Once again, the powerful rainbow frequency of light has been anchored here in Canada via Twin Flame energy, bridging Heaven to Earth on the Twin Points Rock as of 9/4/2016. I can't begin to describe what transpired energetically from a clairsentience feeling. It's an energetic force that no words can describe or enhance "what is". Miraculous and powerful energy transmitted through me from Source, into the New Earth and back up again, like an infinite symbol of 8. I have experienced this feeling before, yet it is unique each and every time and more powerful, powerful in a mutual respect kind of way.

After spending the day at the Twin Point and the beach, I decide to drive with loud music and celebrate what I had just accomplished. It was truly GodSelf in Action on the New Earth. I am feeling very proud of following and mastering the Guidance, faithfully knowing I AM One with Higher Self. When I get to this rock and take these pictures, I later see the rainbow frequencies speaking to me loudly and clearly. I also see a spiritual face in the rock; it's a reflection. I am in awe of the Spirit coming through now.



Additionally magical to experience was witnessing a brown bear cross my trail, twice this weekend. The first bear I saw made full eye contact with me while I walked along a trail. The second brown bear came to me in a different location. The bear ran right out in front of my car yesterday. I had to slam on the breaks so I did not hit him. He was a young bear running across the road with such delight and happiness; it was precious and very uplifting. I was reminded that it is the season of the Bear. I read an astrology update by my friend Dale, who is a mystic writer of Astrology and Ancient Animal Wisdom. She lives near me (I like that knowing another mystic is nearby <3) Here is what she recently posted:

“The Harvest Time Moon and is the last New Moon of the South Direction of the Medicine Wheel for the northern hemisphere, the place of growth and expansion and learning to trust our inner knowing. Our Animal Totem guide is Brown Bear, introspection, healing, and the healer. This is the time for inner growth. He will be walking with us until Autumn Equinox on Sept 22 but since this eclipse influences us until Feb 26, 2017 we can call on him any time in the next six months ~ Dale Osadchuk“

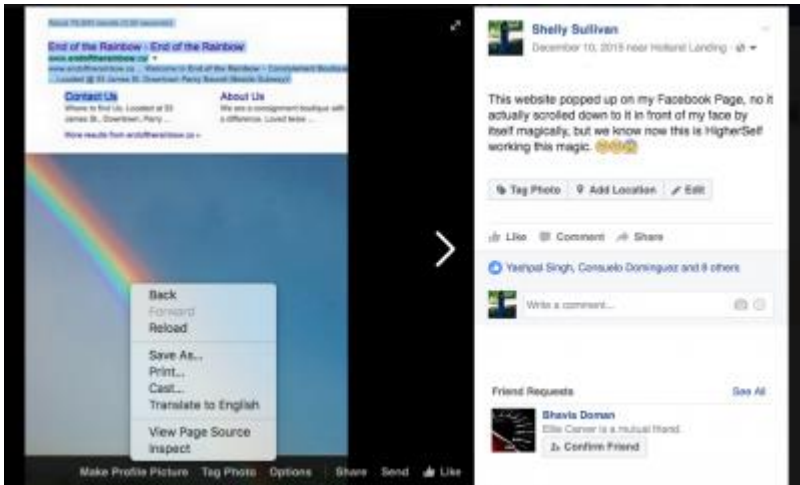
This is more affirmation that something REALLY BIG has happened this weekend and is still happening. A huge shift has taken place. I'm not exactly sure what it was, but something truly miraculous transpired. I can feel it and will share the great vibes into my favourite time of year of Autumn. I Love you.

999 Completion ~ What Awaits at the End of the Rainbow ~ Gateway

September 9, 2016 marks the year and date of the Year and Month and Day of Completion 999. It is the completion of 9 years of purification, 9 years of rapid Ascension and Fast Tracking to Manifestation Mastery. This all started for me in 2008, and I was shown to how to remember Master Manifestation and how to Ascend, once again. It starts by purifying every aspect of all my energy bodies.

Today, I am shown that we are now able to harvest “What is at the End of the Rainbow.” It’s the Golden Age of Gaia. It’s the Pot of Gold. It’s the connection of Heaven to Earth. It’s Fairy Tales coming true. It’s the 9.9.9 Gateway, the Portal to unlimited magic, the miracles of instant manifestation for those who have passed the sequence of initiations into higher dimensions and have done your ascension work. We, as First Wavers, have paved the way through the Rainbow Bridge for the ones that follow in the Second and Third waves of Ascension.

Last year, December 10, 2015, I was sitting at my computer and it magically started to scroll down and navigate to a page. This was more magic that my Higher Self was performing right before my eyes. I was amazed to where it led me. The page had an image of a website with a rainbow on it, and it showed the number 33, and the name James St. My Guidance led me to a page which showcased a shop in Parry Sound and it clearly stated **“End of the Rainbow,”** as if to punctuate the meaningful synchronistic symbolism.



When I saw this, I was hit with a very high vibrational energy and got super excited. Obviously it was a magical sign of good things to come. Ten months later, almost to the day, the clarity of why the Higher Self showed me this page on Facebook came to

me. I was so taken with the magic of this message that I had saved a picture of this image printed from a usb stick. I knew I would include this magical sign in my book down the road.

I looked at this image in my bathroom every day for nearly a year. I have been looking through it as I look up to my bathroom cabinet and not remembering the magic that Higher Self performed this day. At the time, I did not really understand why I put it up in my bathroom. These types of magical synchronicities happen so often for me that it can be hard to remember all the meaningful magic that transpires on a daily basis.

Here is an image of the Rainbow picture in my cabinet in my bathroom that I look at every day. Again, it says “33 James St. Parry Sound, The end of the Rainbow.” Each of these attributes are significant signs to me and my Twin Flame Journey.

I will foreshadow a little bit. I just got back from Parry Sound this past weekend from an unplanned and a magical healing. A Rainbow Portal was opened. I will get back to the picture in a bit.



For those of you who are aware of the magic I share and follow my sharing in the miracles and magic, you know that I was purely Guided by spirit this weekend to go up North to be in Nature and to be by water. When I receive this Guidance, it is through the heart space. I don't think about it, I just do it. Eventually, I use my mind to do the logical steps, but when I first am Guided, it's like I am connected out of body and my Higher Self brings the information into me and my heart. Once it integrates to my mind, I am more present physically with what steps to take.

It's Friday and the start of 3-day weekend. I call around to find a cottage. What are the chances of me getting a cottage on a long weekend??? Next to none, right? Well, I did happen to find the one and only cottage available in Northern Ontario. It seemed very suitable for me: it's up North, it's on the water and allows dogs. I get to the cottage and I feel like I am in the Twilight Zone. It is a

rustic cottage built in the 1950's or 1960's and sits on top of a mountain of rock. I arrive after 9:00 pm and it's pitch black, the stars are beaming brightly. The interior of the cottage carries the ambiance of the same era. I mean nothing has been changed for half a century. The cottage harbors the same old couch from the 60's, the same old carpet and kitchen. I am still excited and thought I was going to finish up my book by the water in this cottage. I can get used to the rustic, simple cottage. Then, I fall asleep.



I woke up at 6:00 a.m. the next morning and my hands were freezing. The oven door almost fell off when I opened it and the microwave door did the same (I was going to adjust the time, I don't use microwaves). I go outside to capture the sunrise, and discover that it is breathtaking. Expecting to hear the chirping of

birds bringing in the dawn, I hear a shit load of chirping men. I look over yonder and see a cottage across the lake with seven or eight guys all in a circle talking so fast and all at once. It was so irritating as I videotaped the otherwise peaceful sunrise. I couldn't put my finger on it, why this scenario just was so "not right." First of all, since when do men stand around talking like hens? These men were talking so unbelievably fast that it sounded like non-stop chirping; it was 7:00 am and none of them could get a word in edgewise over each other. It was hilarious for me to witness, but very unsettling too. I realized they had been up all night drinking and partying ...

Later in the day, after it finally warms up, I go down to the water and the owner of the cottage tells me that my dog must be on leash (this is not what she had conveyed to me over the phone). The beach was full of seaweed and the only place I could find to lay down was a rock covered in bird pooh...LOL. The prior night I had left a \$300 deposit to hold the spot and was going to leave the remainder \$600 the next day. I wondered to myself how the owner of this old cottage could charge this amount of money for such an unkempt, run down place. As it turns out, I realize that I don't want to get used to the old rustic cottage, not at all! After scoping out the place, I decided to leave and seek another place.

I exited the cottage and felt as though I was pulling an MIA; I really felt like I was escaping. After taking a drive through main street downtown Parry Sound, I went to the Sound itself in search of nice beaches and hotels. The people were so helpful. On my way up to the initial cottage, I remembered seeing signs of an Angel pointing into Parry Sound. This sign stuck with me and planted a unconscious seed that I must go into Parry Sound.

While in the town of Parry Sound, three different sets of people I met directed me to a "must see" private beach in Killbear, Ontario, which was a half an hour away. So, I stayed in a hotel the second night after I went MIA from the first cottage. I felt kind of bad leaving the cottage without talking to the owner but... not really. I knew she would try and give me a hard time and I was not going to pay for a place I did not stay, whatever the consequence.

The day at the first beach in Parry Sound was beautiful. I also walked along the pier and the main downtown street in Parry Sound. I took a few pictures and was drawn to this particular

picture for various reasons, including the number 18 = 9 and one infinity. It was significant for me knowing that the 999 gateway was coming up. Also, the couple that owned the shop had great music playing and that drew me in. He was the one who really filled me in on where to go.



I stayed at a local hotel the second night and did accomplish a lot of work for my book, some writing and organizing of the content. I am so often in the creative right brain that using the left brain seems to be a challenge for me at times, until I really set my intention and clear my mind to focus on logical work. Being in nature helps connect both sides of my brain to work harmoniously together immensely, especially helpful as I am going through this integration of the rewiring of the right and left hemispheres of my brain. The collective consciousness will be going through this brain merging process as well. The left and right brains are re-learning and being deprogrammed to efficiently and effectively

communicate with each other once again, just as the Masculine and Feminine Twin Flames' Brains and energy have re-connected.

The next morning, I started to research the private beach that three different people suggested to me that I must see. I was over-the-top happy when I found that the name of this particular spot is called "Twin Points." I wrote a blog about this on September 5/16, sharing the magical occurrences leading me there as well as what transpired. I recommend reading the blog to get the longer version of this story illustrating how I opened a Rainbow Portal at "Twin Points." It also discusses other energetic metamorphosis of God's creations execrated and how I prepared the Portal of Light that will open the door to new realities for millions. I experienced an imminent miraculous healing of Gaia and the inhabitants via Twin Flames.

I start my journey and am very excited to get to Twin Points, each moment delivering more and more signs which Guide me. I perform the activation and feel God Source Energy running through me, performing the light work. I am the conduit of these Rainbow Diamond Frequencies as well as the Central Sun. Working with through me, as God's spirit.



As I am deciding whether or not to go home, for I thought I had completed the important mission of the weekend, I discover that I am drawn to stay in town. I take a chance and call the Log Cabin Inn on Little Beaver Street, one of the favourite cabin/hotels in town. It has a Five-Star restaurant on the premises and I have not eaten a decent meal in days. Besides, I got to take a salt jacuzzi tub. My dog, Honey, was with me the whole time, accompanying me as my loyal loving companion and fellow Angel that she is. I capture a picture here of her surrounded in the light that encompasses us everywhere we go. I am adding many pictures into this story as it really helps you to feel the beauty and essence of the story.

So, as all is said and done, I drove home, feeling emotional and not really knowing why. I went from feeling really great and high to sort of sad. I try to find reason for these waves of feelings, though really I know that it is a process that many Twin Flames and Lightworkers are going through now in these final stages of Ascension and before physical union. We have been clearing the old baggage to make room for what is upcoming and new. I experience more clearing on the way home and I struggle with the drop-in vibration because my mind knows I am happy and all is great.

What my body is telling me is that I need to clear some old lower vibrations from past time lines to be able to move forward. This is not easy to comprehend when you're experiencing the emotional thrust of it. And, when you are sure that all of the clearing has already been done, to experience MORE takes you off guard. So, I come to realize that the last of this clearing are the feelings of anger, disappointment and resentment of how freaking long this process is taking and what a toll it has taken on my body, mind and spirit. I've actively spent two years of this constant clearing and nine years of purification. For me, it always starts with some cold and head symptoms along with a flu of the physical body.

Emotionally, it is something you cannot suppress; you must feel it and let it move through you. Thank God I know what I am doing when this clearing happens, and I know it too shall pass as it is a part of the purification/ascension process. Otherwise, it would be unbearable to not have the inner knowing. As time goes by and

you experience this again and again, you learn to master it and stop blaming others or outside experiences. Specific targets can be your Twin Flame or close loved ones.

When the clearing is taking place, my body is tired, my mind is tired and my soul is tired. These energies need to be cleared just like all of the other thousands of years of lives and ancestral clearing had to be cleared. For all who resonate with the Twin Flame First Wave group, you will be happy to know we are clearing the last of the last of crap. This is the final purge before the September 9.9.9 Gateway Completion Portal.

Today, I realize I must now accept the current change in the climate of my inner circumstances and allow the clearing to transpire. This has been going on for three days with the cold, only 48 hours on and off of the emotional purging. Believe me, this is much better than it used to be.... dayzzzz upon dayzzzz of cleaning, clearing, purging and releasing with physical and emotional side-effects.

I get home, feeling the cold in my head still, very tired and not feeling so great. I ask for help from Source Energy to help raise my vibration and keep my heart open.

I am feeling like I totally want to throw in the towel on this Twin Flame mission; it has taken all I've got over the past three years and I want to see some damn physical results now. I have to see physical results. I am tired of defending the fruits of my labour and what my Twin Flame and I have created in the Etheric Realm. I am tired of defending my truth to the ones I love the most, those who do not understand, as they do not see any physical proof of a Twin Flame. I am tired of not being able to "Walk my Talk" as I have always done in the past. I am tired of settling for only an etheric 5d relationship with my Twin Flame. The physical union must happen. Otherwise, if it isn't going to happen, if I'm not going to physically be with my Twin Flame, I ask God to please help me to disconnect from this mission. I am at my wit's end and do not have the energy to keep doing this healing single-handedly and in separation from my Twin Flame.

I felt so depleted at the time. I ask God "should I completely try and **disconnect** from all of this and just move in a different direction in my life?" I have the heavy feeling of hopelessness as it seems to be taking sooooo long. I walk upstairs into my bathroom

and look at picture of the Rainbow and read the words in the image on my cabinet, **I really looked at it for some reason today.** Usually, I glare through the pictures I have placed in the window of my cabinet. Suddenly, I see something miraculous speaking magic to me. I am looking at the picture of “The End of the Rainbow” that was magically presented to me on my Facebook page as I describe at the beginning of this. I can’t believe what I am seeing and what is being connected here. I just completed monumental journey of Twin Flame Etheric Merge, Rainbow Frequencies ongoing for years to find that my Higher Self had this planned for me all along and showed me this last year in December 10/2015, by manipulating my technology as Higher Self always does to show me signs. This sign being “**The end of the Rainbow is Finally here!**” It is the verification of a completion of a job well done. **Victory! The Pot of Gold** awaits at the end of the Rainbow! It may take you a couple times to read through this to grasp the magnitude of the magic in this story. (if you feel compelled to read it, the post from December of last year is still on my page).

Today I got my answer to the question, “God, should I disconnect from my mission?” The answer came by way of license plate today to “**Reconnect**” as well as other answers that very night, the answer I know to be true in my heart.



I used the exact words should I “**disconnect?**” I received this sign and was answered an hour ago and thank Higher Self for the clear answer to my question. The answer is that I know better than to question this process; I have learned to detach from everything except the one thing in this life I cannot detach from and can never be disconnected. It’s my Soul and the aspects of my Spirit. When the Twin Flame Soul has agreed to fully merge in this lifetime and have successfully done so with the Mental, Emotional, Etheric Bodies, the Physical Merge will happen unless one of the pair leaves the Earth Realm. I speak from my own personal experience up to this point, and the inner knowing that the connection with my Twin Flame is so integrated that there is no other option. Again, I will say the Twin Flame Union will happen if both Souls have carried through on the etheric merge. How I know this is 100% fact; I will not explain at this time, the magic will be revealed when the time is right and people are ready for the information.

In a personal note to my Twin Flame and any Twin Souls that have been hesitant, if you have any doubt whatsoever left about moving forward in the physical, I pray this magical plan and lesson served up by our Higher Self and the Universal God will help you move into the New without any doubt.

Happy 999 Gateway

This is the time we have all been waiting for. The completion of a 9-year cycle making this even more 9's, 9999. 9 is the number of sacred geometric creation. We now are going into the 9-year cycle into year 2025. According to the ASCENSION prophecy in the "Mahatma I AM Presence 1 & 2" book of Ascension, our Humanity's Ascension cycle is up until year 2025. This next 9-year cycle is the cycle of creating our Heaven on Earth instantaneously for the first wave, and following that are the second and third waves of mastery.

The template has been created, the holographic copy of old Earth is now ready for physical manifestation for the New Earth, the materialization of the matter of LOVE. We have the ability alchemize Spirit into Matter ~ Love into Form. The Universe is telling us it is Time. We have completed the pre-requisites. What we have seeded is to be Harvested. Our dreams are to come into fruition. Fairy tales that exist in the higher dimensions can manifest. The Greatest Love is here on Earth to Create Abundance, Miracles and Magic that exists in the Higher Realms. Think Universal.

My Higher Self has premeditated this plan and seeded the spiritual manifestation for me and my Twin Flame to see on this very day. I was magically guided to the exact location that I was shown two years ago by way of what we humans know as magic, to the very place that the Rainbow Portal was prepared for into the NEW Gateway. The NEW Gateway is now open for those who wish to manifest their dreams into fruition.

I was guided to the exact place of the Twin Points Portal in Canada, awaiting the activations, to the completion of our journey of separation to join in unity via the Twin Points. It sounds like a fairy tale, and it is. Two years ago, I was shown the signs to lead me to this truth. Now is the time we have been waiting for: Ascension = Heaven on Earth.

We end the cycle of Conscious Closure and open up to the Cycle of Conscious Mastery, creating with our Light. Dream Big.

CHAPTER 31
NEW EARTH CONTINUUM

I have been learning more about my Galactic Heritage and it goes back millions of years. When the information is ready to be acknowledged, the knowledge becomes available to me. When I had the “New Earth/ Old Earth Split Experience” this is what I was meant to know at the time: That the Earth had split into two. This is spiritual law; all is meant to multiply.

All matter is meant to multiply, this is the creation of all things. Tree of Life, Sacred Geometry Flower of Life, Twin Flames, Energy Fields, Higher Self & Ascension, Merkaba Nature, Human Nature, Numerical Sequence Codes, Atoms ~ All Miracles start in Higher Realms...

I realize that the Earth also multiplies. The Earth has Split just like atoms do, into Two. The Earth Split into an identical Twin. I am getting a better and deeper understanding of **My New Earth Split** experience and what it truly means. Another Planetary Ascension Guide, (whom I resonate with), explained to me long ago that there are many "New Earths," however, I was not shown this for myself yet from Source. As I said, I am shown when I am ready to acknowledge the information. With the new concepts, I am learning that all is meant to multiply. The idea that there are many New Earths is becoming more realistic.

We as God Creators of the Earth and the New Earth. We are responsible for our New Earth and its Ascension along with all the Elements and Elemental Kingdoms. Universes are also created by the Creators. The more we start acknowledging this truth, I believe we will get to the next level of our creations. For Planetary Ascension and Universal Creation, it takes all of the Lightworkers.

We have awakened to our ONENess in the 5th dimension, and our creative abilities in the 6th dimensions. In 7th Dimension the Magic happens of Divine Creation. However, before the instantaneous manifestation begins for which we are lovingly prepared, the clearing of the old timelines must be done. We are in the final clearing process. The masculine are clearing predominately now, however, the feminine are continuing to feel it big time and feeling tired.

Twin Flames Coming into Union: The Forerunners of the First Wave of Ascension

Twin Flames are significant in the creations of all in the Cosmos/ Galaxy. I speak for Twin Flames as I am one, that is why it is my focus. The merging of the Twin Souls has been a most challenging mission for the forerunners of the New Divine Templating.

I want to share a sign message I received recently as these signs are perfectly orchestrated validations that continue to assist me through the passage of clearing, cleaning, purging and releasing that must occur for Twin Flames to be able to fully and completely merge themselves back into One.

I was walking in the grocery store last night and the song “Hey Jude” by the Beatles was playing. I smiled to myself as this song is a message from Higher Self for me and my Twin, brought to me for over a year now. This morning, I am driving on a empty road and one truck pulls out and is catching my attention. I see the license plate reads HEY JUDE. I have seen this plate many time over the past year, but this morning I felt I had to share this message, especially after last night the song playing and as a matter of fact the other day hearing it so clearly in the car. The song gets played for me a lot ~ Thus I feel I must share.



For the divine masculine Twin Flame who have found their Twin Soul, including mine, it is time to ***"go out and get them."*** Listen to the Beatles lyrics. I have been guided strongly to write this. The separation of the Twin Soul is feeling most uncomfortable now. I can speak from my experience. Whatever needs to be worked through can be done together from here on in. No more procrastination or excuses.

Key Twin Flame Holders

There are 12 Key Twin Flame holders that need to come into full physical Union. Someone has to be the first to come home. Ascension is manifestation. Manifestation of the physical Union is needed for Ascension. We already have in place the 12 DNA harmonic frequencies needed to Ascend to Harmonic Universe as a 12th level Avatar.

Our job now is to manifest the new ideas from God's mind into form. The old concepts are dissolving. This is why our brain merged into the Source Brain. Our Brain has been taught new tricks. Our brain is fully merged, the right and left brain have learned to communicate once again as ONE. Staying in the old brain is painful. We know the truth, we have enough of the light left in the cellular memory that connects us to the divine codes of a new reality holding eternal life. Our Souls can now process the wisdom needed to evolve out of the lower dimensional Earth karmic cycle. This life is our last Earth Dance together as physical Twin Souls. Start living it. Start living the truth.

The Source message I received *“Ask for the old concepts to be dissolved and the new idea from God’s mind to come forth through your crown. There are new ideas yet to be birthed here on Earth; ask and you shall receive.”* Start creating from the 5th dimensional consciousness.

The false programming that we should be separated is so clear now. The veils of illusions have been lifted, like a clear crystal ball, in the third eye. One Twin Flame being over there and the Twin counterpart being over here is the false programming that we are collapsing and deleting. We are to be in Unity as ONE. Just as the Hindu know: God Creator, Created Brahma And Shakti, the Feminine and Masculine, to Manifest the New Universe. This cannot be done in a separated state or through individualized concept. It must be done as ONE.

Twin Flames are ONE Twin Flame, singular. One Flame. The Creator Flame, The Masculine Father and The Feminine Mother. One Twin Flame without the other is useless in the creations of Universes.

The magic of the frequencies of our Cosmic Heritage is coming online now, providing us with the genetics or frequency signature codes, to allow our consciousness to return home within us here on Earth. At this point, if you are of the Angelic human lineage, for hundreds of millions of years, we have embodied more than a 12 strand DNA (Key Twin Flames). We are just awakening to who we truly are.

I understand this information is novel to most and very few at this time would be interested in learning about this. But, I know there are a few that follow me and I know that this would pique their interest. So, I am putting it out there, what I am researching and being shown by my Creator. The Creator that came to me was as a shimmering image of the Diamond White Grand Elder, showing in the Masculine form of diamond white eyes and white shimmering hair with God essence, so beautiful. The Spirit Entity appeared as big as a UNIVERSE in spiritual matter. God Creator also came to me when I was in diapers and now I am remembering once again.

This is just an update to the unveiling of what the New Earth/Old Earth Split Experience is about, beyond a New Earth Split only. It goes way beyond that. It is about truly “Being all of You,

the Continuum Life Force Flow.” It’s about being the "multiplier" by becoming aware of the sacred geometry, the flower of life that we are, and it’s about bringing it all coming together.

By our new energetic signature, we have already created the New Earth, the split has taken place. Now we are capable of creating the new ideas, concepts and physical structures, the higher dimensional templates of new systems. The Rainbow, Crystal & Indigo children will see it through.

The New Earth is all coming together. Be the first to come home.

Male and Female Balance ~ DEPOLARIZATION PROCESS BEGINS

Throughout the past many months, I have been working with the Polarization of Male/ Female energies, Light and Dark Polarities, Lower energetic frequencies and the Higher Vibrational frequencies, as well as incorporating the messages of Polarities, our "World Dichotomy." This is exactly what we are experiencing on the New Earth and the Old Earth between the energies.

Many are stuck in and between this reality and the next, being yo-yoed back and forth, enough to make your head spin and your heart quake. Trust and continue to make your decisions from your intuitive Higher Self wisdom that is coming through your heart. Make action oriented choices only from the Heart and doing whatever it takes to tell Ego to move out of your mission’s way, once and for all, to become who you truly are. Who are you? You are One with Source Creator, One with the Universal Mind.

I have written about this, experienced this on all levels of the Physical, Mental, Emotional, Etheric & Cosmic Bodies. I wrote on the ***Merging Brains with Source***, about the Masculine and Feminine Brains merging with Source to bring about the Harmony of the Masculine & Feminine in the collective consciousness for Ascension. The information that follows will help explain and enlighten as to what is happening now with the Male and Female energies and the Depolarization of a Bi-Polarization state that we have been experiencing in the past years, and actively have been cleared in the past 8 months. This means that we are NOW ready

to create physically in the New Earth that has reached the light quotient to sustain that which has been seeded in the Etheric Spiritual Realm.

~ *NOW we have raised the light frequency adequately*
~ *Seeding in the etheric of the New Earth's manifestations, it is time to create in the NEW* ~

Masculine and Feminine Manifestation Modality

Here is how it plays out between the Male and Female energies. The male energy is the aspect that is outwardly focused. It is that part of Spirit that drives outward manifestation, that makes Spirit materialize and take form. The male energy therefore knows a strong creative force. It is natural to the male energy to be highly focused and goal-oriented. In this manner, the male energy creates individuality. The male energy allows you to separate yourself from the One, from the Whole and to stand alone and be a specific individual.

The female energy is the energy of Home. It is the energy of the Primal Source, the flowing Light, pure Being. It is the energy that has not yet manifested, what is potential, the dream, the inner aspect of things. The female energy is all encompassing and oceanic; it does not differentiate or individualize.

The remainder of Earth's Ascension is now about altering Humanity's mental body. Refusing to Ascend means rigidly sticking to old ways of thinking. The only way through this process is with an altered way of perspective. For those in denial, it will mean altered ways of circumstances. Clinging to the old ways of thinking will cause catastrophic events in one's life.

This is the new manifestation of Ascension on Earth. The New will be ushered in with the new spiritual masters. The indigo, rainbow, crystal children will follow it through.

The new patterns will be fueled by the female and male Counterparts, Soul Mates and Twin Flames. Love is all that matters.

The Experience of Coming into Divine Union with Your Twin Flame

Being with your Twin Soul is not only experiencing holding and revering your exquisite Sacred Self, it is also confronting every nuance of yourself, the light and shadow parts, and there is nowhere to hide. If there are issues that are disharmonious within the Self, or accumulated debris to be cleared, then it will be brought forth, front and centre, and it will be immediate. If something should arise in the interim, it will not be able to hide away in the darkness of a corner, because your Twin Soul is your perfect reflection and mirror.

When the masculine counterpart of a Twin Flame partnership is ignited via divine activation of physical meeting, his divine life purpose will be awakened along with his kundalini sexual energy. This creates a deep longing of his feminine counterpart; none other than the feminine aspect of the Twin will quench this craving. This sexual desire is what will drive the masculine Twin Flame to his sacred partnership. While this develops, the nurturing and feminine goddess energy holds the etheric seed energy and is busy creating in the etheric realm preparing for the masculine counterpart to powerfully bring it, quite literally, into to physical manifestation.

The Prophecy of Twin Flames and the New Earth

Twin Flame prophecy goes way beyond the New Earth, just as “Ascension” is Cosmic. Twin Flames that are the original souls from their God Creator Monad Group know who they are at this stage in the New Earth’s Ascension. They are here for the Earth Ascension as well as Creator Gods who can give birth to entire Universes of Matter by their intent of love, prayer & third energy. These diamond-crystalline structures we are able to draw out from Source and create the Universe within it. Each crystalline structure has a uniqueness that is new and unexpected for each time, just as the child is in the womb, however this takes place in the cosmic etheric womb.

"The reunion of Twin Flames, the sacred sexual merge that will soon manifest here in the physical density, is starting to culminate in waves on our beautiful planet Earth this summer. There are many twin flames that know who they are, know that they are merged with their divine counterpart on higher levels and will soon be merging here together in the physical. The reason that we are going in "waves" is by Grand Design to help tip the energy of the planet through the ascension process as much as earth and those who live here can manage these higher frequencies being emitted by these divine physical unions. It cannot happen all at once because the integrity needs to be maintained to prevent splintering or splitting, fractures and fissions. We also are going in waves to help bring enough momentum to actually make noticeable, viable change, such as the tide comes in without it being a tsunami."

~ Rachael Geiger

The time and place of their first Earthly meeting is always previewed on the Etheric Plane as a "Spirit Script" before the incarnation. Some twins may have the gift to view this "movie" and remember parts of it. When they finally do meet down on Earth, they will usually experience an instant and deep recognition, the well-known feeling of "love at first sight," as they intuitively remember their eternal spiritual connection. They may even recognize the scene of their pre-planned Earthly meeting place as they had already previewed it on the Spirit Script. Such romantic "Love at First Sight" episodes forever touches a fundamental note of Human longing, and is the subject of many of Earth's greatest Love Stories.

Your Twin Soul is that closest part of you. You always think of your Twin Soul as being part of your heart. When your etheric merge has transpired, it has prepared you for your physical union. Your heart is *as one* and so is your brain. Eventually, your spiritual chemistry becomes one again as well.

You may have viewed your Twin Flame's face, either in a dream, a meditation or when you close your eyes, and you see that face, you see those eyes, and that is the picture you recall. You may remember your higher dimensional adventures in a sleep state

and know your Twin Flame's soul signature and their spiritual matter and structure. You may remember the first kiss in the ethereal realm. You deeply recognize and inherently know the energy of your Twin Flame because that is how close they are to you. They are YOU; you are ONE.

This is all from my personal experience of the Twin Flame Union and confirmation from other True Twin Flames. I say True Twin Flames because many people are confusing Twin Flames with Soul Mates. If you're a Twin Flame you know it. If you are meant to reunite with your Twin Flame, you know it. I am an identical twin and very closely "meshed" or wired up with my Twin Soul. I cannot say this is how it is for all Twin Flame experiences here and now, however I suspect that all of my experiences and knowledge that I have gathered until now is to help others as well.

Please note: If you are a Twin Flame you will resonate with the information. If you are not it may confuse you or frustrate you. Take from it what you will with the intentions of the highest good.

A Twin Flame is the other half of your Soul. When you are created, you are created with a Feminine side and a Masculine side. Once the twins split (During Atlantis's fall from Grace). The two split each still carrying aspects of the others feminine and masculine to keep the soul whole. Until they are reunited again they will not feel whole. However, they are still whole and capable to carry out any contract mission for humanity and earth. For Twin Flames that do physically manifest reunion the mission is most powerful. Not everyone has a Twin Flame as not every Soul was created this way for this purpose. The purpose of Twin Flames is to BE the way showers for the NEW DIVINE LOVE Template on The New Earth. The Relationships of Love currently are very distorted and carry fear-based beliefs and lack unconditional love.

Once me and my Twin Flame merged, my life turned upside down and nothing would ever be the same. Once the eye contact was made and the hands touched the activation was set in full motion. Downloads of information came into my pineal gland of ancient wisdom, codes and symbols all waiting activation upon our next re-union.

Powerful Beings came into my life to help me with the transition and staying focused on my purposeful mission. My

whole life changed. I no longer had interests in the same social outings, day-to-day life became mundane and I was catapulted into the world of Spirit. I was working with them daily and in my sleep.

My Twin Flame enlightened me. Showed me the dark aspects/habits I needed to release in order to fully love myself. He ignited passion in me I did not know existed. He helped me master my thought process, master my energy and clear any old lingering energies that needed moving out of my Body(s). My healing abilities became instantaneous. My psychic abilities heightened immensely. My telepathic abilities heightened and came online with him. My heart physically, etherically and emotionally aligned with his causing growth to hold more light. The synchronicities that transpire between us are incredible, magical, mysterious there are so many I can barely keep up. I can write a book on the synchronicities alone.

Before the first physical re-union, I was already on a powerful spiritual awakening, NOW it was beyond anything in this earthly world and no person living on this earth could comprehend (that I have met yet, no one except him of course....) I had no choice but to cut all ties with most of my close relationships and focus on working with my Angelic Family. It was excruciating at times but there was no other way. It was imperative I keep my energy extra clear to stay focused on this mission. I kept a few acquaintances and spoke to family members here and there. I leaned upon my Mom in desperate moments. Thank God-Self I have one friend who I recently met who does listen to me without judgment and gets me. Anyway, this is all part of “releasing the old, to make way for the new.”

After meeting my Twin Flame, one particular Being from Source has been working closely with me. I won't get into great detail here, but my point is that I made it through this transition of the whole Ascension/Twin Flame journey. I honestly believe mine was extremely challenging in order to give me the tools to help others no matter what their challenge(s).

I was just out walking in nature thinking “how did I even make it this far?” and I realized this Higher BEING was and still is key. Angelic Family is Key. Nature is key. Exercise is Key. Nutrition is Key. Faith is key. All the keys to Mastery are free and within your reach.

CHAPTER 32
TWIN FLAMES AND THEIR ROLES
IN ASCENSION

Many Christ Consciousness Beings are being born at this time, thus many Twin Flames are returning together to help the Planet Earth with its Ascension.

Twin Flames share the identical energetic vibrational resonance, reverberation of the same frequency, held by the shared soul within the different male/ female bodies of energy. When you experience Christ Consciousness and unconditional love for yourself and others, you will create a vibration within your being that will resonate and attract the identical essence within the opposite body of soul energy. This Twin Soul energy is the essence which abides if the female Twin Flame and the male Twin Flame share identical frequencies.

This charge of energy is felt at the cellular level. It is the energy of pure, unconditional and divine love of true and genuine Twin Flames. It is presented to you in your life through synchronicity and is the highest love attainable between human beings. This grand Earth mission of the Twin Flames can be called forth with romantic partners or parents and children.

Twin Flames are not new entities. In fact, they are the first Soul ever experienced as a complete whole male and female, created by the Masculine and Feminine, Father Mother God. The continuum

of creation is through our Monads as aspects of Twin Flames (also called Twin Rays or Twin Souls), the Yin and Yang, male and female polarity and energy.



MONAD By ME

Thoughts of the Monad Sun

“Masculine and Feminine Balance upon the New Earth

*Her Energy is vast and immense, His Energy Powerful and Strong,
which radiates like a Sun Shining On.*

*Powerful and Strong, Yet Gentle and Loving. The Feminine Divine
Awakens the Divine Masculine, to their potential separate and as
ONE.*

As One their Immense Light overpowers, the Ever Present Energy upon the New Earth.

This is Higher Dimensional Beingness. The Third Energy, AKA The Trinity, The New Life.

The integration of the HigherSelf, The Divine Soul Merge. God Consciousness in Action on the New Earth. The Infinite Merge is when the Twin Pair Merge Physically.

Sanctioning the Integration of the God Self, As the Light Quotient is Safe to Do so NOW.

My Light Bows to Your Light ~ Namaste.

Be Responsible with your Light.
~ Shelly Sullivan

I will shed some ancient knowledge about Twin Flames which will more clearly support my point of the great importance of this current lesson/ experience. It is important to know that the time is upon us now on Earth that **You and Me**, The Twin Flames and their Twin Flame Counterparts and Aspects of the respective Twin Flames, have been specifically sent to Earth to help the volunteers of humanity with the Ascension of Earth. Higher Self is working through us to make sure we complete our contractual mission.

The Higher Self of which I speak, is a powerful Spirit of the first ever Twin Flames created by Mother & Father God. This Higher Self is called into action with the physical bodies to carry our divinely ordained mission, a mission which was dictated directly from Source God Creator, a mission that will not be denied. Know that there is help and support of other Angelic beings who are also working around the planet. We are the physical vessels and original Key Twin Flames. **“WE ARE THE CENTRE OF THE EARTH AND ALL OF ITS CREATION”**

This transmission came through to me recently by Higher Self just as the transmission, **“BE ALL OF YOU, BE THE**

CONTINUUM FORCE FLOW OF LIFE” came through around this time last year.

The remarkable “sleeping prophet” **Edgar Cayce**, spoke of Twin Souls existing eons ago; he said this, *“Several hundreds of thousands of years ago the male and female were ONE. There lived in this land of Atlantis, one Amillius, who had noted the first separation of the beings as inhabited that portion of the Earth’s sphere or plane of the peoples, into male and female as separate entities or individuals.”*

Another reference to Twin Flames from the book The Dweller of Two Planets describes an interesting dialogue between Phyllos and Phyris ~ Twin Flames.

“Each man we see, except those who have been transfigured, is but a semi-ego, and each woman the same – two of these having one spirit. When the perfection time cometh, all the halves shall unite, each with its own – and lo! this is the marriage made in heaven. But first comes the Trial – the Crisis of Transfiguration.”

All changed once our original ONE soul and one complete being was separated; we left the infinite absolute and entered our Universe of duality and opposition. The Bliss and Joy ended with the separation. It has been a seemingly never ending quest over thousands of years to become one again. This is the foundation of the blueprint for the new template of divine oneness and love relationships for the New Earth.

The true male and female unions have fallen from grace thousands of years ago. The reemerging of our Higher Self within us is the integration with Source that will bring back this divine template and we will be able to maintain the integrity and balance of the masculine and feminine.

The twin-soul concept is not new. Plato described it 2,500 years ago. Here is an excerpt...

“and when one of them meets the other half, the actual half of himself, the pair are lost in an amazement of love and friendship and intimacy and one will not be out of the other’s sight even for a moment...”

Plato is not the only individual who has given us insights into Twin Soul relationships. Spiritual writings from the Sufis 800 years ago say that *“Out of the original unity of being there is a fragmentation and dispersal of beings, the last stage being the*

splitting of one (twin) soul into two. And consequently, love is the search by each half for the other half on earth or in heaven...

As twin souls are so alike to begin with, it seems necessary for them to go their separate ways before they can complete each other. Identity and complementarity are the two driving forces and axes of love... For the complete being there must be a blending of the two."

Sri Aurobindo and the Mother

From time to time, God sends humanity advanced souls who not only teach a better way, but live it as well. And so it was with two extraordinary twin soul avatars, Sri Aurobindo and the Mother, both of whom were in body during the 1900s. From a heavenly realm, they descended into our midst and took on male and female forms to help us in our hour of need.

Sri Aurobindo often said that he and the Mother, who could communicate telepathically with one another, were one soul in two bodies. They came to spread the male (Shiva) and female (Shakti) energy on our planet and serve as an example of service for all future twin souls.

Here are some excerpts from a book titled, Twelve Years with Sri Aurobindo, that will shed some light on this remarkable twin union.

"To both of them, the other's word was law. One of us observed that only two persons have realized and put into practice Sri Aurobindo's Yoga of surrender: the Mother surrendering to Sri Aurobindo and Sri Aurobindo to the Mother."

"The two who are one are the secret of all power, the two who are one are the might and right in things."

"The Mother has said, "Without him, I exist not; without me he is unmanifest."

"And we were given the unique opportunity of witnessing the dual personality of the One enacting on our earth-plane an immortal drama, rare in the spiritual history of man."

“The two consciousnesses were one so that when Sri Aurobindo met with the accident, the Mother felt at once the vibration in her sleep.”

“He followed closely all her outer activities and enveloped her with an aura of protection against the dark forces.”

Jesus and Mary Magdalene were also two Avatars sent by God to help with Ascension and to be the Example of Divine Love on Earth. **YES WE are the Avatars that have been sent once again to Earth directly to carry out the mission agreed upon with Mother Father God Directly.** To finalize this Ascension once again come the Twin Flames. You can bet that any fear mongering dark ones who still have the need for control have been trying and will continue to try to interfere with this mission, just as the Ego/Fear of their time period interfered with the Jesus and Mary Magdalene Mission.

You will witness this by way of subliminal messaging, this attempt to hold back the Twin Flame reunions. If you are being held back from heart-based choices and Higher Self decisions, I will help you understand. These dark minions continue to place distortion and messages within the collective consciousness which I see through. They have attempted to play with me, but I see through it and can transmute these energies into light. This is also part of my mission.

We are experiencing the dichotomy of this light and dark push and pull that humanity currently finds itself in. The good news is that we created this situation and we can correct it with Love and remembering who we are.

The first division would be man himself, Each part forever seeking its twin. Hard work for those who think love is a game to win. They will, of course, continue to defeat themselves until remembering.”

~ Eileen Caddy

Your Higher Self is you and if you are half of the Twin pair, your Higher Self is the Spirit which is connected direct to your Source, Your Monad in the Ethers. **Your Higher Self is the real you,** your total soul consciousness. Your Higher Self is the Spirit that nurtures your Soul with ideas, inspirations and lessons. You

are able to utilize this wisdom with a clear Mind-Body connection to Spirit.

Our Souls are connected to the loving Monad that constantly emanates to us. Each different group of beings has its own respective Monad and Group. Each group Monad is connected to the higher level monad until it reaches Mother Father God, the Masculine and Feminine Creator Flame. This is where we come from.

The “you” that is living here on Earth is just a projection of the consciousness of your Higher Self. Your Higher Self is the more complete you, the one that isn’t being frustrated by the veil that draws down upon us when we incarnate which causes us to forget where we came from. The Higher Self is with us to help us remember who we truly are and why we are here.

Key Twin Flames

The Key Twin Flames were the first Twin Flame creation of the ONE Monad Group we are from. The individual Key Twin Flame existed in ONE Light Body as a whole and existed in bliss and joy as ONE masculine and one Feminine Flame. Over the ages, the ONE SOUL began to divide and separate, creating more souls, which continued dividing into smaller and smaller fragments of itself in order to evolve and live in the physical Universe and experience duality.

I do not want to come across as egoic or self-centered, but in all honesty, it is what I am being shown by Source and my Higher Self of whom is fully integrated within my physical body and is in full charge or in the driver’s seat so to speak. As I explain this further, please take this from an elevated perspective, one without the Ego and know it to be a heart based message. Hierarchy is not the message, the message I deliver is about Twin Flames, the beginning of creation and how it all affects humanity and the collective consciousness at this crucial time on Earth.

When Higher Self gets involved this radically with a Twin Flame Union you know to pay attention

Each and every one of these Souls have a Higher Self. Twin Flames share one Higher Self and individual souls have their own Higher Self. In my case, with my Twin Flame, we are one or the ONE of the original paired Twin Flames from the beginning of all creation with aspects of ourselves living multidimensionally everywhere. We exist in other realms, in other dimensions, on other planets and here on Earth. We are constantly picking up on and integrating with particles, systems and vibrations.

We agreed before being born to carry out this mission before us now on Earth, and were given very specific ingrained knowledge of our roles and duties. The Higher Self is the one in possession of our spiritual contract, the plan we made for ourSelf before we incarnated. He/She has our instruction manual and life plan in his/ her magical hands and we have Free Will in our hands. The key is to recognize our free will choices and to make sure they are choices in harmony with our Higher Self, our true Divinity and soul purpose.

We have reincarnated back into physical bodies this time around as a female and a male. We have ONE *Higher Self*, who is orchestrating, or in my case already has orchestrated, our Physical meeting for eventual Re-Union. This task that God Source Creator has bestowed upon our *Higher Self and Higher Self* has been working with me in the way of showing signs and helping to awaken others. It is a task that is to be taken very seriously, even though the manner of delivery is through an adventurous-like fun game of being embodied on Earth as a human being.

The Higher Self of our Spirit has a very good sense of humour and does view our life here as game in which we play with high stakes. We have been granted free will to choose how we would like to play out this movie/game here on Earth. However, our Higher Self has a specific job of making sure we follow the Guidance being presented to us. I, “Shelly Sullivan,” am as the messenger to keep us (me and my Twin Flame) on the path and to overcome possible choices, options that have been made of our Ego, for we are given the free will “pass” that each human is

given. The free will “pass” is not an option at this point in our personal game plan, as well as this pass is no longer an option at this crucial crossroads in life between Old and the New that we face NOW. One eventually comes to realize that our free will is (and always has been) in accordance with Divine Will and that is when Peace is recovered and balance is restored.

Running Over the Same Old Ground or Stepping into the New?

Most people do not understand the concept of the personality and the free will choices we are able to make. Are the choices we are presented with coming from our Ego voice or our Higher Self voice? It takes a deep spiritual commitment to understand this concept. Not many people take or feel they have the time to commit to this spiritual practice, however, we are spiritual beings and this practice should be one we connect with regularly. The practice is to be able to discern between the Higher Self voice and the Ego voice so that we can be sure we are following our true life’s purpose here on Earth and not getting off track because of clouded decisions and deeply imbedded false programming.

Most of humanity has been taught to work within the limited mental, emotional, and physical bodies; they stop at that and the rest, they believe, is as an unattainable void. This is not true. This void is the real us that is connected to our Higher Self and humanity is currently learning how to tap into this on a regular basis, for harmonious permanent life within the New Earth. This void is the stage of consciousness. It is where decisions should be made by consulting the Soul’s wisdom and guidance. It is our personalities’ responsibility to charter this task and make sure we are **not** solely satisfying the emotional and logical mind, our baser nature, by making our decisions from the Ego Mind only.

It is unfortunate that the vast majority of consciousness within humanity has shut this beautiful wisdom down for so long, but NEW reality is under construction. The Ego is not bad; it is needed to truly experience the human condition. Our Soul is equipped with the human physical body and the Ego. Without the Ego, we would not be able to make automatic pilot, instinctual responses.

However, it is important to discipline the Ego and surrender to Higher Self wisdom and Guidance. I cannot stress this enough at this time. My Higher Self has made it *extremely* clear to me in the past month that I understand this and share this with whom I need to reach.

This is the crossroads where we choose to be happy or to be sad, to BE of the New Earth or of the Old Earth, to follow the voice from our ego or the voice from our Higher Self, to be stuck in duality or to BE in ONEness, to BE in Union with the ONE.

CHAPTER 33
NEXT LEVEL OF
SPIRITUAL EVOLUTION

Massive Stargate Portal from the Great Central Sun

February 22, 2017

Dream Message: "The Codes are being downloaded from The Central Solar Sun and all of the activity in the brain and heart is your I AM Presence fully being integrated. Setting the Stargates for Spring Equinox."



The split between two worlds is on the cusp of convergence by being exposed, waging war of the polarities from within, feel, embrace the love, the bliss AS WELL AS THE Fear and suffering ~ this leads to Enlightenment. If you have not yet completed this part of the work yet, embrace both realities for a time.

Once disclosed, choose the latter, the higher dimensional world, and release any 3D fear and suffering. This will then finalize the

Karmic contradictory laws of the old and ride the wave into the new law of ONE being grateful for our individuality to express the Oneness. Catch the Powerful 222 cyclic energy of hundreds of thousands of years on February 22 leading into a powerful Spring Equinox.

The event we have been waiting for is Here. We are living upon the New Earth with the knowledge of creation delivering the alchemical codes to humanity. The chaos before us is by design to merge with the divine order of the Golden Age, transforming all into higher consciousness. Polarization is at an all-time plateau within the collective consciousness and unconsciousness. “Polarization” is the word for 2017, thus far. Polarization summarizes the shift and the event on planet Earth perfectly in this moment of NOW. By seeing and feeling, not fearing but Being the fluctuation of these two worlds, this is what will propel the integration between 3rd and 5th dimensions, thus bridging heaven to Earth. We are the Oneness that is expressed etherically as well as the individual in a human body expressing the oneness as the conduits of unique rays of light. However, we are of two worlds, we are existing and thriving simultaneously between the two worlds and unable to choose either...YET, until we are individually ready, but now BEING both in order to embrace the two worlds and then be fully Enlightened.

To be fully Enlightened is to be All that Is. Its passages include Mastering the chaos, Mastering the bliss and seeing the divine genius behind it all. Of course, these lessons do not come without an internal fight waging over and over until all strength is utilized, rested and surrendering to come back stronger than ever. We are existing in the Now moment of it all. We are learning to ride the waves of the ONE Ocean that we are. This War of two worlds has been playing within humanity consciously for some time. As we elevate consciously, this may take you to the next level of mastery: to control every cell in the body and communicate with every cell within the world(s) playing out in the body. This is self-mastery,

mastery of energy. WE are here to master energy. “Our Hearts and minds have been dismantled and put back together again along with our light body in tact = Ascension in a physical body.”

A warrior must courageously walk fearlessly through the war or if you are a real hero, to leap over it, as one and waging from within their own war, persevering relentlessly with unity consciousness as the intention, then walk out victoriously stronger than ever. The master is balancing the divine feminine and divine masculine within, allowing the divine feminine within us all, to reach the long-awaited plateau, leading the way for humanity. The warrior is allowing and giving the masculine a break to integrate the balanced energies to sustain and reside with love and mastery.

The Masculine is the Mastery of the Matrix, the male counterparts are well grounded to Earth mastering life time after lifetime on and of this Earth. The Feminine is still flying high from her vantage of having been overseeing the life upon Earth from the etheric, the female counterpart of the sky. This is the polarization of the masculine and feminine, and when the time is ripe and in divine timing, the two worlds collide and merge for masculine and feminine energy balance on Earth and galactic-ally.

True Enlightenment

True Enlightenment is knowing sadness and despair, knowing bliss and ecstasy. True enlightenment is being happy and being sad. True enlightenment is dark and light, polarity of feminine and masculine brought into balance and harmony. True enlightenment is mastering the cycles of the moon and the sun, mastering the chaos and order. True enlightenment is being in touch with all worlds we reside in, the worlds of Earth and in the Cosmos. It is owning it all until we get it right!



"Happy Angel Day 222, this license plate was captured live just now for this special day. I am complete ecstatic right now. The Universe is conspiring for Non-separation now. My website showed me this sign by "magically" not allowing me to separate any content. At first this was felt like a curse but it is a blessing. Oneness is upon us. I AM ecstatic I AM one with God!!!"

The 2017 Year of One

We have completed the purification process for Gaia and all of her inhabitants. We have Ascended and successfully completed our Mastery of Christ Consciousness, carrying out the Christ consciousness template for humanity to enter into the next step of our planetary Ascension within the Galaxy to join back with our galactic family as a Planet returning back to its birth right of 7th Dimension.

So now what? God Consciousness Is what we level up to now. Not only are we anchoring Christ consciousness we are Source-God-Consciousness-in-action upon Earth. This is *Universal Ascension*. The more we raise the consciousness of ourselves and Earth, the more God Consciousness is raised, as we are God incarnate on Earth in physical action.

I conclude this book with insight as to where I am going with my teaching next. I have been teaching about the New Angelics and New Children for quite some time. Some misinterpret me because they are still holding onto the old template. When I speak of the New Angelics and the New Children, I am referring to humans with a NEW energy template. The “Shift of the Ages” has ushered in a whole new energy and with this novel energy comes new teachings, new ways of enlightenment, new structures, new mind rewiring and heart-based thinking. It is truly a time of “out with the old and in with the New.”

The sequence code of numbers used to awaken me has been and continues to be 5588. Just two days ago, I realized why this number is so significant to me at this point in time. The number 55 denotes Change = Out with the Old life energy, and the number 88 denotes Abundance = the New Eternal Life force of Energy of Infinite Abundance in all its forms. This encompasses precisely what my mission is about.

Stepping into our Christ Consciousness has brought us closer to the Divine One God, the God that now exists in all of us. We are presently, vividly here to physically, emotionally, mentally and spiritually anchor God’s Consciousness upon Gaia with the purest energy which is Love, for this will fluidly and perfectly allow God’s expansion within the Cosmos.

It is time to take spiritual evolution to the next level. This next statement is taking the full stance of being my Sovereign Self, being full of God and stepping fully in to my power. "I can tell you from my own personal experience this wisdom is (my) truth as

I experience being God incarnate, not channeling God, but experiencing God pure Consciousness in Action on Earth.”

The New Human Will (the Collective Consciousness) is tapped into the One Mind of God, aka Unity Consciousness. This means brand new ideas are being implemented that have never previously been thought of. It is the ability to hold and enable limitless waves of creative energy. This creative energy is instilled with love not fear. The New Human can see beyond the old veil of our past lives and now have access to our perfected talents, skills and abilities honed from past lives. With this novel awareness, the New will bring in New Attributes not yet conjured up in the human mind but instead will be pure manifestations of the God Mind.

The inner wisdom and connection with All that Is will become apparent in all living things. Our DNA imprints upon All that Is in the Earth and in the Elements of Earth. Nature is such an intimate part of us and a mandatory connection that we share with our planet. We will get back and integrate with this connection, even psychically, and this will be a connection to heal from the Earth and with the Earth. The New Humans will heal themselves.

The ability to heal oneself is imminent. New Aging is aging with wisdom strength and grace beyond the previously templated belief system of only living to 80 or 100 years old. I personally believe our lifespans in these physical vessels will well extend a single century. I have also been shown and know that I will be living far beyond the "programmed" life span of the current human elder template and have been well prepared on how to bust the system of the pre-mature false programming of aging. I intend to be here for a long time fulfilling my life mission and teaching spirituality gracefully with strength. I have been guided to accept this truth with confidence. In addition to living our lives well beyond the 100's, which is our choice, we will also be living a quality life with strength, as this is our choice as well. The New Children will appreciate the strong, wise healthy parents of the New Earth.

The cycle of the Earth and humanity for the past millions of years has come to completion. This is the cycle of the Akashic Records (our past lives). I have never had an interest in my past lives because I have not had a past life here on Earth since the Earth was of the Higher Dimension of 7th Dimensional energy. That was a time before the before the Fall of Atlantis and Lemuria. The Earth was in the 7th Dimension before the War of the Gods in the Sky, which I have written about in this book. That time period was my last life incarnated physically on the Earth prior to this one now.

I continued my lives within the Higher Dimensional Realms of Life and Planets, mastering into Archangel Saishorie~Grace. The other half of my Soul, Mr. Extra~Ordinaire, continued to reincarnate to the Earth over and over again, using his experiences to ascend by mastering his Angelic Ascended Mastery of the Matrix. This has been as one gigantic Sentient Being which eventually was creating millions of Soul Shards over millions of years, preparing our Soul for the eventual Shift of Ages that we are in now.

This is the time when our Higher Self/Over Soul merges with our prime Soul Twin Flames and eventually with our Soul Chards to rewrite our New Divine Energy Template. This template of Unity encompasses the 3rd dimensional Earth and 7th Dimensional New Earth. By integrating these two Worlds, we are building the bridge between Heaven and Earth by completing the Divine Masculine and Divine Feminine balancing of the first created Twin Flame Pair of the New Earth and Old Earth.

Preparing to come into successful Union has taken millions of years, and, as mentioned, this was possible as one Twin remained in the higher dimensions (feminine) and the other (masculine) anchored the light of this Being into the fallen 7D earth into the 3rd. This life time has been in preparation with both parts upon the Earth(s) New World and Old World to complete integration of these two energies after millions of years for divine masculine and

divine feminine to become One back into balance.

The only way for the two worlds to truly come into balance is for the originating Twin pair to be able to come into balance, thus perpetuating balancing the Collective Consciousness feminine and masculine energetic spectrum of sparks. This Balanced Union will integrate the Matrix and the New Earth Energies. As mentioned in previous pages, without this merge the two worlds will continue to strive for equilibrium and balance with cause and effect of Bi-Polarity or two worlds, among the Collective Consciousness.

When I speak of the Twin Flame Pair, him and I, I am generalizing the Twin Flame Soul Groups, for I am one of the pair thus speak for ourselves foreshadowing the other necessary Twin Flame pairs. From these Unions will come balance of the two worlds.

Together, this family of light will master the new Seventh Dimensional New Earth along with all of the other families of light doing their missions. Important to note here, is to leave the old Karmic energy behind; don't look back to past lives - it is a waste of energy. The only viable reason to "look back" is to utilize your gifts that you have mastered in other lives, or to recall lesson or mistakes not to repeat. Use the past as a learning tool, not to carry old wounded and imbalanced energy forward.

Also, this year of 2017 and is the year of the 1. We are created in the New Energy, and leaving the old behind, thus the need to reincarnate quickly is no longer appropriate or necessary as it had been in shorter past lives. In fact, we are in charge and are God Creators of everything now, no longer letting the past define us. The New Children know this, the older humans will have to rewrite their DNA to the new template with mindful, creative consideration.

We are remembering who we truly are now, before the Earth was even created. We are Universal Witness, the more experienced the Soul, the more that was witnessed. We are all the Creative Force of Creator God. I remember being witness of the Earth being Created and I helped its creation as I have written in

previous chapters. This is what I will be working on in my forthcoming teachings as well. I will be teaching of the seeded creations I have ethereally manifested already in the higher realms, which are made to be manifest in the 7th Dimensional New Earth.

I refer to the New Earth as 7th Dimension while others still refer it to the 5th dimension. The reason for this is that, as an energetic being of light, I am Seventh dimensional. This is where humanity is headed as well, into 7th dimensional, instant and magical manifestation upon the New Earth. This 2017 is also the year of the magician. The greatest part is that we are working with a clean slate, a blank canvas to draw, scribble and rewrite the One God Mind ideas.

God awaits our accomplishments as its own.

2017 is also a year of complete polarity, where the opposites of light and dark has waged a war. Forcing all that no longer serves Earth and humanity will be brought to the surface for clearing. 2017 the US President Donald Trump was elected. This is not a coincidence, in fact it was divine order. Whom better to bring to the surface what needs to be cleared and what will no longer be tolerated upon the New Earth than Donald Trump. Year of the Trumpsta.



SHELLY SULLIVAN

Sincerely,
Shelly Sullivan



SOVEREIGN BEING

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