

Book 2 of 3

AWAKENING
BLUEPRINT



THE INNER JOURNEY OF ASCENSION

When
The
Soul
Awakens



Ben Arion

AWAKENING
Book 2 of 3
BLUEPRINT



© copyright BenArion

You may not use this for commercial purposes or sell anything from this material, and you may not alter, transform or build upon this work.

[Privacy Policy / Disclaimer](#)



The Inner Spiral Of Ascension - Be One with the Current of Change

Suddenly this strong feeling emerged from within. I could not "think" it away, and I could not in any logical way get rid of it. I tried to be with it by allowing it, and it became even stronger, and suddenly my heart knew what to do - to simply take deep breaths, focusing on the in and out breath, through the nose.

This simple act changed everything. It changed my "energy, " and my inner pressure was released. We are such powerful beings, and a lot of our feelings get stuck in our bodies due to shallow breathing. There is a strong current of intense light sweeping through our hearts and our planet.

It's like the most powerful water current you could imagine. Just imagine yourself trying to stop this natural current or trying to change the direction of this powerful current towards anything you believe is right.

Allow yourself to be swept away by this inner current of love that is to be found within your heart. Don't try to stop it. **You have to let go and surrender to your heart.**

Some will be concerned that surrendering to their heart current could disappoint people in their outer reality, because they may think they have a responsibility to change the world. **When you become one with this natural love current, you will synchronistically be of service to others within your life.**

This current is flowing through all hearts on this planet, and it connects everyone. The truth is that you will feel drained, and feel a lot of resistance within yourself **if you don't trust this strong current within you.**

You cannot change a waterfall to flow upwards, but you can allow it to fall as it is. The inner love current is an energy of joy, and you only have to go with it, as you say, allowing yourself to understand that it's a choice. You either create resistance to what is, or you allow it.

This is peace at its core.

This is so simple that most people aren't ready to hear or accept it. The world will change. I can compare this way: Do we need to change winter into spring? Of course not, because it's a natural process, a mirroring of the microcosm in a macro-cosmic cycle. This is hard for the mind to accept due to its programmed belief to "do" things, and to not surrender into a "higher energy" of love and trust. The belief that we have control over events is also an illusion because you cannot control love. Love is creating through us, with intent beyond right and wrong. This current of highly charged light energy is bringing up a lot of issues that need to be healed and forgiven.

All the chaos and negativity we see around us now is just a phase of this transition. It's nothing to be fearful of. You will come to understand that all of these old and limited beliefs stopped you by allowing yourself to let go and become one with the current of love. You will stop trying, and just BE in this world, and enjoy the shift.

All people have their personal inner journeys. We can see that, but we cannot interfere with people's

life-paths. We can extend a loving energy of hope and project our unconditional love to these people, but we cannot tell them that they are creating their lives and circumstances because not all people are ready to hear that. **It all comes down to self-love**
The hardest lesson for us is that we all create our lives and there are no victims. People who read this may doubt this.

People don't have their life experiences by accident or by coincidence. Some people go through very tough life lessons, and some even choose to transmute "collective karma" that was not theirs because they are great beings of love who choose this. So we cannot judge anyone or anything. We will share and care from the depths of our hearts because it's natural; love is natural and cares for everyone. We are individual parts of the puzzle, and everyone is doing their part like in a synchronized dance.

It all comes down to self-love. When we love ourselves fully, we will just do what feels best, without being approved by someone else. When we are in our hearts, we will simply know what is best for us. **THERE ARE NO JUDGEMENTS IN LOVE; LOVE IS ACCEPTANCE AND FORGIVENESS.** Our minds and

thoughts cannot translate what truth is; only our hearts can feel that all is love and embrace everything as ONE. **Duality is like chasing your tail, and it has its purpose. When you stop chasing the truth, you will be one with life.**

The breath will help you to "levitate" into a higher state of consciousness. Since I've started to breathe consciously, I've felt a lot more connected to my heart and in harmony with the dance of synchronicity. You can allow yourself to be one with this strong current that will push you gently to be "swept away," allowing and surrendering to what is. This will not be true for all, but it's my greatest personal tool for transformation & transmutation. The breath is connected to Everything; it brings about a domino effect.

It will ground your being into the earth. It will affect your blood and your organs, which in turn will affect your energy field or aura, which in turn will invite higher thought forms that you couldn't access before.

Just by following your breath you activate all of these processes; that's why all masters have said to meditate on your breath, because from there,

everything follows in a chain reaction. The Now moment is all that matters; **it's like you are breathing yourself out of illusion and into self-realization.** The breath will help you to "levitate" into a higher state of consciousness. It's when we have the so-called shallow breathing that our energy stagnates, and we feel locked or limited. The simplicity of the breath will be overlooked by the mind. Is it possible to BE THE HIGHEST VISION of yourself only by breathing?

Yes, from my point of view, it is so simple. Spirituality and ascension have been interpreted by the mind as something "complex." This is the time when we have to let go of the so-called "spiritual-mind" of how things should unfold, and what is truth and what is not truth. We can be in this world, but it's not something that we have to change because something is wrong.

We have to understand that we cannot follow anyone else because we will all have different values and inner priorities. **So you have to get used to walking and creating your path,** without forcing it on anyone else. The most difficult process in this transformation of inner consciousness is to let go of what other people think about you and know that

you are your own "authority" and that there are no victims. To say to a person who is suffering that she or he has created it themselves is not something that a person wants to hear, but we will all come to this realization within this lifetime. No one else is to blame, and there is no one else to judge.

When you feel or, see something that makes you feel discord within you know that it's not the other person's fault, it's something within you that is a part of you that you don't want to acknowledge. See this as a golden opportunity to heal it by observing it and forgiving it.

Treat others as you would like to be treated yourself. And if you judge others, you can expect to get that mirrored back to you. Start to embrace all of your discordant tones within yourself and fine-tune them into harmonious melodies. But as always, people have their egos and their agendas, and people will not understand these simple truths just because someone writes or speaks about them; it will come to them from within.



What You Seek Is Within You And How Tuning Into The Now Will Set You Free

The ascension is an Inner journey that is reflected in the world around us.

It's like an upward spiral you move through that changes your perspective of the world. So yes, change comes from within. You don't change in that sense, as we may believe. We are more realizing that all things are WITHIN and that there is no "OUT THERE."

We simply change our perspective of "What IS."

We ascend into higher vibrations that connect us with the eternal NOW. The strong current of light will make your personality feel it's not possible to plan anything, and this is true because all possibilities and realities are collapsing into the moment of Now. You aren't dependent on any plans

because you will live your future Now.

We will become more and more aware of our energy field, and understand what drains us and what uplifts us. As a human being, you have to learn to take care of your energy and nurture yourself by loving yourself. People cannot take energy from you if you stand in your heart's integrity. By breathing, you can balance and ground your Being. We are all responsible for managing our energy field in a mature way.

Every interaction you have with a human being will affect your aura or energy field. Be awake and alert to your inner senses. Have the integrity to say NO from your heart, even if it does not please anyone. Love is about being honest with yourself and others. True knowledge is within the heart, which embraces all possibilities without fear and trusts the synchronicity of creation. A master only needs to KNOW what is NOW; the rest is irrelevant.

When you breathe consciously and follow the rhythm of the in-breath and the out-breath, you consciously connect to the spheres of knowledge and wisdom, without your day-to-day thoughts. If you start to practice conscious breathing, you will notice that

your body feels more alive and you have more energy. You will also notice that thoughts and feelings will become more balanced. Even ideas will pop up within you that you couldn't have received before due to your limited flow of energy. Some will think that this is too simple to be true, but it's up to our inner being to choose how we want to be and what we want to create in this life - if we want to complicate things or simplify things.

There are no right or wrong paths; there are only Individual interpretations of the inner path. So have compassion for each other. It's not about thinking your way out of your feelings or trying to embrace your feelings with another feeling. The simplest way is to breathe your way through it.

Take long deep breaths, and hold the in-breath for a few seconds before you exhale. You will get better and better at this. The breath is like filling a balloon with helium, and you are that balloon. You will lift towards the skies and see the world from a different perspective; you will feel lighter in your heart and be able to embrace duality for what it is. Many masters who have walked this earth did teach about the breath and its purpose.

To only focus on the breath going in and out of your nostrils will give your feelings and thoughts space to integrate your I AM presence within your body.
Breathing is the doorway to your higher self.

The logical mind and thought patterns will not give you any truth; your feelings may sometimes stem from fear. Doing a 15-minute breathing exercise will help your body to elevate your feelings into a higher vibration, and your thoughts will be cleared due to the oxygen within your body that is bringing you back to the "zero" point, which is a very blissful emotional state of being.

Within this state of pure awareness, new thoughts will come and knock at your door that you would never have received with your shallow breathing.
When we resist WHAT IS, we will suffer; when we accept WHAT IS, we will feel freedom.

It's like when a woman is giving birth, the only thing she focuses on is the moment, and no thoughts are there. It's just total focus on the body and the forces of nature, which cannot be stopped. Surrendering to the moment and breathing is crucial. We have all heard about the basic breathing techniques when giving birth... The breath will help you to allow

WHAT IS within the moment.

It's very simple, but many do not practice conscious breathing; it's a powerful "secret" so simple it's almost forgotten. If someone stated that we could breathe ourselves into bliss, most would just look strangely at them because they don't understand how much power the breath holds. We've heard about the in-breath and out-breath of God, and you are that Divine truth here and now. People will think this is too easy; it's so simple that most people will want to complicate it a little bit to feel comfortable.

The whole universe is breathing. We can inhale to a certain degree, but then our bodies have to let go by doing an out-breath, This is a natural cycle, which is also a part of creation and Mother Earth. We have to flow with the rhythm of the breath. We cannot hold onto energy - we also have to let it go. Everything is in motion.

This is the time of being bold and true to yourself When you are at the peak of your awakening, you may feel that nothing has changed, that everything is the same and feels the same. Spiritual awakening is about realizing that you have always been "Source Energy," playing in a limited consciousness. There

was nothing wrong with your way of being and your expression, but now you see everything from a higher vantage point, you understand that EVERYTHING IS and you cannot change what IS. Change is an illusion, because change comes from within, from a state of being the change.

You cannot become what you already are; you can only BE what you want to become. This is a part of 3D illusion - to chase your tail, as you say, in circles.

Everything follows a cosmic rhythm; our hearts; there to the higher universal heartbeat. We all do have a choice - some will choose to play the fear game, and some will play the love game. And some will step out of duality and see love and fear as loving partners, an integral part of creation.

Planet Earth is a school of consciousness. Things are not always what they seem to be. A lot of people are calling other people dark, but it's only a projection of our inner selves that needs to be looked at and loved. Like I said in one of my videos, it's like lost children standing in dark corners in a room, and we don't want to see them or love them, but when we see and love them and take these children to our heart, without fear, we will understand that It was

just old emotions that needed to be healed and released.

When we stand in our authenticity and inner truth and aren't dependent on what other people think of us, we bring back the power to our solar plexus. Many will be offended by this strong presence of love and will throw all they ever could on you which is not yours; it's like you are a catalyst for them to clear themselves.

They project their inner "beliefs" at you, which are not yours, but out of love you will BE there, in the midst of the storm, and say silently from your heart, "I'm sorry you feel this way, I love you and forgive you." People may feel even more offended due to your non-reactive way of being because they are so emotionally charged.

I've been there myself, and it's not easy, but each time it happens, you get better and better at it. You know that all the drama you see around you is within you, so you have to be an example of how to be in the midst of drama, but not of it. Doing this will create ripples through time and space because you are "nullifying" the emotional energy, which in turns changes the so-called future.

People can judge you for who you are, but in the end, you are your OWN judge. This is the time of being bold and true to yourself. Stepping on toes will be everyday life, because you will bring forth buried feelings within ALL SOULS, and that includes you. Some may even call you dark because you are so much light.

We can't hide from anyone, we can't pretend to say the right words, or try to be perfect. WE SIMPLY ARE TRUE TO OURSELVES and it's our path. We truly know that light and dark dance together hand in hand, duality is an illusion, love IS.

People feel confused due to the Illusion of separation. Love is the TRUE REALITY! Let your heart be free and know that you aren't dependent on what other people think about you. Take your power back. We are mirrors for each other.

All reflections come from you! The illusion truly is that you can never be a victim of outer circumstances, but it may look like it is... This is the veil of separation.

That's why its important to be honest with yourself

and forgive yourself because it's all a part of you.
The BLAME GAME is an illusion.

We are in those times where choice is everything, moment to moment. Do I choose to fear the changes within my life or do I choose to love and welcome the changes into my life? Enlightenment is not to say the right words by trying to be perfect or trying to "change" anyone for the better. It's so much more than that. It's a state of accepting yourself exactly as you are, without fear of what people will think about you.

This is a day-to-day practice because we all have patterns that need to be released. We will be more and more inspired to do what we enjoy in our lives, no matter what people think. Remember, you have to respect and forgive people around you because you have to allow other people be exactly as they are, but that doesn't mean you have to agree with them because we all create our personal experiences and perspectives here on earth.

People will push your buttons, as you say, but what if you had no buttons that others could push?

You are responsible for your reactions; this can be

summed up as self-mastery. Some think it's unachievable or out of reach, but it's there as a choice in every moment. Do we react in fear or act from love? Claiming your divinity, to be your authentic self, is your mission. Simplicity will take over your life. People get caught up in each other's perspectives and lose themselves within these dramas and take things to the heart which aren't theirs to carry. You will get better and better at understanding where your power comes from, and be able to hold it as a vibrational intent.

You will be an expert, as you say, in nullifying dramas, because your presence is in a state of non-duality which "dramas" cannot survive in. No one can take power away from you; it feels like you have no power due to the belief that you are dependent on someone out there.

The only thing you can depend on is your "over soul," which is connected to the "one omnipresent source." Don't take things personally; your personality is like wearing a mask at a masquerade - it's beautiful, but it's not who you truly are. We all came to this earth fully knowing that we would be playing different roles, serving different purposes.

We don't have to agree with each other, but we can agree that we don't have to agree. Simplicity will take over your life because you will enjoy the simple things, and expectations will not be able to ruin your "life." You will feel more and more connected to your "higher self," which is coming closer and closer to you. Trust and synchronicity will not just be beliefs anymore; they will be the energies you will embrace as a natural part of life. Ascension is like building your temple within yourself, from your own deepest heart's desires, no matter what is happening on the outside.

This is what is the most difficult for some in their awakening because we think we have to change the world. Yes, you can, but not by forcing it on anyone; you can just begin with yourself. Put into practice everything you want to see in this life, and don't expect anyone else to change. Everyone is here on earth for different reasons, and people will not be going to the same destinations. Some will not feel any gravitation to evolve or to know higher truths, and it's OK because we all feel within us what is right in every moment.

There is not any judgment towards what we want to experience. Yes, you could call the earth experience

a grand experiment from a higher perspective because we have experienced the most highs and lows possible throughout thousands of years. Planet Earth can be likened to a grand school for duality consciousness, and it's graduation time. Everything since the birth of this planet has been recorded and will be available to all of the creation as an example.

I've come to the point that I don't feel I have to change anyone or anything for the better; everything is rising in energy by itself, and we can choose to dance with these energies or create resistance to what IS.

It is by letting go of love that we will BE LOVE. I will end with a good quote.

"The measure of your enlightenment is the degree to which you are comfortable with paradox, contradiction, and ambiguity."

~ Deepak Chopra.



You're A Wave, And You're Part Of The Ocean - We'll Dive Deep Into The Core Of Who You Are

We often talk about the fifth dimension; we talk about a shift, that we will shift into these higher frequencies, but the thing is that we are there right now. We are living the fifth-dimensional frequencies right now.

Of course, we still try to live a three-dimensional life within patterns that have been here for hundreds, even thousands of years. I'm starting to live in the fifth-dimensional energy, but the mind has these patterns that come back, and I have to look for them.

For example, the question, "What will I do in the future?" I don't think it is necessary to think that thought but to ask myself, "How do I feel right now? Do I feel good?" I attune myself to myself. Ask yourself and know whether or not you need to eat,

sleep or change anything right now. You know everything right now. Worldwide, people are getting more and more confused. This is like two sides of a coin, since people are also getting more and clearer, but it's nothing strange.

People are holding on to their 3D energies and don't realize that they are in another dimension with higher frequencies. We have to integrate the living patterns of the higher energies, and it's about the feeling of freedom, that you are your source of power.

Patience is power!

Here's a story I want to share with you... that hopefully reminds you of why patience is so important.

Once Buddha was walking from one town to another town with a few of his followers. This was in the initial days. While they were traveling, they happened to pass a lake.

They stopped there, and Buddha told one of his disciples, "I am thirsty. Do get me some water from that lake there." The disciple walked up to the lake. When he reached it, he noticed that right at that

moment, a bullock cart started crossing through the lake.

As a result, the water became very muddy, very turbid. The disciple thought, “How can I give this muddy water to Buddha to drink!”

So he came back and told Buddha, “The water in there is very muddy. I don’t think it is fit to drink.” After about half an hour, again Buddha asked the same disciple to go back to the lake and get him some water to drink.

The disciple obediently went back to the lake. This time too he found that the lake was muddy. He returned and informed Buddha about the same.

After some time, again Buddha asked the same disciple to go back.

The disciple reached the lake to find the lake absolutely clean and clear with pure water in it. The mud had settled down, and the water above it looked fit to be had. So he collected some water in a pot and brought it to Buddha.

Buddha looked at the water, and then he looked up

at the disciple and said, ” See what you did to make the water clean. You let it be.... and the mud settled down on its own - and you got clear water. Your mind is also like that! When it is disturbed, just let it be. Give it a little time. It will settle down on its own. You don't have to put in any effort to calm it down. It will happen. It is effortless.”

What did Buddha emphasize here? He said, “It is effortless.” Having ‘Peace of Mind’ is not a strenuous job; it is an effortless process!

In my experience it is true, the silent mind can be achieved only effortlessly, without any concentration and tension of thoughts.

All the best things in life come effortlessly and naturally spontaneous. I see a lot of people becoming lost in the dramas around them, seeing things as right or wrong, light or dark, this or that, putting labels on everything. I feel that I can't go into these discussions anymore, taking sides saying this is right and that is wrong, or even advising anyone to do this or that. It's simply not necessary. People have their issues and want to claim their truth.

This might sound strange, but everyone chooses for themselves to engage in dramas. No one else can do that for you. If you feel that you are in a drama, if you feel drained or that you have to convince anyone, then it's your problem, and you can get help with your issues. I've asked a lot from my heart to transmute these densities of polarity in my being, and I've received so much help. I know I'm the only one responsible for my actions and my feelings, and there is no one to judge, no one at all, not even myself. We are all on a journey to create our own beings and respect the realities of others.

The illusion is that everything is, and this may sound philosophical that everything just is, but from this is-ness, you choose who you want to be, and you are not a victim. In these high energies, you cannot engage in third-dimensional energy games anymore. You see them, and you bless them, and you see everyone as divine. When I look at people I see that they are masters of their reality; I see love within them.

If I see a person sitting on the street begging for money, I see that it's his or her version of the reality, to have to bow down to receive help, to believe that he or she is a victim of random circumstances.

Instead of giving this person money I usually look at them and say hello, recognizing that they are beings of great strength beyond words, that they are creators, that they are love, but that they aren't totally aware of it yet.

A lot of people aren't aware of who they truly are.

All of this, what I call the spirituality game - the new age, the religions, are just different groups with different agendas. Spirit has no agenda; the spirit isn't in new age or religion. These are just concepts, and you are truth, but you have all these layers of belief, illusion, and fears on top of that. If you would remove all these layers at once, the ego would just think it became insane, because most people can't handle this is-ness, this stillness where everything comes from.

So we take them off layer by layer and please try to enjoy it as much as you can.

I have felt it so strong recently, that "I am," and the ego can't put words on it. This is just the beginning, the totality, and it's like you are in this limbo between dimensions, at this integrating point, and you just have to let go of everything. People create

dramas and may say, "I'm a victim, this is not my fault, someone did this to me," but a part of you loves this drama and really wants to feel these emotions because if not, you would step out of there and you would create something else. The paradox is that there's nothing wrong in creating dramas. There will come a time when people will see the drama for what it is - an illusionary game which feels very real because they engage in it. It's our responsibility to understand that the drama is within us and that we can transform it and transmute it.

Sometimes we will feel disconnected and separated from the spirit, and that's fine too. I feel disconnected sometimes, and fall into ideas and concepts, that I have to "feel peace" when I actually don't, or I could feel guilty for having attracted something, or feel that I have to say nice things to everyone all the time to be spiritual, to behave in a certain way in order to be loved, but these are also just concepts. You will step into your true self and from there things will come from love, automatically.

It has nothing to do with intellect or what other people think is right or wrong. You will be as a child and thoughts cannot exist in these higher

frequencies of energy so that you will feel very lost in the beginning. People want to engage in the drama and feel that they are doing something, that they are changing something, but we have to get used to the fact that all the thoughts we get are just patterns that have been recorded for several hundreds of years, collective patterns.

In these higher frequencies, we just feel, and the beingness penetrates everything. People will be even more confused in the coming times because they will look at the outer world and not know what to believe. This is the time to be within yourself and just be connected with your over-soul, or higher self. The dramas are just waves on the surface; you are so much more. You are the witness of this transformation.



Letting go

A lot of other people are going through these initiations of letting go, of seeing love in everything on this planet. Everything is happening now, and everything is coming to the surface, which is why we

cannot judge anything. What's coming to the surface are old things that people have been holding on to, but have to let go. We have to forgive them because everyone is letting go. They are not evil, they are not bad people, they're just letting go of their fears, of their illusions. It's not that easy to detach from the drama.

It takes a lot of self-discipline doing that, and mastery is about self-discipline. Before you act, you wait for this feeling of love within you. The thing is, this game of 3D drama is coming to an end, and there is a new beginning. I'm just sharing from my heart. I'm not a master, I'm not better than anybody else, I just know that I'm eternal, that I'm here to remind people who they are, that fear is just our creation.

We have to create our community of love within us, and the most important message is that we are living in the fifth-dimensional energies right now, and all the duality games are just fading. We cannot attach to them anymore - at least, I can't do that anymore. When I see people arguing with each other, I just see words. And why engage in words that aren't yours? A lot of things that we see in the world right now are not true, are not real. So why engage yourself in

things that aren't important? I know it may feel important to the person who talks or writes or fights about it and shares it, but it may not be important to you.

You have the choice to stay clear. Being clear in your person is really important too now. You have to center yourself in every moment. You have the choice to live your life in meditation. All the time!

People will become confused when these higher energies hit the earth, and all the layers just fall off - layers of beliefs, of doubts, of fears, but you can stay in your center and just feel the clarity, the simplicity of everything.



What Matters Most To You Will “Literally” Be Matter (Manifested)

When I was about 14 years of age, I read the Conversations with God series by Neale Donald Walsch. These books reminded my heart what life is

about. I would recommend all to read these mind- and heart-opening books. Spirituality is not a concept - it's a word interpreted by the human mind, where we try to find what is spiritual and what is not.

People feel less spiritual when indulging "heavy" thoughts or when they cannot control their feelings. Being enlightened is Beingness, and you can't add something to that. The mind is confused; it's playing out thoughts on this stage called earth.

Everything you believe or think about is just temporary; your view will change all the time. All is in movement; that's the first thing I would teach if I would ever teach something. I don't see myself as a teacher, though. I just like to simplify things. I feel a strong attachment to my being here on Earth, but I know that this is just a temporary experience. It's not about gathering as many as possible or save anyone from anything, so all can ascend, etc.

All will do that eventually anyway, no matter what I do or don't do. All people are guided. No one is obligated to take responsibility for the state of the world. What I mean by that is, you can't put all of the world's problems on your shoulders, but you can

do what you love, and it will help more people than you think. I have a vision in my heart that I hold on to, not in desperation, but in humbleness and love. I believe in a society where we can have all things in abundance: intergalactic free travel, free communication, and nonpollutive technology, etc. It's possible right now; change will come.

Ascension is another label to reflect on. For me ascension takes place on the inner planes, and will be reflected in our society, it is a change in perspective and the lesson is self-love. Ascend into your heart and feel your totality.

The inner and outer is the perspective of the one and Only Isness. There is no out there or in here. It's all omnipresent. The world is within you, you are the world, heal yourself and heal the world.

"What Matters Most To You, Will Be Matter" I just got that thought now, from nowhere while in a state of relaxation, which makes me think about that everything will come to the one who is in trust and in the moment. If you think about something, and you think that every day for one year, it will be as truth for you. Eventually, it will be manifested in matter, and you see what you believe. If a person stands

beside you and looks at the same Incident/scenario as you, he could see a completely different thing, because of their beliefs. Who can blame anyone for their beliefs? We all have different beliefs, but maybe the same intent.

So I would say FOCUS on what you want to see in the world, instead of focusing on what you do not want. I have complete trust in my heart, and I know that real peace and truth isn't found in any physical thing; that's secondary. But this also helps you to appreciate the physical, because you don't want anything from anyone, or you don't want to change anything because all people are in oneness already, but some haven't figured that out yet, and that's OK.

All will come to that insight. When you are in a state of acceptance and appreciation, you can give freely, and this will create ripple effects, changing the core. I want to point to this because people tend to create one way to heaven instead of ONE MILLION WAYS.

We are the ones who decide where we want to go and who we want to be, not religions nor gurus. There are beautiful things happening on earth right now. I don't want to create fairy tales about the future because it is NOW that change is. All people

have TOTAL free will to choose whatever they want when it comes to "heaven on earth." One's heaven can be someone's hell and vice versa. There are no maps or guidelines. We create the map as we go.

I dropped the "when, how, where" a long time ago, because I enjoy the moment as it is. There are no 1-2-3 steps to heaven. It's already there within you. It's so simple; there's nothing to do. Boring? We can't change anyone else to believe certain things and why would we? Beliefs are just illusions. I once more say that labels are "old school" things, to help the mind to understand and connect. The only real thing is NOW and what we call LOVE.

True love is beyond the words and actions of humankind; if you tune into the light within, all things will merge. You wouldn't want to change a thing in the world because you would feel it was all right! Even if you see trouble in the news, because you aren't a victim, you help the victims by feeling oneness. You help everyone in the end by turning into your own heart.

A so-called lightworker, (there we have the label again), can be silent all his life, see all things in the world as oneness, and effect a lot more people than

he or she can believe. We all have a responsibility to choose now who we want to be and what we want to radiate. Where I see confusion and destruction, I know there is a reason for that, or else it wouldn't exist. I AM in this now where I embrace the world as it is; in this state, you are FREE to create a NEW reality. That's my philosophy in life. I am not here to change peoples' minds or hearts. If I do, I'm happy for you, because I AM ANOTHER YOU!

There is more to reality than meets the eye, as you say. I've gone beyond the saving anything drama - there is nothing to save, and all people will understand this sooner or later. Change will come for those who embrace it. All answers will be given to those who are willing to listen within.

The LOVE isn't in the UPS AND DOWNS of life; it's always there holding you near. There are times when I feel not a bit spiritual - just empty, tired and have zero inspiration. But I KNOW that this is GOOD, because I LOVE myself, and I'm perfectly fine with my feelings. Being human isn't about controlling yourself and how you want to feel.

Embrace all of your feelings, don't be afraid. There is nothing to fear other than fear itself. Humbleness,

simplicity, and beingness, IN ETERNITY.



You Can Transmute Fear Into Love

Suddenly inspiration strikes from nowhere, and I have always known that things change exactly at the right moment. There is a rhythmical dance within the heart that tells you what to do next.

I thought about tornadoes, and within the center of the tornado there is a still point or center that is surrounded by "chaos."

This is a good example of how we can be in this world but not of it. Chaos and confusion is a common thing in larger transformations. We talk about a giant shift in perception without boundaries or rules. Your influence is so big that small changes in your perception and thoughts can vibrate through thick layers of "hate" and help people around you to release their fears.

There are many levels of energy work; much of what you do cannot be seen with your physical eyes, but it

grows like a beautiful garden and will be "used" at the right moment. Things will change in an instant. Your power lies within the stillness of your being. In this state, every intent will echo within the hearts of many. There is no right or wrong in this universe, just variations of vibrations/energy.

We can change hate into love. We are masters of our self. No entity or being can control our soul or being, if we know who we are. Walk in your life as if you had 100 guardians by your side and invite love into your life, simply by acknowledging that it is already there. Don't fear the fear, because it isn't there to harm you or frighten you; it's there because the light will attract fear. Try once to dive into your fear. How does it feel? Is it uncomfortable, is it a heavy vibration? Go even deeper into the fear, and the feeling of fear will eventually dissolve into a deep calmness.

Remember that your heart is like a compass or a "vibration truth-teller." You will feel if something is right or wrong for you. You should focus on what you want to do in life and follow the love. When you follow your truth, doors will be opened that will influence many. It may even feel that you aren't doing anything, but you transform everything. Love is

the force which is in everything and will be forever. Love yourself Fear is only a tool to engage you in things that aren't always real. It's just a way to hold you in a limited state of being. You can learn to transform fear into love and release it for the highest good.

You cannot control other people's dramas or life paths, but you can bless them on their way. We are all from the same source, but with unique experiences. That is worth celebrating. All that is within this world is there for a reason: it is there to transform. There isn't a plan set in stone - we are the plan-makers, and we are the pioneers that decide where we want to go next.

No force outside is deciding what to do next or who will do it, but our collective energy will invite certain events which will transpire gracefully. It is a natural thing to be welcomed into the larger reality of the universe.

People will embrace the fact that we have heavenly guardians in our skies and I see them as "midwives" nurturing the planet and our birth into a new paradigm.



The State Of “Enlightenment” Is Available To You Now

How does enlightenment feel? It is something real, something tangible, that you can attain? In one sense, you always are this enlightenment, you are already there, but another part of you denies it, will not recognize it or believe it.

I manifested this state within myself where I just stood still and looked at the sun, and I just let everything be. I let go of all of my ideas, of all of my beliefs, and just felt it.

How does an enlightened state feel? What is it? It is a real state available for everyone, and we tend to think about how to reach it, how to find that perfect moment of enlightenment.

Am I feeling totality right now or am I just imagining it?

Is this for real? We all have a lot of different questions and ideas, but in the end, we all long to feel joy and to be in this synchronicity, where everything comes to you effortlessly, like you are surprising yourself with all of these unimaginable things that just flow to you in waves. You just have to surrender to it, and as you understand that everything is a part of you, you realize you don't have to do or change anything or make anyone believe anything. There are no have-to's. We are just where we are in our consciousness.

You don't have to wait In a state of totality, of clear mind and clear thought, you can stand and just be there as a loving witness and feel an enormous embrace within that, holding everything that is. For me that is enlightenment. But it's a simple state of being. People may think that they have to wait to feel this, they might think they're not ready for it, or not worthy, or that they have a lot of problems in life that they need to fix before they can feel enlightened, but it's really a state of non-attachment, loving what is, accepting what is.

It's that simple - there are no thoughts there, you're just filled with love. Sometimes love feels like ecstasy, and sometimes it is a silent stillness, just

seeing everything for what it is - an experience of consciousness without putting judgment on it. The highest possible love is acceptance of what is, and when you understand this, you will be filled with peace that is beyond everything.

It is the struggle that gets us sometimes trapped - the idea that we need to remove something from ourselves, or that we have to change something to feel better or do things to please someone.

Everything is, and you change focus on what is, so instead of trying to change something, it's about changing your focus. You are what you see outside of yourself, but it's another part of you with a different experience and a different mindset.

We are like souls coming from the same energy source but given different minds so that we can interpret and discover these perspectives of the one, and share with each other. For me, enlightenment is the acceptance and love for what is, like a fire coming from your heart, filling your body like a warm sun shining from within.

This is like seeing everything from a higher point of perspective, seeing through things. We tend to believe what we see with our eyes - for example, a

man or a woman suffering. We can go down and feel that too if we want to or need to, but we often think that we are not allowed to feel joy because the world is so full of confusion, depression and people feeling miserable. So many souls are going through tragic things, and we feel like, oh my, I can't feel happy because I have to feel sorry for them! I have to project my guilt, my feeling of not being enough, on these people, or beings.

Instead, try using love! Love them for what they are going through because it's a part of you going through this, and it's a part of the process as a whole. The hardest thing for the mind and the thoughts is to comprehend this oneness, the synchronicity of all things.

It feels like there are some victims out there that you have to help. Please know that it's optional to lower yourself and go into a state where you are being responsible by feeling guilty for other people suffering. If anything, it's your responsibility to feel love, and this is the contradiction; this is why it's so tough to be here in this dimension because there's a lot of diversity.

You really have to trust that love is the way. You help

everyone on the way by tuning into the state of peace. Love and love will find you. Love is the highest vibration that you can reach in this dimension, and please know it's only the beginning of the journey. Enlightenment is a certain state, and you can come into this certain state, and then you are "graduated" from this plane of existence. Then you're here out of pure love because you love to be here in all simplicity. But this is a state of trust.

You just know. You don't have to know the details, or get a PhD in metaphysics in order to know what a proton or a neutron is - you just need to know in your heart that everything is synchronized and surrender to the pure bliss within you and that you are worthy to receive this, to receive love and to feel joy. From this state, you will interact with people and see the love and joy within them, which will help them to find it inside of themselves.

If you come within a state of feeling miserable yourself, you will drag each other down. So you are a walking healing station, but being a miracle is really nothing you need to strive towards, but that's how the universe works. If you are humble and just want to be who you are, and surrender to the love, you will be as a channel for love, you will change people

by just simply being; you don't even have to say a lot of things. If you want something really bad, and you want it and want it and want it, you won't get it because you are in this state of wanting, of seeing something outside yourself that you need to chase. But it's already there; you just have to stop the mind chatter, stop the belief that you aren't in control, because you are your center, and from there everything is radiating.

The message is really that enlightenment is so simple that we sometimes overlook it. You will be so vibrant and feel so much love that you can't be anywhere else than in the moment because that's where everything comes together in oneness. You will see no separation because of the love within you is a reflection of the whole, of truth.

Letting go of the *habit* of being miserable. We have a habit of creating feelings of sadness or narrow, limited world views, but we're slowly changing the habit to allow joy. I don't have to feel bad or guilty about myself for being happy.

I know that everything is for the highest good, everything that is happening on this planet at this moment, and everything is divine timing. There are

no accidents; there are no coincidences, but if you want to, you can go around and believe that in your awakening, everything is manifesting by coincidence or as random events. However, if you would like to try and just relax and have trust in the feeling that everything is as it is and that everything is already perfect, you might change your mind.

Try for yourself. Who can change is-ness? Of course, changes come, but they come from within, and we don't have to leave this body or this planet to experience that; we can be miracles right now, we just have to open ourselves to it and believe that it's there for us, and everyone takes their path towards this realization. You will come to a point where everything you read and everything you hear feels like something you already know.

You live the truth, and no one will notice that. You will be a master, walking this earth. Maybe 2,000 years ago when Jesus walked this earth it was a miracle to have that kind of consciousness, but right now, everyone is walking the earth as Jesus. We are more aware of our reality, of our how reality works and about the universe.

So, we are like masters, everyone! It's not news

anymore. Just accept this is what it is and let's play with it!



The Mastery of Self - Who's Pushing Your Buttons?

Self-mastery - the mastery of self - could sound like something unachievable, far out there, out of reach. Buddha was a master of self, and Jesus Christ was a master of self, as was Muhammad and many others who have been living on this planet throughout the history of time.

They came here to be examples of what we are, what we can bring forth in this world. Claiming your divinity is your mission. To be your authentic self, to be YOU to the fullest, that's self-mastery.

All can be masters of self, but some are more aware of the "dream" than others. Self-mastery is like waking up from the dream that you only live in the visible physical reality. When you go to sleep, your

body lay in the bed, but you start dreaming, and suddenly you are in this new environment, the dream world, where you experience things.

And you believe you are there, actually, but from another point of perspective, you lay in your bed! It's really the same right now. You think you are here, but you're not! You're actually dreaming yourself into reality through your higher self. We think we see the world through our eyes, but we see the world through our heart.

In that sense, it feels very real, and mastery of self is about claiming your divinity and cutting off these limited beliefs that you have - that you're not worthy, that you are just a small person that can't create anything, that you aren't needed, etcetera.

Who's pushing your buttons?

Mastery of self is about allowing love to flow through you, and I know it could feel hard sometimes, but pushing some buttons is very healthy. Wherever you are, you will see people and feel people within you, and they will begin pushing your buttons.

But what if there were no buttons to push within

you? That's mastery of self! That no one can come and push your buttons as they want to like you were some amusement park attraction where people can come and push buttons and see you react accordingly.

Self-mastery is about embracing all the feelings within yourself so that there are fewer and fewer buttons to push that will throw you out of balance. So, if you feel negative feelings like unrest or unease, or maybe a fear of losing your job or concerns about a relationship with someone you love, instead of tasting the feeling on the surface, try to explore how it feels to fully embrace the feeling of unrest, unknowingness, fear or whatever it is that's bothering you.

Should you continue to trace the feeling, you might very well find that in the end, we all have a fear of death, that the dream will end and that we will disappear. What is the worst case scenario for you, should you, for example, lose that job, or end that relationship or continue to feel this unrest?

What is the worst thing that could happen? Actually, nothing happens. Everything will continue, but maybe you will start to feel disconnected for a

while. Would you let a child stand alone in a dark corner? Truly you are whole, complete, one within yourself and you feel all of these duality feelings when you dive into them. They're like little children standing in dark corners, and maybe you don't want to feel them or acknowledge them, but all they want is to be seen and loved!

So take out these feelings from the darkest closets within, and take them to your heart by allowing whatever feeling you experience, and try feeling it to the fullest. You will not die just because you feel the "worst-case scenario" feelings.

It's better to feel the emotions and release them with your loving embrace than to keep them in the corners where they will come back nudging you, probably with more and more intensity if you insist on putting them somewhere else, saying, "I don't want to feel this, I'll take a look at it later." We all do this, and I sit here and talk about it because I know it from within me, I feel it myself. We teach others what we feel ourselves, and cannot put things out there that we don't know about.

There's nothing new to learn, there's just for you to remember your divinity and act as if you know who

you are. And even if you don't know who you are, you can act as if you did, and this will move you into a vibration that will become stronger and stronger until you know! Raising your vibration could be explained as a sea of chaos, but when you set your heart frequency and embrace the chaos, the chaos harmonizes and the frequency rises. As the frequency rises, things and circumstances become more harmonious, more in harmony with the self. That's why when we connect with our divinity, synchronicity is natural.

Peace is natural. Trust is natural. And enlightenment isn't a spiritual concept, a label that some of us deserve because we are unique or better than others, but about letting go, forgiving and surrendering to the moment, to the spirit, and letting spirit work through you.

Life knows you better than anyone.

We want to be in control of how things will manifest and how we will live our lives, but did you know that life and your higher self-knows you better than anyone else? Life will work through you and make miracles and wonders that you didn't even know you liked, you didn't know you would appreciate because

it's a different frequency vibration that you cannot access right now. But we can allow it, and welcome it, and we do that by becoming children again and playing being our authentic self.

There are no rights or wrongs, but there is always a choice by choosing negativity or positivity, fear or love, and you can stand there in the middle and be everything if you want to!

We are love; we are fear, but in the end, you have to make a choice of who you want to be. Either you are in fear, or you are in love - it's as simple as that. People sometimes get stuck in fear because it's a habit, it's like some food you know will make you feel low, but you keep on eating.

Our emotional body hooks on to fear as easily as an addiction to something. We're on the road to integrating our higher self into reality, to become masters of self, and when I say higher self, it's the inner true self that we in one way always are, but right now are in the process of dismantling, of peeling off all the layers.

So, all people who push your buttons, thank them!
Be grateful, because they show you that there was

something else within that you could feel, embrace and forgive. And if you feel yourself fully, you cannot hang on to negativity much longer. It will become more and more unnecessary.



The Now Moment Is a Great Teacher

The sensation of being in the now cannot be described because it's a state of "totality." The now moment is a portal to endless creativity and wisdom. We can plan for the future, but we can never fully grasp the eternity of this moment. It is actually all you have and can embrace.

At this moment lie all the possibilities, dancing in multidimensional layers. The now moment is a great teacher. A very simple practice is to "feel" the sensation of being in the now.

Let every impression be absorbed by your heart fully and feel how it melts unconditionally. You are a

conduit of life itself. Let it play through you at this moment; it is there as your best friend. The now moment is where the so-called change can happen. The old can become new in an instant. Remember that you are the one to focus your attention towards different events.

Where does your focus come from?

To focus on things in the eternal moment of now is the most powerful thing you can do. Letting go is an essential part if you want to dive into the hidden beauty of life that is ever-present. Nudging fears within you may come to the surface; this is a natural process, and it's a part of life.

Letting go of things isn't as easy as it sounds. It will start a process of reflection and awareness. The simple act of breathing is a wonderful tool for the transformation of dense beliefs and fears. Breathing slowly and deeply will energize your body and activate your spiritual connection via the head chakra.

The higher self or our spiritual self is not above or higher than us, but it's a part of us. We can become more our true self if we practice conscious

breathing. At this moment you can be whatever you want to be, not limited to beliefs. You can feel whole, abundant, eternal, joyful. Self-mastery is when you do not depend on outer experiences, but choose to act on the inner loving voice of the heart and trust yourself.

What is hindering you from feeling good at this moment?

There is no "single way" to live a healthy spiritual life. The key is to listen to your inner voice and give yourself the time to integrate trust. Your body and feelings will guide you. There are always choices in life, small and big ones. Do you choose consciously?

The human body is very sensitive to its surroundings; it's like every cell in your body emanates a vibration of knowing. You can feel everything around you with your senses.

Before eating something, you can decode the vibration of that food by going into your heart and intuitively you will know if it's good for you or not. The same thing happens with choices of different nature.

Your heart is a decoder of frequencies.

Feeling things at the core is a health booster. A lot of people choose to escape from their feelings by doing things all the time or ignoring the emotion that is deep within. Emotion or energy in motion is like a projectile filled with layers of frequencies that is vibrating through your energy chakra system and aura. Your aura will affect others' energy fields. You probably know about the expression "energy vampire."

It defines a person whose energy field depends on someone else, draining other people's energy who aren't aware of their energy field. Why are you giving things to people? Is it to get benefits or is it unconditionally? Learning to know that you are an energy being will make it easier to understand why you are tired and lack the motivation to change your life.

Change begins with understanding. Health and well-being begin with how you look at things. Is there something in your life that is lurking within you, that you can't define? Is there something in your life that you can feel within, but have no idea what the message is? Feelings will be processed through your energy system that is not always known to you. This

is because the "script" is being changed or reprogrammed. The mind wants to figure out the "why" but it's a good thing to go beyond the "why." We live in a world where information is being bombarded into our minds, but our soul is always there as a witness. Become the witness!

Keep it simple: remove the noise and clutter in your life.

This is simply done by harmonizing your soul. It's like fine-tuning a guitar. Tune into the things you love to do in life and that you really enjoy. Surround yourself with music that you love and create your space of energy where you can heal and nourish yourself. What do you prioritize in your life?

What is hindering you from feeling good at this moment? By stating that question, you will realize nothing is there to hinder you, except your beliefs. Transforming beliefs will, in turn, transform your energy field.

Do you need energy from "happenings" or do you connect to the infinite energy of your higher self? Emanate love, peace and harmony and the fabric of life will become one with your highest vision and

dreams. Love in action will vibrate through infinity and affect all living beings. **Be fully anchored in the experience.**

I feel the word “grounding” encompasses many subjects, which unfold into different layers of importance. Why should we be grounded? What purpose does it serve and what are the "effects" of it? Grounding means to be in the now and fully anchored in the experience, being a conduit for the Light Energy into Mother Earth. I can only speak from my experience of this subject.

The human body is an amazing channel of vibrations and electromagnetic energy which can be likened to a battery. Your soul is a never-ending eternity flow of energy and when a blockage occurs your energy will be drained. This can manifest itself as depression, anxiety and much more. Being a part of this "reality" will be much easier if we get to know our body and feelings. This is where the subject of grounding can help.

To ground oneself can be compared to connecting to an electrical socket. This can be done in many ways, and it's important to find your way of doing it. Doing things you enjoy is a simple way to ground yourself,

even so-called "practical things." This will make you remember the simplicity of who you are. To be grounded will strengthen your aura and you will feel more alert and creative. Things will manifest much easier without struggle, and you will feel much more vibrant.

The effects of grounding. The effects of grounding are enormous because every human on earth that fills him/herself with light energy and beams it to the earth will spread to its surroundings like ripples on a pond. It's like a frequency that will reach every heart, not always on a conscious level, but on a spiritual level.

Every human is a gardener of love on this earth. These things are very simple at the core, but we may tend to complicate things in life. Fulfillment is a sense of well-being at the moment. Fulfill yourself in every now; you deserve that! You always know what to do next if you listen to the gentle voice within. The one who feels good will do no harm to others.

Forgiveness is a good tool for grounding. Don't take everything personally because this planetary "change" is collective.

What you project in feelings, words and thought will be reflected back to you.

A balanced being will automatically communicate in an uplifting way and cannot take peoples' projected hate in a personal way; a balanced being simply forgives them.

Hate and negativity are just diamonds covered in layers of charcoal. Every diamond has to be under hard pressure to become what it is and that makes a good comparison to the human being.

Grounding is a natural part of being, but in days of stress, our awareness of the body becomes less focused. It's time to claim what is fully yours and support your body and mind in this transformation of consciousness.



Through Diversity We Find Unity

Nothing will be as it was before. It's a reunion that will be experienced together with thousands of cosmic civilizations, only in this galaxy. It's a step-by-

step process that will introduce us to the universal family. The media only shows us a fraction of the truth of what is happening on earth. One who seeks answers will have to find them on their own.

The truth is that changes are bigger and stronger than anyone can imagine. Our planet is about to break out of its old shell and rise to a higher frequency, and that concerns everyone that lives on her. Now I want to speak about the implications of the first contact. People will see and feel this cosmic contact in different ways, depending on their beliefs.

- Some will see them as saviours, "saving" them from evil.
- Some will see them as angels that are "above" the earth people.
- Some will fear them because they "feel something unknown."
- Some will have very mixed emotions and feel very confused.
- Some will see with their hearts the true nature of this event and all the positive changes it will bring, in a state of love and peace.

There is no right or wrong way to see this, it simply

is. But many will become confused due to their perception filters or old glasses they have worn throughout their life.

Some people have no idea that we have a soul that can leave the physical body, which we are eternal beings of light having a human experience. Some will just see these ships as pure third-dimensional crafts, because they have no concept of the higher dimensions of light, and some will not be able to grasp the whole picture or higher perspective. So beliefs will be a huge filter for how people will translate what they see.

Some people will connect what they see based on the religious teachings they grew up with and so on. But slowly people will start to realize that we are spiritual beings having a human experience and that we are one family.

There are billions of people on this planet, and out of these, there aren't many who know on a conscious level what is about to happen. Many will just "wake up" because they will be triggered by the heightened energies of love. So "contact" is a key for many to awaken... The introduction to the Galactic Federation is like your birthday; there are no labels

attached to it by beliefs or ideas. It simply is our divine destiny - we all decided and planned for this. There is nothing religious about it; it is a grand event welcoming us into the larger picture of love, waking us up from the limited matrix.

To describe it in some way, it can be likened to humanity living within a small cottage in a deep forest with the absence of sunlight. Now it is time to step outside of that cottage and realize that we are a part of the universe and that everything is connected and synchronized.

Many people will be shocked when this is announced because it will be as if their lives are turned upside down. Just think about all the skeptics who have denied their selves so deeply. When this happens, they will have a hard time forgiving themselves. Some people will find it hard to interpret what they experience through their feelings. And some may want to defend their beliefs.

That is understood, because letting go of your old limited beliefs will not be as simple as 1, 2, 3. This is where you all come into the picture. You who read this message - to explain, to care for everyone, and be an example. To share what you've been practicing

all your life. Be an anchor of calm and peace In humbleness in all the confusion.

Not all people will be able to understand that all these things that happen here on earth are interconnected and interwoven and that this shift is as natural as spring coming after winter. It is a cosmic cycle. Some will be fixated with the surface of these visitations, and you are here to teach the deeper meaning of contact, and what it will bring to humanity. It is a spiritual shift.

People will need a lot of guidance and support for this change. It's not just 1, 2,3 and let's go. For some, this is just a fairy tale, and they couldn't imagine this, even in their wildest dreams. Isn't it wonderful to be here and be a part of this magical change? This is not all about physical contact, it is a contact with the divine within us, on many levels. You will work together with the Federation Teams here on Earth, in all sorts of areas, depending on your passions.

Some examples could be:

- New architecture that benefits nature and humanity.

- Opening a healing or meditation center.
- Supporting the animals.
- Supporting people that need shelter and food through the various "Federation Technologies" that will be available to all.
- Cleaning Planet Earth's seas, oceans, and skies from pollution.

The possibilities are endless for what you can do. You will also have your own personal "contact" within the Federation that knows who you are, as a mentor. There will be a lot of support from the awakened Earth people who have always known about this and came to this Earth to prepare and be of service in these times of first contact and transition. You have a lot of knowledge within you that will be triggered within these first contact events.

It will be a rush of Intuitive knowledge that has been there since your birth. It will come to a conscious level when we need it. You will also be able to travel around the world effortlessly, in shuttle crafts. The sense of freedom will be enormous, and it will take a while to adapt. There will also be ambassador centers, where people can interact with beings from various worlds like Sirius, Andromeda, Pleiades and many others. There will be a lot of education going

on, through various methods, such as holographic light technology, so you will learn what is happening and Why. No one will be left behind, and all will get their answers.

From my point of view, this is how we will be introduced to the Galactic Federation.

- Changes in economic systems, a temporary transition system, because we won't need money. It's more beneficial to share and exchange services with each other in pure love and harmony.
- Media will slowly announce their presence in stages. This has been done already. One example is "the disclosure project with Steven Greer," and many others. Millions of people have been working on bringing forth the energy of the first contact, and you are one of them. It will just be more headline news than before, instead of covering it up.
- Massive flyovers by the Galactic Federation Fleets all over the world, that no one can dismiss. People will be able to film and photograph these sightings of crafts with great detail and be able to share it on the Internet, where it will spread like wildfire.

Through diversity we find unity.

The Cosmic Civilizations are a higher version or expression of ours in tune with the divine energies. Cosmic people have unique energy signatures just as we do, a so-called personality which emanates from their heart. It will feel effortless to communicate and be with our fellow brothers and sisters, and there will be a lot of laughing and a lot of curiosity. They have nothing to hide; they simply emanate their unique aura and personality for everyone to see and feel.

They are masters at being themselves. It is also expanding for them to meet us. We are a reflection of them, and they are a reflection of us. Meeting a being from another world could be like meeting a stranger on a street you've talked to for a short moment, but didn't know.

We chose to incarnate into this density and limited reality to change it from within, and many of the Federation have always had a loving eye on us. They highly respect us for our choice to come here and support Earth and humanity in this transition. So we are them! We could not force these changes from the

outside - we invited the higher energies, due to our Intent, by being here on Earth incarnated and ground the cosmic energies. That is why the Federation can come into this world because we have integrated light-awareness into this reality. If no volunteers had come here to raise the consciousness, this type of contact would not be possible.

We came to Earth and chose to forget everything and slowly we started to remember who we were in this process. We slowly raised the collective consciousness to a higher awareness. So this has been a long-term partnership; we invited the Federation to come here. It is not an accident. So people who see the first contact as interfering have forgotten that people from many star systems, universes, and dimensions have been here for thousands of years working towards this event. We will take the wisdom of being on Earth with us forever, and share that with other civilizations.

We will also support other newly awakened civilizations in the universe with their ascension, just as the Galactic Federation has done with us, and will do unto others. It is natural to support each other through all levels of creation. We will actually have a huge diversity on Earth on this shift because beings

from many systems will be a part of the first contact.

We will be presented to those who are most human-like at first, and then the cat-like beings, the lion beings, and so on, and what we call reptilians because all are not dwelling in darkness. We can't judge anyone by their appearance; it's the heart that matters. We will find unity through diversity in this contact. Being one isn't about being the same.

It's about sharing and honouring the "uniqueness within everyone" as they are. There are a lot of planetary "ceremonies" in different civilizations that are a part of their culture. We will also build out own WAY OF LIVING here on Earth. The Galactic Federation is here for support, not to take over our duties.

Enjoy the simple things in life that you may not experience again, because soon things will not be the same anymore. Our reality will change. I have only touched the surface of what will come and be possible, but this gives you a certain idea of the energies we will be introduced to.

You may wonder when contact will happen

This is not a waiting game. Do we choose to wait or do we choose to BE WHAT WE WANT TO EXPERIENCE, right here and right now? There is nothing to wait for. We are in the midst of it.

"Official Contact" is not just ONE event, it's an unfolding sequence. It is happening right now, and it will step up and be more and more obvious. It's about being confident and knowing that what we seek is within our hearts.

My final words will be, nothing is new under the sun, be the highest vision of yourself.

Be The Highest Vision Of Yourself,
BenArion