

## THI-SHOW TRANSCRIPT 2024-03-26

The long-awaited self-empowerment show has finally arrived and will now be presented to you. Something that has been in the works well over two years, but with us all being so busy within that time, this piece went onto the I know you're busy but, backburner so to speak. Too much gnashing of teeth and prompting from certain individuals, including a former member who pestered me many times to do this show, well here it is. But as always many of whom lack something essential in this process, called PATIENCE. It is your greatest climb you will undertake, the proverbial Everest and back, but like that mountain climb, it requires preparation, endurance and stamina to undertake that climb. I said to some members on the trip in Arizona we took back in May 2022, you cannot with self-empowerment and soul development jump from A to Z, it doesn't and will never work that way, the fact is it can't. The A to Z including all the letters in between, most of which have been taken up by the gender crew these days, alas I digress; the B to Y are all so important on what I call the great journey of discovery. Like in life, you have to learn to walk before you can run, unless you wish to fall over all the time and yet many do. Faking it until you make it will not apply on these levels. This is a marathon, not a sprint, this requires much input from the self and cannot be dabbled at, unless of course you don't wish to make it or develop along the way. Nobody and I repeat nobody can do this for you, it is a sole and soul journey that requires patience, much application and inner will power, to be able to develop yourselves far beyond this Earthly plane of existence. The riches, pay back and benefits of this work are beyond your own comprehension for those starting out. No external gratification, money, wealth, status or title is comparable to it. It is your most arduous journey, but unlike all the other wait clubs, it brings tangible results and enormous benefits. It no longer requires you to believe in others, you will see things and places and do things for yourself. It is also a very strange and lonely path, where the self-questioning kicks in heavily. People including myself when the magic kicks in, begin to question themselves. Is it real, am I imagining it all, what is happening, why me? Why not you? Why me means you think you are not good enough to receive these inherent gifts, why would you think that way? The spark of creation, which is a miracle in itself not being good enough? Turn it in and get out of your own way. Never try to understand it all, you won't, largely because you are thinking in 3D terms, that rarely brings understanding. You have to retrain your thinking to other dimensions and even then you will still not know all that you wish. The simple solution to that is, it is what it is until I understand more. One hopes you all have the courage to wash your illusion away, this show will show you the way.

### Opening Section:

This whole planet has been in a reduction and retraction phase on all levels, what we are doing now is called expansion not retraction, it will be a long road ahead. But the road is now created and people can see it, before it never existed, that is the difference between now and then. The path previously was created for you, it was the road to hell and we all walked blindly down it. This is why all have to take responsibility going forward, getting others to do all things for us, has clearly not worked, otherwise this show wouldn't exist. Rahu and Ketu are the proverbial blue and red pill, like I have said choose neither, they were not your choices. Same applies to politicians, none of them are your choices, they are their choices for you to

vote on, step back and think is the key. A member asked the question: So, someone who is self-aware, has good judgement, wise, of strong character would not fall prey to Rahu? Exactly and the value of inner work is revealed right there, you won't be affected by Ketu or dark forces enticement programs either. The answer to every question posed: is you, ponder long and hard on that statement. Do you follow what is normal? nor used before the second or last of a set of negative possibilities, mal means bad, wrongful or ill, like ill -usion. Normal is a reflection of limitation and no imagination, limitation is the dark void holding nothingness and no matter, that brings in words like impossible, when you can change it to, I'm possible. Now if everyone does that with personal responsibility, humility and ego in balance, then we have real change and it all starts with you. These two paragraphs ended the FHSTOS 8B show, it was a heads up for those who tune into the narrative and not just look at the statement. The event horizon in sight now, it will bring down the curtain of your darkness and the light of the few will shine brighter than you can imagine, our time has come and theirs has ended. The winds of change are blowing through their valleys of the shadows of death, we will fear no evil, for we will conquer evil, for you are with me; your support and your courage, they comfort me and us. I also said back then, that I kept warning certain things were close, following the Day of the Svarog on March 21<sup>st</sup>, 2020, the dark is now into the light. The hidden back ground war is now won and I can confirm the war will now be played out in the public arena, it will reveal so much. You cannot expose, take down and reveal the dark without it getting or looking ugly, it was what they are, the masters of deceit. Do not fear this, embrace it as an achievement, we have forced them out of their shadows, it will get ugly there is no question of that. Banks are now falling, devious technology is failing, expect disruption, expect chaos, but you are tasked with driving a new way and path and accept that role and use it wisely. That world must crumble and remember everything that falls, must be replaced with anew. Stay calm, remain grounded, shielding a must, re-enforce it and above all stay 45-55. THI was tasked as the guardians of the Trust, we don't need titles, certificates, degrees or decrees to do that, we just be it, stand in your guardianship and act the right way. THI is also tasked with driving a new way of being human, we will not be replicating the old version, which failed on all levels, understand that, embrace that and be the beacon. The real value of THI will be not recognized until much later in time, except for the few who didn't just listen, but tuned into its frequency. It laid out the framework of how to go forward, it gave you an entry into the many closed doors, it got you to see not just look, it connected the dots and revealed the hidden world, now is our time to not only use that for good use and practice, but embrace the message of THI. Inclusive not exclusive, need not greed, service to others not service to the self, empathy not cold-hearted detachment, a move to what is real, not fakery and illusion. You cannot fake it anymore your frequencies are telling, which is a heads up to those who haven't done their inner and shadow work, or enough of it, you are and will be exposed. Put aside your own stupidity, pettiness, illusion, fakery masks, division, delusion, violence and be the new you, a being of light. Not the low vibration astral level being you have become, the sky is not the limit, reach for the stars from whence you came and then go beyond. Open the doors to expansion, denounce limitation, embrace evolution not devolution, aspire not perspire, reverse not inverse, love not hate, vibrate to the love frequency not to the quiver dance of fear, you are not the likeness of or the image, you are you, you are the guardian of yours and our destiny. The only domain you need to reside in is the domain of the wise, which is wisdom.

The biggest problems we face:

This world has a pandemic of low vibration, low self-worth and insecurity people, those three descriptions make up the vast majority of people around the world. It is the real pandemic and why we have to stop dragging each other down and instead lift each other up. Unbeknown to many, unbalanced ego of over-inflating the self, is the condition of covering up the low self-worth. Every braggard is covering up their failure to address their own low self-worth. They are acting like they are confident, but a few leading questions causing them to buckle or react angrily and start projecting. Often they ignore the question and begin stating what they have done or can do, often in comparison to others. But, these people always feel they have to prove themselves, did anyone ask why you have to prove anything to anyone but yourself? Why is the self-approval not sought? Yet people will often seek the external gratification or approval over themselves. That is a lack of trust of the self, you cannot soul develop in any meaningful way without near full trust of the self. Which requires inward love, trust, approval, not external versions most of which are fake anyway.

People met each other whether in relationships or friends because they were both low vibration, low self-worth and insecure people, it is the magnetic attraction effect, the frequency effect, you were attracted to the same frequency. When you understand everything is about frequency, this makes more sense. But, here is the kicker, love is a higher vibrational frequency, so how can love operate in a low vibrational field? The answer is it can't. It is a version of love we have adapted to on a low vibrational scale, but it's not real love, it is a copy, a mirror image, an illusion of what is real. We have spoken in the past of you either choose love or fear, fear is low vibrational and an absence of love, love is higher vibrational and an absence of fear. So, you cannot love in a low vibrational, low self-worth and personally insecure status or frequency, you are only imagining it. How do we know that? Because they tell you in their words, they tell you to fall in love or you fell in love. Why do you need to fall to be in love? You don't and you can't. We all need to rise to be in love, change the terminology I rose in love, I have risen in love, I have elevated in love.

The lack of personal responsibility:

This topic has plagued humanity for thousands of years, both on an individual level and a collective level. It is on a collective level abject laziness, a child level program and demeaning to the soul. People all too content to let others do things for them, that means if things go wrong they have someone else to blame. That is why many rely on the government, but governments fail because the people don't take any responsibility for it. How many people actually help the politicians? None, so why would you expect them to help us? 534 people looking after a whole country of 330M people, do you think that is A: fair or B: practical? People have become so frightened of failure, that it prevents them becoming who they should be or what they want to do, failure is an opportunity to see where you went wrong. A failure brings learning lessons, the same as mistakes and remember a winner is a loser who got back up and gave it one more try. So the key to mastery of the self is internally, the we must become the I, externally the I must become the we. External only truly becomes possible with the internal mastered, otherwise it is all an illusion of what you believe you are doing, not what you are doing.

First of our categories is understanding what it means to be human this is called:

Rules for a human:

The rules for being human which is handed down from the URS and the Rus Sanskrit, which is not Indian.

1. You will receive a body: You may like it or not, but it will be yours for the entire period round. T: So, look after it, treasure it, respect it and grow it is my opinion.

2. You will learn lessons: You are enrolled in a full time, informal school called life. Each day in this school you will have an opportunity to learn lessons. You may like the lessons or think them irrelevant or stupid. T: Those are your choices to make, that is the triality, your own choices, but the triality comes with personal responsibility. Because in triality only you make them choices and ultimately you become responsible for them.

3. There are no mistakes, only lessons: Growth is a process of trial and error and experimentation. The failed experiments are as much a part of the process, as the experiment that ultimately works. T: what works best for you? no lessons equals no growth or make a few mistakes and learn, which then equals growth.

4. A lesson is repeated until it is learned: A lesson will be presented to you in various forms until you have learned it, then you go onto the next lesson. T: The key is to stop looping and repeating the same failed lessons over and over, what a waste of energy that is. It is ok to be wrong, ok to make mistakes, what is not ok on either point is, to keep repeating them and expecting different results.

5. Learning lessons does not end: There is no part of life that doesn't contain it's lessons. If you are alive, there are lessons to be learned. T: indeed, and hiding from lessons is a stupid exercise, we all need growth not levels of stupidity.

6. There is no better than here: When your there has become here, you will simply obtain another there that will, again look better than here. T: This brings in two points A: the grass is always greener over there, it is not, it is not possible for all alternatives to be better, there is a lesson in there for the I am going to 5D crew. But this section brings in change, something far too many people are reluctant to do. Yet too many spend endless weeks, months or years complaining of their poor life, their job, their love partners, their towns or cities or even their politicians, and yet choose to keep the status quo, which is another looping practice.

7. Others are merely mirrors of you: You cannot love or hate something about another person, unless it reflects to you something that you love or hate about yourself. T: Oh my that is a harsh lesson to learn, but it is true. Hatred of another person is hatred of some aspect of the self, once we all grasp that fact and use that hatred to find out within ourselves that of which we hate, then the lesson and healing can begin. You

often hear yourself or others saying I don't like such and such a person, I hate this or that person, I don't trust this or that person, that person doing that, does not like, hates or trust themselves. We can all point fingers away from us, but our external stances on other people, are a reflection of the status within and of ourselves.

8: What you make of your life is up to you: You have all the tools and resources you need, what you do with them is up to you, the choice is yours. T: Exactly, life is what you make it, again this is often a finger pointing away exercise and blame everything and everyone for life's ills, when you have dissolved your own responsibility for your own life.

9: The answers lie inside of you: The answers to life questions lie inside you, all you need to do is, look, listen and trust. T: Interesting it only had 9 points, the number of completion, the open spiral cycle and not the closed loop. Three or four of those categories that showed where people went wrong was, involved loop cycle decision making and expecting different results. As we have said many times the answers lie within you, not from me, if you look you will see, if you listen you will hear and all that is left then is, do you trust yourself enough to accept what you have seen and heard? The old failing in humanity runs real deep, of falling for the magic seducement of pieces of paper and the savior programs. When the real gain is in soul development, that doesn't require any money to do so and the idea of a savior is abhorrent to a soul developed being. Remember at the end of your life, all the pieces of paper you collected count for nothing, you cannot take it with you, but you know what you do take with you into the next lifetime? Karma and soul development.

The I and WE, is it the true story King Arth of UR and the sword?

Life is the mirror, when you add more mirrors, is there not more versions of you? but I thought you were just one? what is real, what is the illusion? Is it not the case everything is inverted in life the same as the mirror? Life today is about things being external, when all is internal. With the external, the focus of most people is the I and not the we, this leads to selfish agendas. Life is all about me and others don't matter, the endless world of comparison and competition, that has so damaged us all. So on the external we are attempting to pull back the I and focus on the we, which is not an easy task as many of you have found out, it is not an easy program to break. Then we have the inversion on the internal aspects, as within so without. Internally we are programmed to be the we and not the I, which is the reverse of our external traits. What is the we, he is talking about many will ask? the we is in the brain, the two dueling hemispheres. One hemisphere says I want to do this, the other side hemisphere kicks in and says come on you are too old, too weak, you can't learn this, you can't do that. How many of you have said I would love to do this and then the excuses crop up of why you can't? I would love to go to paradise beach, but the kids, the school, the time off work, the money and same applies to the projects many of you are working on, I can't take part in this project because blah blah blah, that is the limitation program installed into your brain, shutting it off is the key. So internally many face the problem of the dueling hemispheres which is the we, combining them together as one with the positive and all possible side, it becomes the I. The I internally when mastered, makes the we externally far easier. This is about you claiming your own sovereignty over the self, which

may seem bizarre until you fully grasp what is actually going on inside of your own head. It starts with what you consent to, and ends when you consent to only things and thoughts beneficial to you. If you doubt this exercise, then remember the head mind can be controlled by external forces, the heart can't. Once you have mastered the hemispheres, the next stage of the trinity within the head is to merge it with the third eye, the single unseen eye, that can see more than the visual two eyes, once that stage is complete. The next stage is, providing the throat chakra is not blocked, is the cord to the heart, that is where your magic kicks in. As operating from there opens many doors physical and non-physical, more senses than our basic limiting 5 senses and the real definition of the warrior with the sword manifests. The two hemispheres are the two side handles, third eye is the upper handle, the cord to the heart is the blade. The blade like the mirror is double edged, use wisely and it will serve you, use unwisely and it will cut you. That requires responsibility, yet many don't like the responsibility and so why too few achieve their own mastery. People all too content to let others do for them, that means if things go wrong they have someone else to blame. That is why many people rely on the government, but governments fail because the people don't take responsibility, not because of politicians. Why? because you are responsible having selected them and by not making them accountable. The people are responsible for the plight of the country and the government, and have neglected it, to allow someone else to take the blame. People have become so frightened of failure, that it prevents them becoming who they should be or what they want to do. How can you gain self-mastery if you are frightened of failure or being wrong? Failure is an opportunity to see where you went wrong, failure brings learning lessons, the same as mistakes, and remember a winner is a loser who got back up and gave it one more try. So the key to mastery of the self is: internally the we must become the I, externally the I must become the we, external only truly becomes possible with the internal mastered. Otherwise it is all an illusion, of what you believe you are doing, not what you are doing.

The PSI field:

Imagine your psi field, (others call it the aura) is like an item of clothing, you love that old worn-out jacket and refuse to replace it. But it's not the jacket you hold onto, it is the frequency of it, all so comfortable despite holes, tears and out of shape, you hold onto it until it falls off your back, or the wife/girlfriend bins it on trash day so you can't recover it, the same applies to our psi field on an individual and collective level. Question is, how will you fare walking in a 50mph blizzard of snow with that jacket on? not too well. The wearer may change jackets, yet many choose to ignore their own personal jacket and leave holes in it, wander around life in a blizzard of negative frequencies day after day and wonder why life is not good. Some will say well I can't see it so it's not real, no one can see air but we still breathe it, no one can see god, Jesus or Mohammed but 4.5B believe it, denying its existence is a frequency based suicide program. Imagine inside the jacket is a cup filled with oil and you attempt to clean that cup with water, what happens? the oil stays and the water skims off and so neither the cup or the item of clothing gets cleansed. It just sits there, except unlike the cup or jacket, ours festers, expands, proliferates and weigh's us down. The cup, which is the inner you, is filled with negative frequencies of anger, frustration, anguish, envy, insecurities, inferiority complex, little me, victimhood/savior programs, hurt, pain and traumas. A vicious cocktail of frequencies, none of which is helpful to you in this life or future lives for that matter, a thick viscous soup that leaves you, in essence, like walking through life in treacle (molasses for

Americans). So that is what you have become, a thick soup. Then we come to the garment you wear known as your psi field, again that is thick in oil full of holes and tears, you try to wash it and it rolls off it, too greasy or slippery, so you have to break it down to clean that field also. A psi field full of holes is an entrance point for astral level infections, dark spirit and extinct critters, for those new, cancer comes from an astral level infection, not the physical level. Your field is filled with your own inner trauma and also the angers and frustrations of everyone else in your close environment or you engage with. Do you think you can thrive in that environment? Do you think your inner light can shine like a beacon in that environment? You can't because the oil is that thick and not enough of your inner light penetrates. You have become a walking stream of negative lower-level frequencies. Your psi field is connected to other lower-level frequencies and you become a walking wifi delivery system of negative frequencies and entities, that you drag them through your lives, day after day. At some point, everybody has a fall out with someone, be it vocally and/or with violence and you no longer speak to that person, and you think that is that? No, you have a tentacle or cord still connected with that frequency or person, because you never let it go. Now imagine all the other tentacles you have? with all the other people you have had bad interactions with? You have become like a villain trapped by Spiderman, meshed in a negative web, that you may perceive was not your doing, but a differing percentage of that interaction was down to you and your reactions to it. The reactions to all situations determines your future. This is why your shadow and inner work is the most important thing you can do, you repeat behaviors and bad scenarios in your life, because you didn't address the previous ones, I guess it's time to cut some cords, is it not? To do that you have to have belief in yourself, ignore the false external authority figures, like doctors and psychotherapists, and you become your own doctor and therapist. You are the doctor and the therapist, how can someone else truly understand your body or feelings? They can't, it is another illusion game. Every sexual intercourse encounter you have had creates a cord also, so whilst it was fun at the time you notched up all those sexual encounters, perhaps it was not the best interaction for you overall was it? I imagine some thinking back now, of the ones they have slept with and thinking I did not want to hear that, well I have said you will hear what you need to know, that sexual cord lasts for 7 years. The global psi field is also a thick treacle, mired in discord, disconnection, distortions and lies. Your psi field you wear is based on lies and the masking of lies that you embrace, because it is or was not the real you was it? We have all worn masks to cover our own perceived weaknesses, a dropping of the mask leaves the real you, if you don't like the real you, or not enough of the real you is being shown, that is up to you to correct it. We accepted the narrative fed to us and it became part of our field and like the old worn-out jacket, we held onto it for far too long. But there is a tiny light inside of you that is chirping away going, this field, this life and your whole reality is wrong, the whole field holds all the lies we have been fed, on and in all aspects of life. The field is like an AI copy of illusion, it's a mask, we are not phantom of the opera men or women, we are a shining beacon, so why do we all dull that light with lies and trauma? As your inner light gets bigger following you cutting more of your cords via inner work, you reach a tipping point where the light shines more than the oily dark shadows and the soul is screaming at you to get the trauma and lies out of the field. This is your knowledge-based awakening and suddenly things start to make more sense, the fog has been lifted and your inner and outer vision is suddenly a whole lot clearer. Reality has just walked in your door and slapped you out of your self-induced coma, no more back in the permanent sleeper pods for you. Once this process has removed most of the cords and traumas, it is always ongoing, at this stage you cannot undo

what you have learned and go back, because that you, no longer exists. Why? because you are no longer in that field or frequency anymore, and finally in your life, you begin to grow. Think of it in terms of the Russian dolls, it is an illusion there are several dolls, in reality there is only one, you. Your mind created all of the rest, the heart doesn't do that. Despite all your cords, disconnections, traumas, strife, pain and consuming volumes of negative frequencies and the lies. Proudly and stubbornly wearing your masks of illusion, having slept for vast parts of your life. You had clever manipulators pulling strings in the background, walking through life in a vast vat of treacle, you came out the other side and shine your beacons of light, as only an organic human can. Give yourselves all a pat on the back for even getting this far, still waiting for the event? you were the event. The key to removing the traumas, cords, alters and host possession is, to go inward, process what took place, forgive yourself and the others, heal it and then let it go.

#### Mind Thought Contracts:

We often receive negative and or dire thoughts from day to day, but I wonder how many stop to question it? Where did it come from? Why is this thought in my head? The greater question is, what does it actually mean or its purpose? Those thoughts sent to your mind, which can be controlled by external forces, are actually contracts offered to you by the dark forces and their minions. People may often receive these contract offers when driving and suddenly you are thinking of crashing, running people or an animal over or going off a cliff, again these are contract offers for you to accept that negative reality. Counteracting it is simple, but it requires a change of thought pattern, that eventually becomes your modus operandi. When you receive the contract, recognize it as such and then deny consent verbally or with inner spoken words. Say or think it clear, I do not consent. It is all about discipline and awareness and you must exhibit that as close to 100% of the time. It does take time, but less so with more awareness. You will get it in the end, it is retraining the brain to operate in a differing state than previously. It will also help with your awareness of your environment when you are away from your home, presuming you have protected and shielded your home. When getting into the car it requires saying protect the car and the occupant(s) every time, eventually it becomes second nature. The same applies when getting out of the car and going into supermarkets, shops bars and work places, always protect your field. Do not assume others have clear fields, your responsibility is protecting you. Eventually you will not have to see, but you will sense ahead. That comes with total awareness of your surroundings.

#### The Metronome and the balance:

Life is all about swings, high and low, ups and downs, like the metronome is just doesn't stop, unless you interact. The key to it is don't get too down if things are not going your way, and don't get too up if things are, just take it all in your stride, operate in the 45-55 range as a 5% correction is manageable, 20, 30 or 40% are not. So, you have to alter your path, the first thing you have to look at and do is, be honest with yourself and that's a lot harder than many think. We lie to ourselves constantly and then recreate an image of us to present to others, but that is a mask and subsequently an illusion, it is like being in the hall of mirrors. You become distorted, how can a distorted image be the best version of you? no matter how many

times you lie to yourself and your circle, it is not you. Again, it is why the shadow and inner work is so important, but it only reaps benefits by being honest with yourself. It will be painful doing that work as the onion layers you have created, of not addressing the issues, mounted up and became much larger than it ever needed to be. Traumas, pain, anxieties, shame, guilt and anger all bubble to the surface, but they all have to be transmuted into something more positive, that can take time depending on the individual. It is a process, it won't take one session or two weeks, it can take years depending on how many layers or how condensed the low vibrational frequencies are. Stop trusting the plan, this is not an external Q game, trust your own process with your own plan. But as each layer is processed, released or at peace with, those gaps have to be replaced with something more positive and a higher vibrational frequency and preferably source based energies. First thing to do after releasing it is, praise yourself for the accomplishment of overcoming that hurdle, a hurdle you have held onto because you couldn't face it. Now that you have, praise away, self-praise when in truth can lift you far higher than external praise can ever do. This will perhaps make you realize how many of you knock yourself lower by your own comments. Suddenly you will feel lighter, why? because your lower frequency has been reduced. Those low frequencies weigh heavy on our body's immune system, mind and heart, making it dense and anchoring it to 3D, when it becomes lighter that is heading towards 4D, in 4D you are 10% of the denseness you are in 3D. This also reduces the chances of you becoming ill also, as most heart conditions are not because the person smokes or eats fatty food, it is because the heart has been put under too much stress and the person has not adequately dealt with it, it applies with other conditions also. In overview again, you have become your own doctor, with the added bonus of saving you and your family lots of medical bills and prescriptions. Staying and keeping in balance is an important step for you all to master.

The heart not the mind thinking, acting and being:

We have spoken many times of speaking, thinking and acting from the heart, not the head. The heart has more neurons than the brain, and so you are more capable of thinking from there than the head. The other benefits of it is, the heart cannot be mind-controlled like the brain. Your brain often argues with you in decision making due to the split of the hemispheres. This is overcome by self-mastery and recognizing the parts of you that don't serve you and adapting more to the parts that do. The sword effect completes that inner anomaly once it is perfected, having got free of the solar plexus and throat chakra blocks society imposes on you, but remember you allowed it. The solar plexus is the 3rd chakra and, in my opinion, linked to the astral level, as I believe the chakras are linked to the seven levels of Earth progression. This is why society uses the mind control meme of, go with your gut or what does your gut say? You know that is a program, as it doesn't make sense. Science recently has just proven, all that we have revealed on our show in relation to the heart. A scientifically controlled study conducted by German researchers at the University of Kassel, has shown that while the chest area of an average person emits only 20 photons of light per second, someone who meditates on their heart center and sends love and light to others emits an amazing 100,000 photons per second. The term light up your beacons makes more sense now doesn't it? That is 5000 times more than the average human being. Numerous studies have also shown that when these photons are infused with a loving and healing intent, their frequency and vibration increase to the point, where they can literally change matter, heal disease and transform negative events. Proving that

operating from the heart increases the chances of you gaining the abilities mentioned earlier. The Heart also loves, feels, thinks and remembers and communicates with other hearts. It stores information and continually with each beat pulses this information through the body. It is far more than what modern science would have you believe. It is also a pump that pumps the cellular symphony that is the very essence of your being, and it is a magnetic and radiating vortex and the true source of human power. A radiating vortex, as above so below springs to mind, also as within also without fits nicely as well, the heart is the center of your own vortex, time to let it flow and fire it up.

#### Healing Techniques:

The more you learn to master the self, vibrate higher and develop onto the mental planes where your abilities can kick in, then one of the skill sets is healing. Whether thyself or others. Get yourself into a meditation like state and visualize the area of disease, injury or trauma site, eventually you get to "see" where the problem is and you can address it. It requires a strong belief and trust of the self, no mind interactions before when in preparation or during it. This is a heart center practice only. Pull in source energy and some of your own energy and push it into the area of concern and set the intention of healing. If it is an issue with a joint, then check out the shape of the other joint to then feel where it is different. Once you get a mental picture of it, then you can imprint to the other better joint onto the damaged joint. If there is inflammation add cooling to it to calm the area of concern. This can be done to yourself or other people next to you. With greater training and development, it can also be done over long distances to help people. But remember if you are doing this correctly, it will drain you and so you have to be careful of how many times you do it. Plus the gaps in between the sessions have to be spaced out, to allow time for recovery. If done properly you are giving part of your own life force energy for the healing to the patient. So exercise caution of how much you do it.

#### Clearing, centering, grounding and shielding:

We have often mentioned the original grounding, centering and shielding techniques throughout our shows. Indeed my former partner Chloe narrated the same techniques in one of our earlier videos on YouTube. But, I had my pondering head on one day back in 2018-19, and began to realize there was serious flaws in the grounding, centering and shielding. Things didn't make sense, the flow of it once I pondered resembled a sort of spell casting and word magic to it. This is likely borne out due to the New Age movement, which is the old system's attempt to replace organized religion with something new to follow, of which they control again. So, in came the New Age movement, riddled with spell casting, word magic, crystals and other external objects, none of which people knew how to use them, it was a giant trap set, and many fell for it. If you are going to replace their system, you never replace it with another one that came from their philosophers, theologians or books, it is pure folly. We have all found out now that the Darwin's, Blavatsky's, Crowley's, Parsons et al, and even Einstein and Steiner, were their people pushing their agendas, otherwise their books would never have been published. So, what did the New Age do to change the ground, center and shielding? The first thing I noticed is, there is a word missing, clearing. The second thing I noticed is, centering after grounding, both of those items combine to distort the real version,

which should be clearing, centering, grounding and then shielding. Why is that the case? Let's take clearing first, the ground we all walk on has been destroyed with advanced weaponry, millions of deaths via wars, plagues and other criminal behaviors. Not to mention the use of Vrill machines in the ground sending out negative frequencies, many of which have now been dealt with. It has been poisoned with pesticides, poor agriculture techniques, chemtrails, pollution from their greed based energy formats and the list goes on. So, why should we assume the Earth ground we walk on is clear? the answer is, it is not. We are grounding to traumas of the Earth, how will that heal or balance us? the answer is it won't. So, to begin the discipline one must clear the ground, before you proceed with the rest of the discipline. You begin by clearing the ground where your feet will be placed, free it of all cords, malintentions and negative frequencies and entities. Then you come to centering, which is balancing, or the better known version in THI of 45-55. This is done by going within, where you are free of fear, worry and other concerns, and in a state of calm and mild bliss. That state can be achieved quickly with a short meditation, with some breathing work. Breathe in through the nose for a count of 3, hold onto it for a count of 3 and release it through the mouth for a count of 3, for a total of 9. Once that centering or balancing state is achieved, only then do you anchor to the Earth, which is grounding. The reason being is, if you are off center or balance when grounding, you will be out of alignment before doing something, and your shielding will not work properly. You can also set the intention with grounding for it to be for your highest spiritual path. The shielding part is important for your own protection and safety and is your responsibility. Complaining of attacks whilst not doing your shielding is, victimhood mentality. For those who have not yet honed their ability to see yourself, call in your higher self to allow you to view you. When you can see yourself, can you see any holes in your psi field? Any wires or cords sticking out? Any anomalies, like small entities? Remove wires and anomalies and repair the holes in your fields. Now whilst viewing yourself, create a circle around you and seal beneath your feet, then start a 6-9-foot-wide spiral going up your body in a cone shape, with no more than 6-9" between the rings. If done correctly, the spiral will be a mixture of blue and white light. If, as you are spiraling it up slowly, it stops or stalls, that is your opportunity to clear a blockage with a burst of energy from your feet to above your head. Or you can push the blockage out sideways. The spiral will start moving up again if you have cleared it. Bring it all the way up and into a point about 12" or so above your head. It should look like a blue and white cone. You then go about creating your weaponry or armory to protect the shield on the outside of the cone. Various methods can be used, perhaps fire, swords, electric zapper or other tools, with the intention to ward away all entities not for your benefit. It is important you verbalize the intention. Get creative! This is unlimited to your imagination. This is a very useful practice before bed and after a time it can be done more intermittently and not a nightly ritual, if no attacks were happening to you in the meantime. This is useful during the day if you start to feel interference or a bit off, feelings of something wrong, this is your intuition warning you, take notice of it and correct it immediately.

Host possession:

In light of the Rudolph Steiner quote where he stated the following: With such a vaccine, you can easily make the etheric body loose in the physical body. Once the etheric body is detached, the relationship between the universe and the etheric body would become extremely unstable, and man would become an

automaton, for the physical body of man must be polished on this Earth by spiritual will. This has all the hallmarks of off world genetic manipulation to me, how would they know of these things over a hundred years ago, when we are told that medicine was in it's infancy? We were told we barely knew how the anatomy works, even less so of how the brain works and yet, here is a man talking of detaching the silver cord which connects us to the various planes, via vaccines, does this make any sense whatsoever? Cutting the etheric cord in a child before aged 7 or if the child does not gain the etheric cord by that time, renders that child in their terms, retarded for the rest of its life. A loss of that cord renders the spirit unable to travel, and if the spirit is trapped outside of the vessel, that person dies. I believe this partially explains coma cases, whereby the person is suspended between the planes, and the spirit only partially was able to get back into the vessel, rendering that patient alive, but not awake as a larger portion of the spirit is trapped between the physical, etheric and astral planes. But why would a highly decorated scientist speak in this way? why would they want to remove the etheric body? what purpose does it serve science? in our world of thinking - none. But their way of thinking operates very differently than ours, because the one thing that helps for host possession entities is, an empty vessel. Many beings are or were trapped in the etheric and astral levels, unable to go back to Source and in suspended animation per se, just waiting for an opportunity to host possess somebody's vessel. So what where the conditions and modes of operations for these walk ins to arrive in such vast numbers?

Here are some of the examples:

1. Alcohol: They call it spirits for a reason, genie is a modern term for djinn and who comes out of the bottle when it is rubbed? The genie or the djinn, which grants you 3 wishes, it is not wishes it is magic, which they perform, only you pay the price of soul possession in most cases. The Arabic term Al -kuhl was the origin of the alcohol, Al means god, Khul means ghoul, which means spirit, so it means the spirit god. In the 17th century alcohol was then described as a distilled and rectified spirit. A description of rectified spirits is, Rectified spirit, also known as neutral spirits, rectified alcohol or ethyl alcohol of agricultural origin is highly concentrated ethanol (I wonder whether adding ethanol to our gas, is another way to infect us?) that has been purified by means of repeated distillation in a process called rectification. In some countries (e.g. India), denatured alcohol or denatured rectified spirit may commonly be available as rectified spirit, but it is poisonous and ingestion can be fatal. Wine is a neutral spirit also, do you still want to consume that amount of alcohol? Alcohol was introduced by the fake gods, in particular Osiris.

2. Drugs, pot or other psychedelics: The Greek original meaning of that is breathe, life and soul, soul being the operative word. Psyche being of the mind, delics comes from the term delos, which means manifestation, so you have manifested something in your mind. The origin? from the spirit realm which is the astral trap version. I can hear many going no, no, no, I'm sorry this is exactly what those drugs do. People often wonder why people who take them change? think about it, they have changed because in many cases, it's not them anymore. They say it expands your consciousness, but have you considered it is not your consciousness that has expanded? It is not you that has expanded; it is the entity.

3. Mushrooms: They call it magic mushrooms for a reason and all magic comes with a price, often a heavy one.

4. Ayahuasca and other derivatives: Described as hallucinogenic or is it hallucino - genie, again it calls in the spirits. Hallucination: to affect with visions or imaginary perceptions, except it is real and you are dancing with the dark spirits. All done by so called shamans, which really means shar man, shar means time or era, so they are time men, just not our time but theirs. The South Americans and many other tribal people were tricked into these ceremonies by the rogue ET groups here, to engage a covenant or contract, they had with the demons or djinns here. Whereby they do their magic and dirty deeds, which comes with no karma as they have no physical form, djinns get to inhabit vessels and also consume life force energy, both in here and also the astral realm.

5. Tribal based ceremonies: Involving circles, rhythmic beats to bring in their ancestors, except it wasn't their ancestors they are bringing in.

6. Witchcraft, Druidism and Paganism: All involved in bringing in the demons, djinns or dark spirits. Female witches congregate in a circle, often with a pentagram, which is on Solomon's ring, who called in and worked with the demons and left us with their presence for 3K years, and called in the spirits. The circle they create is the portal or the gateway to call them in, whilst the witches stand on the edge of the circle all connected to each other by hand, to bind the circle and open the portal. People may tell you they are light witches and fully believe it, but in reality, they have been fooled and seduced by the dark.

7. Praying: Then they got people praying to the Lord who is Anu (Draco reptile king) which is an energy harvester, which again feeds these very entities, all part of the pact they made with the demons. All external praying is the harvesting your energy. You are not praying; you are being preyed upon.

8. Mediums and channelers: Also call in the spirits but they have no idea who or what they are calling in either. Most channeling is linked to an AI system, operated by the greys.

9. Alchemists: AL-chemist means the chemist god, is it chem or SHEM-ist? Who created potions that again depending on what was mixed called on the spirits to manifest, but they only manifest into another body. Magic potions or is it Magi potions? Like earlier genic when removing the C became geni, as in djinn. Magic without the c is magi, now the most famous Magi is Sinbad who was the owner of 7 djinns, the genie in the bottle, like alcohol is.

10. Wetiko: The native Americans use a term wetiko for a different type of walk in. The Wetiko meaning: it means solely for the self, but can only host on people who exhibit similar traits for greed, selfishness, service to self and excess.

11. Selling your soul: Then people began at a later date to sell their soul out for fame, wealth and titles, oblivious to the real value of what they were giving away. Selling your soul is not metaphorical, it is a

literal selling of your soul and life force. Which is why so many famous people look blank, vacant, act strange, appear aloof, never seem happy, life filled with drama to keep them and the walk ins occupied, all theater and fakery.

12. Indian spiritual practices: Like the Kundalini and Tantric practices is another of the ways of host possession.

13. Sex: Is another way of infecting a host and the most prevalent form of it is sodomy, a common theme for the cohen priest with boy parishioners, now you know why.

14. Yoga: The practice of yoga that is also an avenue for host possession, which can be averted by shielding prior, a practice that is oblivious to the various yoga teachers and experts.

I am not here to tell you what to do, I have given you the knowledge and warnings of these practices, these are your choices you have to make in life. Your responsibility, your own consequences of actions that you have to consider before making your choices. In my opinion, you will never advance spiritually or soul develop over consuming alcohol or taking any drugs or magic potions either. Alcohol in small doses, drugs never is my advice.

PSI-onics and natural abilities:

Psionics it is said can be a bit confusing, which is why many people, even those with psychic powers, aren't fully aware of what it means and how to use the energy. Which is in part true, but another part is, people are frightened of their own power. Frightened of their own skills and abilities, learn to embrace them in a balanced way. Never use your abilities in a low vibrational way, hate, anger, revenge or retribution because you don't like someone or something, is not the cue for you to use your abilities in that way, or you will lose them. Use them not for the benefit of the self as well, it works best when done for the benefit of others. Here is a list of what they called psychic and the word starting with psy, when it should be psi. These psi abilities are what one can attain by developing the self.

Psychic abilities:

Astral projection or mental projection: which is the ability to voluntarily project an astral body or mental body, being associated with the out-of-body experience, in which one's consciousness is felt to temporarily separate from the physical body. Beware the term astral traveling, it is a mind meme trap. Beware also being in the simulation astral, it may look familiar, but things and people are out of place is your clue.

Automatic writing: is the ability to draw or write without conscious intent.

Bilocation: is the ability to be present in two different places at the same time, usually attributed to a saint. Haha they have to throw in the biblical drivel don't they, it has zero to do with saints, religiosity or fake

gods. Use this skillset wisely, never impinge on the privacy of others, best used for the benefit of others, not the self.

Energy medicine: is the ability to heal with one's own empathic, etheric, astral, mental or spiritual energy. Like I have said, who needs fake med beds when we can heal thyself. This ability will save you thousands of dollars in medical bills and insurance also. Word of warning about this, you cannot heal others unless you are healed yourself. Also this energy unlike what the new age programs will tell you, is not unlimited energy, use it wisely and sparingly. If you use it too much, you will die, as you are using your own life force energy in the healing. Real healing is draining for the healer.

Ergo kinesis: is the ability to influence the movement of energy, such as electricity, without direct interaction. This can be used to change the weather, the clowns and dark forces can only do it by means of technology. Again use it for the benefit of the all or others and do not use it frivolously either, also be careful what you wish for in terms of weather interactions.

Levitation or transvection: is the ability to float or fly by mystical means. A rare ability based on evidence in the physical 3d model, but is a useful tool to master in the dream time. Transvection means: the act of supernatural flight, such as by a witch. But interestingly in these times, it is also to do with manipulating genes.

Materialization: is the creation of objects and materials or the appearance of matter from unknown sources. This is more common than people think, and is one of the more easier disciplines to come by and also engage. Again use wisely and for the benefit of others, all it takes is, patience, a 100% belief in the self and some self-mastery.

Mediumship or channeling: is the ability to communicate with spirits. That line is misleading as it is not only the spirits, it is the ability to engage anything and everything outside of here, based on your soul development level. The spirit world has been corrupted and so is not something a novice or someone with poor understanding of it, should be engaging. The evidence of which can be found in the messed up lives of people who did drugs, excess alcohol and ayahuasca. Channeling is a no-no, you are engaging an AI machine being operated by the greys mainly. A channel can also be seen as a portal or gateway also and why that is dangerous.

Petrification: is the power to turn a living being to stone by looking them in the eye. Medusa springs to mind here, Medusa could only be killed by cutting off her head, just like the reptilians, funny that. Was the wood in the petrified "forest" done by this skillset or by using a powerful underground weapon? Plus that skillset is based on lower vibration of hate, anger and or retribution.

Prophecy also prediction, premonition, or prognostication: is the ability to foretell events, without using induction or deduction from known facts. Prophecy is also used by many people and yet not recognized as such. Again it is widely available as one of the lower skillsets, if you study and understand life and in

particular the patterns of such. Biblical prophecy is utter rubbish, people need to understand they are plans, not prophecies. They can turn into prophecies if they get enough people to engage with it, that is how it works. In essence it is the power of persuasion and also manipulation. Prophecy is easy to develop once you understand the whole thing repeats in cycles, as our show has done many times.

Psychic surgery: is the ability to remove disease or disorder within or over the body tissue, via an energetic incision that heals immediately afterwards. Yes that is real, but requires much energy to do so, again it is best used for the benefit of others.

Psychokinesis or telekinesis: is the ability to influence a physical system without physical interaction, typically manifesting as being able to exert force, control objects and move matter with one's mind. Many people can do this lower end skillset and not recognize it as such. For examples weather, people via thought projection or by repeating words, music or pictures. This is the remit also of the MK Ultra program. But if you have the right frequency of your psi field, you can influence people around you and as far out as 25 miles, again without recognizing you are doing so for the most part. People don't use their brains or imagination enough to engage this skillset. Use for the benefit of others, not the self on this.

Pyrokinesis: is the ability to control flames, fire or heat using one's mind. One of the higher power skillsets and rare.

Iddhi: Psychic abilities gained through Buddhist meditation. After our series FHSTOS and the so called corrupted versions of the Rus Sanskrit texts, I am not sure about this skillset at all. Why is it only linked to Buddha? More human limitation programming.

Shapeshifting or transformation: is the ability to physically transform the user's body into anything. Often associated with off world entities, in particular the reptilians, but shapeshifting is not as common as some of the alt media like to portray. It is an ability to change frequency in terms of the sight of the observer, that is the most prevalent in this discipline. Mixed with the power of persuasion via thoughts, which is how the Sasquatch are able to avoid detection by and large. They do not vanish into thin air, they are still there but in essence cloaked in with the background, like the Predator being in the movie. Those with good eyes and a heightened sense capability, can either feel their presence and or see it by a slight shimmer in the region. It looks like above the road on a hot day, that watery mirage only less visible, almost like a glitch in the pixilated background.

Thoughtography: is the ability to impress an image by burning it on a surface using one's own mind only. Used by advertising agencies to costly effects. Again if used, do it for the benefit of others in a higher vibrational pattern.

Xenoglossy: is the ability of a person to suddenly learn to write and speak a foreign language, without any natural means such as studying or research, but that is often rather bestowed by divine agents. This often unfolds after a brain injury, which is suggestive that the person knew that language prior and somehow

their brain was blocking it. This has to bring in past lives memories, as for divine agents, that I am not too sure of at all. Again it is like the Buddha reference, it is stating something from the external and something only they can bestow on you. When I believe it is an internal gift bestowed on us all, that is triggered mainly by your own development.

Witnessing: is the gift of being visited by high profile spiritual beings such as Mary, Jesus or Fudosama(Acala) from Buddhist Traditions. Oh dear, here comes Project Bluebeam! The great question is: how can you know it is Mary or Jesus if you haven't met them? Are you basing it on pictures of them both that were drawn by people who were not alive when they were allegedly here? It is the power of suggestion again. Jesus is the classic example, said to be from the Middle East and yet all his disciples had quintessential British names!

Inedia: is the ability to survive without eating or drinking, multiple cases have resulted in starvation or dehydration. Indeed, this is another higher level development that is exceedingly rare and I do not recommend trying it. Inedia is a latin word and so a red flag for a start, it means fasting.

Extrasensory perception: Extrasensory perception, or sixth sense, is an ability in itself as well as comprising a set of abilities. Sixth sense is misleading in some ways, because whilst it is an extra to the basic 5 senses, it doesn't mean there are only six. These types of senses only come from the heart space, not the mind. This is developed by self-mastery of the mind and brain and then go onto developing the sword within. Which when used correctly allows the individual to operate from the heart only. Master the dual hemispheres, open the 3<sup>rd</sup> eye, open the throat chakra and make sure your heart is not made of stone, otherwise the sword will cut you. Most of the following are lower end skillsets to work towards for the average individual.

Clairvoyance: Is the ability to see things and events that are happening far away, locate objects, places, people, using a sixth sense. Not only the sixth sense, because this can also be done by bilocation.

Divination: Is the ability to gain insight into a situation using occult lists. This may have had a differing meaning in the time of the mystery schools, but this is the dark art of witchcraft, magic, sorcery and spell casting.

Dowsing: Is the ability to locate water, sometimes using a tool called a dowsing rod. The dowsing rod is the external tool, when if skilled you would not need the rod.

Dream telepathy: Is the ability to telepathically communicate with another person through dreams. Done by most of you if you recognize it as such, the ability to interact with each other on a different plane. Many THI members have experienced this and interacted with each other.

Dermo-optical perception: Is the ability to perceive unusual sensory stimuli through one's own skin. That is a fancy word for one who is in tune with their frequency fields. Use it wisely and not for personal gain.

Psychometry or psychoscopy: Is the ability to obtain information about a person or an object by touch. Again that is about the frequencies and being able to read people and their frequencies.

Precognition including psychic premonitions: Is the ability to perceive or gain knowledge about future events, without using induction or deduction from known facts. Most people have and can do this, if they believe in themselves, but most pass it off as a coincidence.

Remote viewing, telaesthesia or remote sensing: Is the ability to see a distant or unseen target using extrasensory perception. Again use wisely and respect people's privacy, you will lose this ability not doing so.

Retrocognition or postcognition: Is the ability to supernaturally perceive past events. It is not supernatural at all, it brings in past life memory and or the ability to go in and out of time. Where past, present and future merges into one.

Telepathy: Is the ability to transmit or receive thoughts supernaturally. We as a species do use telepathy at times but again dismiss it. I am not sure with most people living and speaking in lies, low vibration mindsets and thinking patterns, that this skillset is wise as it stands. Violence, rage, anger and hate would erupt, as you find out exactly what people think of you, how many want to have sex with you and how many want to leave or reject you. We are not heart centered enough to be ready for telepathy yet, it would be a disaster.

One of the greatest issues is that some people gain abilities and run before they can walk or work with them. It has a term for that, it is called Imposter syndrome. Impostor syndrome is when someone continually doubts their own skills, expertise and achievements, usually despite evidence to suggest they're actually quite good at what they do. The greatest issue with abilities is, controlling the ego. That is your greatest test of all the soul developments and hooks, it is called the hidden hook for a reason. I have seen so many rise to the mental planes, yet fall far quicker due to poor self-control, ego and exhibit one of the seven deadly sins. Abilities are not to primarily serve the self, it is always best used in service to others. But some people get a few skills or do some missions, and suddenly think they are Neo or some all-important singular god. The saying is, it goes to their head, therein lies the problem, you have gone out of the heart and back into the head. These are all things we must all overcome, and 180 our thinking patterns bred into us via programming, we must break the program cycle of Negativity. Negative has 8 letters but so does positive, enemies has 7 letters, so does friends, deceit has 6 letters so does honest, lying has 5 letters so does truth, anger has 5 letters so does happy, hate has 4 letters so does love, hurt has 4 letters so does heal, fear has four letters so does hope, cry has 3 letters so does joy. Life is like a double edge sword, you can turn every negative into a positive it's your choice, self-mastery overcomes it all. Always choose the better side of life.

Psychic Attacks:

How to deal with and what are psychic attacks. These are sharp pain attacks generally around the temples, but can occasionally go across the forehead and even more rarely be a whole head attack. This comes under the psychokinesis skill set for the sender. They project pain or discomfort to a target using thought projection to attack the intended target. These are often misdiagnosed as migraine attacks and so are rarely dealt with due to a lack of knowledge surrounding the issue. The key is to recognize it immediately and the second it lands, create an image in your mind of the attacked area, create a box around it and seal it in, then project it out of the body and return to the sender. Return to sender in a range of force 3-10 times the sender, that often means the event doesn't repeat. If it doesn't work the first, repeat the exercise until it goes away. Some targeting people can be persistent, increase the force of return each time if you started off at times three. Do not get angry or out of balance by the event, as it was a useful exercise to master and ensures that events are limited. Make sure upon the return to sender you make it clear you do not consent to these attacks also.

The pathway of life:

I showed some the path of life recently, it is the capital letter N. The first line up is the left hand path, but it has no gate or exit. Those on the top of that first line think they have reached the pinnacle; they think they are the Illuminated ones. They are the gods known as the el-ites or elites, but it is the false light they bathe in and that light of theirs is dimming by the day now. The left-hand path, which is also on the west, is the path of Set. It leads to darkness only. To get to the right-hand path you have to slide down the middle, a steep descent, here lies some of the sleepers and a majority of the alt media. The reason I say that is, they are still following the lies spat out by clown agency-based groups and are largely blaming something or someone else. Neglecting the fact that despite being the 99% they are somehow not responsible for the world's ills, wrong thinking! The slide down is sub-consciously deemed as some sort of fall, that is an illusion, as above, so below applies here. So what unfolds on the slide to the right-hand path? This is where you unlearn all of the lies, unhook from all of the programs. You have strip away those lies, deceptions and illusions to come off the downward descent and start climbing up the right-hand path. Where you are on the way up that path, depends on the individuals ability to learn and understand the information. People have said we have to wait for the sleepers to catch up. There are three things wrong with that thinking 1. how long did it take you to get to where you are? 2. do you think that you will stand still to allow them to catch up? and 3. if point 2 is correct where are the pioneers or way-showers to move forward going to come from? Do you think you are just going to standstill? for those who are on that path, eventually you will go through the gate. The right-hand path, unlike the left-hand path has an open gate for progression, some of you one day will go through that gate and back to where you belong, amongst the spiritual worlds and out amongst the stars. As for the rest? they had the exact same opportunity as you, they failed to take it, none of you are responsible for that, only themselves. Whilst they chose to point outside of themselves, we looked, embraced and went inwards.

The Library:

This is what I call it, in essence it is the collective consciousness that when you have developed enough, you can tap into it. These are known as Akashic records in other fields, each person has their own depending on their skill set and frequency levels. Others telling you your Akashic records are frauds. The energy you put into developing yourself is paid back a thousand fold, not in terms of shekels, but true value to the self and can be used to benefit the all. All of us who joined the Alt Media were seeking information and eventually we found quite a lot and stored that data up. But there was always something missing many of you say, until you came to THI. THI filled in all of the missing blanks on a base level and then went onto adding layer upon layer upon layer in many fields of knowledge. Where does he get all his knowledge people often ask? more so when they find out I have not followed the Alt Media circus since 2014. Well I spent thousands of hours researching all Alt Media from middle 90's until the 2013-14 time period, often 5-7 hours of an evening and early morning. But after 2013 and my own development, information started to come to me in a variety of forms, some traditional and some not. Once you develop the self and learn to tune yourself, the information which is all around you, comes to you. The things that I need for expansion of a story, added details or a new path just randomly turn up and if it is for me and the show, I get a signal that, that piece is important and open it. The Universe works in mysterious ways they say, yes for the under developed, but for those who open themselves to all possibilities and work on opening the channel to inner knowing, there is nothing mysterious at all. The Santies touched upon it when they said, The laws of RITA and the ancestral laws were interconnected and helped a person to reveal himself throughout his life. They still help, but many people don't use it, someone is not helped precisely because they do not use it. A Human is given a freedom of choice and Gods help him only when he goes on the way of spiritual development. The development of the self, negates the need to research, re-search means you already have the knowledge, you just have to learn to tap into it. The method seek and ye shall find applies to this as well. The library is the vast database of knowledge that is all around us, once you reach certain levels and have an inner trust of the self, you will then be able to access portions of it based upon your development. As you evolve through the levels of frequency, more and more access is granted, provided you use it for the benefit of others, not just the self. Other aspects of this are downloads, louder buzzing of the left ear. You may not be able to interpret it, but your sub-consciousness will and will guide you to it. I was initially guided to the material of the Rus, Levashov, Santies and URS by this very method.

The Chakras:

The root or sex chakra equals the I am, this is where you define who and what you are. That all feels very simple and yet it is not is it? This is where we send mixed messages and the distortion between sex and love, the two are not in general one and the same. The overt posturing of sexuality that has been thrust upon us all in the past 50 years, was done to add to the confusion. Females flirting more overtly than previous generations has added to the confusion more. Sex of course has been used to entice us to buying stuff via adverts, used to sell movies, magazines and a whole range of things. The selfie culture with the suggestive poses and pouts, all exhibiting a come and get plea, yet that is not what the majority of women are wanting is it? All of which leaves the males confused and frustrated. So, have we really defined the I am and who and what we are? The sacral chakra is the I feel level, but what do you feel? Compassion, love, empathy? Or angst, envy, revenge, greed and fear? The I feel determines the levels of frequency and

vibration, which determines your path to the future. From how do you love to how do you feel? what are you feeling? Do you know which feelings dominate your being? What thoughts or actions dominate your energy field? Do you feel only for the self or have you expanded yourself into feeling for others? The last question is a harder one to ask the self in its true form, as most will say they are service to others, yet their actions determine a more service to self-path. The problem is, the lack of role models showing the true path of service to others, because society and think tanks have directed people to look after number one only. That is a survival tactic you are running on yourself, a fear, a defense mechanism. That is not being free or living. The solar plexus is the I do level, but what are you doing? Where is most of your energy going? A good idea can be garnered by writing down what you do on a given day or week. Like a financial assessment of your spending and earning, but based upon where your energy goes. What are you doing? Who is it for? Whose benefit is the task for? What are you thinking of, is it the self or others? It gives you an insight as to where you are, how you can make improvements to your life and soul development. The throat chakra is the I speak level, but do you speak or are you mute? Have you shut yourself down or did your circle do that? If you say the latter, I get that, but ultimately it was you who consented to the silence. In the age of the internet it was much easier to speak out, prior to it, not so much. I spent from around 10 to 34 as the silent man, as I was unable to engage anyone on the stuff I knew back then, nobody would listen. The self-imposed exile from society in a speaking capacity looking back, served me well. But the increase in speaking brought the rolled eyes, derision, rejection and discarding we have all experienced. The third eye is the I see level, but what do you see? And what do you not see? Has a much deeper meaning to many of you now, does it not? Members, particularly those who live around me or visited me, have all learned to see much more than they ever imagined. Our inability to see, has caused us much pain, sorrow and suffering, merged with our ability to refuse to believe what the two eyes see, it was quite an illusionary world we all created for ourselves. The ability to see, brings in greater trust of the self also, as we tune into this extra sight more, the more we see, the more we understand, the more we envisage and the more we engage of what was the great unseen world. The crown chakra is the level of I understand, not to be mixed in with the mind, the crown supersedes the mind in every way. In essence it goes from understanding with the mind, to innerstanding with the crown. It is a big leap in terms of development, as now you are truly becoming in touch with the self and the power contained within. You are on your way to inner knowing, where there are no questions or answers, just an inner knowing and the connection to the collective consciousness and the great Universal library depending upon your scale of development. From there researching ends, inner knowing and even greater trust of the self-unfolds. The questions and answers comes to you when you need them, if they don't, you are not ready for it. A bit like the saying when the student is ready, the teacher appears. But in overview, you are the student and the teacher. The 6 chakras covered to date reveals the development levels required to attain higher soul and frequency development, that often requires the external you to get out of your own way. I say external you, because the internal you has been waiting for you all along, inner triggers revealed that. Those frightened of the self and their own power will always be left behind with the steaming masses of crass stupidity and eternal savior programs. We have one chakra left, the ultimate chakra in many ways, the heart. The heart chakra is the I love level and so much more. But did you love? Or did you fake it? Did you love the self? If no, you cannot love someone else and it was all an illusion. The heart is the life giver for the vessel, the ultimate in creation of the soul/spirit package that contains virtually every external technology known to man. But will you

develop the self-enough to experience those technological marvels? Most don't and so remain stuck in the harvesting based astral level. The heart of course brings in the sword when the other parts are mastered, but a closed heart will bring you pain via the cuts by your own sword. The heart like all the chakras has to be open and clear to work optimally. Operating through the heart is the easiest way to live possible. Because now you trust, love and innerstand the self and also operating in the fullest truth, as no longer can you lie to yourself. Out goes the lower vibrational frequencies and traits and in comes the harmonies of the Universe that when experienced is barely describable. The greatest orchestra you will ever hear and then in comes the love frequency as well. After that you will know and experience what true love is all about. It is the true freedom to be and live, heart centered which is balance of the heart means, you have removed the mindset creation based upon illusion and what follows is real and reality, all residing within the truth frequency. To be or not to be? That is the question. You do realize to be or not to be is not the question, it is the statement. That, is the actual question, but what is that? What you decide it to be, so in essence it becomes another statement not a question. It just requires your triality based input. The higher developed person has access to more senses and chakras. We all have the 5 senses and 7 chakras, but with development you can access another 7 senses and 5 chakras. This then means both equal 12, then comes the plus one with further development.

#### SELF MASTERY:

If you have mastered much of the above, in particular the sword of self-mastery, then you are well on your way to the next stage of development. The next stage is where your mental plane abilities kicks in and the real treasures of you begins to unfold. But, and it is a big but, one must heed this warning when acquiring these treasures and abilities. One must act in higher vibrational actions only, as one slip into the lower vibration field and thinking, will cause you to lose these skills very quickly and it can be a long road back to attaining them. Examples of low vibration: Anxiety, sadness, guilt, shame, anger, greed, hatred, self-sabotage, argumentative, worry, complaining, negative, overly competitive, comparative and the greatest cause of organ failure, known as fear. Exhibit any of them and you are not ready for the mental planes. You can't have amazing skill sets operating within those parameters. Examples of high vibration: Gratitude, joy, peace, compassion, understanding, playful, highly intuitive, present in the moment, patient, forgiving, positive and the opposite of fear, love. These are the dynamics you must obtain to develop the self onto the next levels.

A big part of knowing you are in self-mastery and retaining the self-mastery, is what I call the graphic equalizer test. As you can see from the drawing (A) there is a line across the middle which is the balance. See image "Empowerment show part 1 drawing A.jpg" in Downloads section on the show page. Everything below that is you and nothing else must be inserted into it, not partners, close friends or family. That is your space to protect at all costs. Part of the problem I see with relationships, whether love, family or acquaintances is, when it goes wrong, it often goes badly wrong. Bitterness, retribution, anger and revenge all too often kick in and all of which are low vibration. The reason being is, those people were inserted into each other's fields, the bottom section of drawing (A). So, if one is acting out low vibrational traits and the other is not, they are both experiencing it due to being in the other's field. This can be

counteracted by healing the interactions, forgiving yourself and the other and disconnecting from that person on an energetic level.

As an example for the group remember how I dealt with the fallout with the Trustee, actually it wasn't a fallout at all, she just went off on a mad rant at me and all men for no reason or provocation. What has followed from her since is a plethora of lies, none of which I fought against or returned fire back. Why? Because I know the truth and the truth never has to defend itself. I wished her well and said time will tell, it did. But without self-mastery that would have turned into an internet war, which is what she wanted to justify her stance. The reason she is still angry today is, she knows what she did was wrong on a friendship level and worse on a working level. She is angry at herself, not me and all of it is projection. It was nice to see recently how she has gone to develop herself, from once doing deals on peace treaties and the planetary restoration to now doing how to apply makeup tutorials I hear.

So, how could that be accomplished? You will see two boxes one called love and one called trust. So, why just two? Because everything you need in life revolves around both of them. If you operate in love, you are not in fear. If you operate within trust, you are not in fear either. Remember in the absence of love, fear reigns. You will notice there is a gap between the bottom of both boxes. This is to allow for expansion and in part a safety net. This should be a maximum of 10-15% from the balance line in the middle. The balance line is actually your psi field. With the love box, you must endeavor to place all people within that box. With the trust box, you must endeavor to place all people within that box. This is not an easy task for most people, as the love and trust factor between most people are very low. But to obtain self-mastery, one must overcome those hurdles and embrace those two factors. People will ask as to why we must put people we hate, dislike, not get along with in either of those boxes? The love box people will ask why I should put people I don't love within that box? The trust box people will ask why I should put people who have wronged me in the trust box at all? All very good questions.

Why should all be in the love box? A: It means you are residing in the love frequency B: it means you have mastered more of yourself C: If you don't love people, you fear them D: fear is a low vibration that will never help your development and finally E: it means you do not love yourself enough. Why should all be in the trust box? A: because you have mastered the self, more B: you have learned the lessons some people have taught you by doing wrong against you C: if you don't trust people you fear them D: fear is a low vibration that doesn't serve you well and E: It means you don't trust yourself. People will argue I do trust myself but that person was nasty, robbed or cheated on me, all of those actions are for you to overcome and let go, which means you have dealt with the situation and have mastered it. You no longer fear, worry or are concerned about that person, they are at arm's length so to speak, in a range span of 10-50% depending upon how you assess each person. For those who struggle with this concept, you can extend the love and trust box more than the 50%, but never discard people totally. If you choose to place people outside of the two boxes and further back into the sub 50% section, it means you are not in control of the situation or the self. But as you integrate and embrace more of you, less and less people should be in the sub 50% range. That means you are making progress and becoming more aware of you and learning to master people and all situations.

In drawing B you will see the same boxes in the other section, plus two other boxes. See image “Empowerment show part 1 drawing B.jpg” in Downloads section on the show page. The in love box is your partner, he or she is more advanced than the love of other people, due to the union between the two people. The act of making love is a part of the union and a greater bond and type of love emerges between the two people, hence that person is always closer to you than all others. Also to add into that in love box should come your children, as again they were created out of the in love bond with your partner and the love factor is higher for the children, than all others as well. The in trust box are people within your circle that you have brought closer to you in trust. These will include partners, children, family and friends based upon your own interactions with them. Should any of these people cause you to mistrust, they then would go back into the other trust box and further away from you and your field and heart center. Some will ask what happens if I push them off the page? The truth of doing that is, you threw yourself off of the page, as you have neglected and abandoned yourself. Too often people are thrown out of your lives over trivial things as well as the more serious matters, but that has not served anyone well in overview. By discarding people you are discarding you. Why? Because you fear them upsetting you more or you mistrust them, which means you have a fear of trusting people. Life is lonely enough without pushing people too far away, even people you don’t like, because that is based in fear as well. A fear you cannot handle that person, so you push them out of range.

But what happens next? Another person will come along and act like the person you just got rid of. Why? Because you didn’t learn the lesson, you discarded it and the person, so another one comes along for you to correct your stance and behavior. The key is to make peace with people who hurt or harm you, love them regardless of their actions, trust them at arms lengths regardless of their actions, as they may have been your lesson or more importantly, you taught them a lesson and hopefully they will self-correct and earn your trust again. Forgiveness is one of the virtues of higher frequency and soul development. Rejecting, non-forgiving, retribution, anger and rage are for lower frequency people and non-soul developing people. People may ask but how can you love someone but don’t like them? The answer is, you stay in the love zone and frequency and retain the essence of you, not follow the path of the many who fail to reach those levels. The key is to process failed relationships whether in love, family or friends, forgive yourself and the others and let that emotion of negativity between you go. But, you hold a space for them in the two boxes, as you never know whether those people will return one day and impact your life again. If they do return in a good way, that’s great, but you set boundaries. If they don’t return in a good way, you retain you and the lesson is learned.

#### ENDING PIECE:

The ending message is remember what you have, not what you haven't, remember how far you have come and not focus how far you have to go, this was never a race, a sprint or a dash. It is and always was a long term project, that will go beyond my time here and many of you also, but we lay the foundations, before putting up the walls and installing the roof. Untold amount of benefits await once you develop you. That goes way beyond how many shekels you have, way beyond how many materials thing you collect also. It

makes life and living simpler, that gives you more time to enjoy what you wish to do. You will be healthier as less stress, traumas, negativity, drama and arguments, enhanced by the ability to heal thyself. You will have a much less chance of acquiring negative karma operating in this way also. That will help this life and the next one. It puts us closer to Source, the all-encompassing creator and the one on one with the one. It enables you to travel the stars without the use of tin cans. You learn greater discernment, you stand in truth and don't have to waste energies defending your truth or lies against you. Everything you have earned in this lifetime in terms of soul development, you take with you into the next lifetime. Everything then becomes more about love than the burdening, soul reducing, limitation and heaviness like a lead balloon, that the fear program brings. Heavy or sad balloons will never rise, only the empowerment of the self will rise you not only on this plane, but many others. You will have a greater sense of purpose and achievement, manifesting things can become easier as well. All the above heard tonight is to get you all onto being better people, much higher versions of yourself and pursuing the soul dream to reach the highest levels possible. Where that is planetary, galactic, universal or multi-versal levels. Where with the right soul development, your soul can become a planetary mother or father, a solar mother or father being and eventually onto becoming the Source for your own Universe. These are the paths and goals we all strove to undertake on a soul level and we must remember them and go upward, not acting like sad deflated balloons on the looping linear conveyor belt of anti-life. To go onto becoming gods and goddesses and hopefully do much better than many of those who went before us. Why have I done these pieces? Well someone had to tell you all that you were on the wrong path. Our ratio on this planet of becoming higher evolved beings is ridiculously low and that has to change. But from a higher perspective, the notion that the gods on the Golden Path send 1000 souls to this planet, with the hope that just one makes it, is unbearable and also an indictment for us all. We have to improve that ratio considerably, it's completely unacceptable and it all starts with you.