

**Rat, strawberries and telomeres
&
The secret of junk DNA**

In our previous dialogue, we had specified that we intended to space our publications to leave us the time to move forward the writing of our book. But we have just had the confirmation - even if we already suspected it - that "to plan or to think in the shorter or longer term "conditionings of the human thought result from reflexes which are inferred to us by the thoughts of **our predator** of 4th dimension "STS". **This one expressing himself in a hologramic way through our psyche, materializes our reality - the matrix of 3rd density - such as we believe to see it.**

These unconscious automatism generate a shape of projection of psychic energy, capable of influencing the space-time in our "present reality. "That has insidiously for effect to divert us from "the magic of the moment" and incite us to swallow us - to our detriment – in a quasi – unidirectional way, engendering possibilities of extremely restricted future and closing us then to all other possibilities of future, which at any time are proposed to us by our guidance.

Thus again, by a succession of synchronicities, we were so to speak "prevented" from beginning what we **believed we had to do to**. This system of indication which is the expression of the guidance of our Angel - ourselves in our future - directs us step by step, on the best path on which - retrospectively - we could have committed ourselves to.

On this matter, we propose you this excellent article of the physicist Philippe Guillemant about the synchronicities which too, are proposed by his Angel.

http://guillemant.net/index.php?cate=articles&part=synchronicite&page=Les_synchronicites_en_theorie.htm#deb

And it goes even much more farther than we could think of it, because we perceived that "time is running short" and that the book will probably not "have the time" or the necessity of being published. We shall return on this subject later.

Besides, even if we had warned that we could not answer, the newsletter's registrations have more than tripled and our e-mail box literally "exploded". More and more readers testify us of their experiences and ask us numerous interesting and relevant questions. But as it is impossible to us to satisfy everybody, thus we are going to try throughout the dialogues to come, to incorporate the answers into our texts according to our own discoveries.

Many asked us from where we held all our information. **Again, we insist on the fact that it isn't a channelling. We "do not get", neither receive dictation, nor conversation with any Beings of light, creatures of the astral, ascensioned masters or other "STS" entities of 4th density.**

We communicate only with "another ourselves ", situated in a density of consciousness much superior to the one who is ours today and well beyond of the one who belongs to our human condition. We reaffirm that our Angel is a kind of internal strength who guides us, activates our intuitive capacity but who supplies us the answers to our questioning rarely" on a plate". But it sometimes happens that an explanation, an idea, a click or a word comes from all sides in our spirit. We know that it is at that time a moment of "connection" with our Supraconsciousness.

Dr C.D. Broad, philosopher of Cambridge, also declares it under Aldous Huxley's name :
"every person is, at any time, capable of remembering all which ever happened to him, and to perceive all which occurs everywhere in the universe. The function of the brain and the nervous system is to prevent us from being submerged and confused under this mass of largely useless and inconsistent knowledge, by intercepting the major part of what, or, we would perceive, or we would remember anytime, and leaving only this very reduced and special choice which has a chance to be useful in practice".

<http://rustyjames.canalblog.com/archives/2015/06/04/32164753.html>

Aldous Huxley comments on this passage by declaring that according to a theory of this kind :
*"each of us is, in potential," **the Spirit in General**"*.

This strength, THE SPIRIT - which exceeds our human consciousness by far -, always urges us to experiment things or situations to increase our potential of reflection. By this process, we are brought ourselves to stimulate and to wake the human capacities to merge very closely the intellect in the intuition. **And it is exactly this intimate marriage between the intelligence and the intuition that leads to Knowledge.**

This intense search – the Quest of Knowledge – leads to a real short-circuit in the neuronal connections of the reptilian brain (the ego), which until now determined our former system of beliefs and our behaviour. Moreover, while going to the exploration of Knowledge and by applying this Knowledge in our everyday life, we succeed in getting free of the influence of our predatory consciousness of 4th density "STS" (situated in the subconscious), to which we were subjected in an unconscious way until then.

By stimulating our right brain (feminine-intuitive) and jointly by re-educating the left brain (masculine - intellectual), we learn gradually to think for ourselves, that is to develop our real supra-human brain.

In so doing, by learning to put into practice our guidance and not to think anymore as in 3rd density, a new neuronal network capable of deciphering the Supraconsciousness establishes itself little by little. This cortical layer in formation shows itself through a new way of being, to think, to act. More and more, this new state of being transforms our daily reality in a kind of magic, which really answers intimately the guidance which lives in us. *(To embellish with images, this new cortical layer would represent the seat of the Angel, that is our recovered supra-conscious capacities.)*

*(Dixit the Angel : This supra-human brain will cover the neo-cortex homo- sapiens which had formed during the disappearance of the former humanity, that of the Atlantis. **As every beginning of cycle – a new era for a part of the humanity -, a cortical neo-formation will be established and activated at the time of the Transition in 4th density. That means that the human brain too, gets ready to work in a new frequency of consciousness. Consequently, the skull of the future human being of 4th and 5th densities will be reportioned in function and will increase in volume.)***

"Connecting ourselves to this Spirit" through the Higher Self - our deep intuition-, stays the only way of learning **really and gradually to think by ourselves**, to release us of the influence of our predator of 4th density. *(We shall never insist enough on the merciless influence of the predator in our existence and its subtle presence in our daily reality. To reject or to minimize his nature, is one of his most formidable strategies !*

The greatest trick the devil is to pretend it does not exist, isn't it ?

When "the Angel" - the *individualized Spirit*-, introduced and fit out synchronicities in our everyday life so that we can locate them and perceive the system of indication which is set up, we hurry then to put on Sherlock Holmes's suit, to launch us in search of the necessary information which have the effect of accelerating our internal transformation. (*In this connection we invite you to reread the diag n°31 "Treasure hunts and games of symbols".*)

This system of indication resulting from our bubble of perception (our environment) is intended to reveal us the programs and the beliefs buried in the depths of our subconscious and unconscious, which in a way summarize **our past and our future**, our part "STS" **and our part "STO"**. This information, once discovered and integrated, is going to activate then to accelerate our physiological, intellectual and intuitive transformation (body - Soul - Spirit) transforming our reality perpetually.

The dialogues with our Angel, are thus only the expression of the common sense and **THE TOOL OF OUR PERSONAL CURE** which we share with pleasure with you. We do not write to become famous and even less "to save" whoever it is, this is outside of our skills. We are not either dream-merchants or programmers / hypnotists - *servicing the consortium of 4th density "STS"* - who would tell you only what you want to hear.

It is also the reason why we avoid from now on videoconferences, we don't organize training courses of opening of consciousness, shamanism or other... And we refuse strictly that "a fan-club of Sand and Jenaël" constitute itself. We realized that by this way, our own predation to the "Service to Self - STS" down from its 4th dimension, would show itself then through "the teacher's position" (to be - **unconsciously** - valued, recognized) and would only be at this moment answering the Energetic field of the public which questions us. Inevitably, it would bring us to propagate only information which would answer the expectation of the predator / ego piloting the consciousness of every listener in direct interaction with us and which inevitably, would take us away from our Truth or at least would truncate it.

(We were able to see this imperceptible game for the laymen but however recurring, for example between the predator of the speaker showing itself through the wounds of the ego and the predation of 4th density subtly present among the listeners and the interviewer, during different videoconferences that we viewed).

The game of the predation is exactly to let us believe that we owe and can make ourselves available to the "Service to Others - STO" even before we are released from the predation in the "Service to Self- STS" ourselves, who, through our ego, lets us think that we are already freed from it. Never underestimate the intelligence and the guile of our predatory part "STS".

This same predation let us also believe that it is possible "to save" humanity or to protect the ecosystem of the Earth by exterior actions (make things for the others in the matter, that is wanting to help the ignorant to save them from themselves), is a (karmic) "program" led in our thoughts by the predation, which is only strengthening the energy of the matrix "STS" and delaying our own Ascension. It is an irony because the current **humanity having already exceeded "the term of the no return" is naturally and widely arrived at its end of cycle.**

We understood it at our expense because we had also experimented "the belief of the rescuer" and were strongly led by it during a good moment, by the burning desire to save others or to help the needy. We had been obliged to experiment the transdimensional programs hidden in our DNA to be able to first perceive them in our bubble of perception, not reject them in order to agree to

transcend them then finally to free us from it. And we are however still very far from having managed to deprogram of all our beliefs !

Let us remember ourselves : IT IS IMPERATIVE TO REALIZE ONESELF (to jump of the train before this one rushes into the abyss - to See diag 38) to hold us ready to change dimension of existence in due course. We can only show the path for the one who **CHOOSES** too, to realise himself. It is only after that we shall cross a new portal of consciousness because we have chosen to reach a new dimension of existence.

The personal work and the commitment which has asked us to LEARN TO DEPROGRAM US OF OUR BELIEFS "STS", takes us an energy and a huge amount of time which does not authorize us to be scattered.

Having said that, we publish our reflections and our internal dialogues because we know that every reader who simply bothers to read us, "takes part" in our Universe. And if he starts resonating with our papers, he behaves then - **even if, neither he nor we perceive him clearly** - as a fractal of our Soul. Thus, he becomes, another "I" (of Sand and Jenaël) who by "mirror effect" shows himself in our own bubble of perception. So, when we receive feedback through readers' e-mails, we use the information which returned to us to decode the system of symbols which is proposed to us, and which constitutes the favourite way of expression of the guidance of the Angel !

Through this "work in network", forms then a new egregore of energy which grows up and feeds the Service to Others. (It is the individuals who have CHOSEN to jump of the train before the disaster.)

Consequently, by his open-mindedness, every reader who "vibrates" with our papers and who begins applying the awareness resulting from his own searches, authorize himself to reach extraordinary possibilities of "cure" and to open his consciousness to superior frequencies. (The impressive number of e-mails which we received confirms it to us.)

The dialogues with our Angel, beyond its slightly "pompous new-agy" title, shows nevertheless a real internal dialogue with our Higher Self. And it is particularly at the time of transcribing on the computer a situation that we are experiencing, that the synchronic and "IT" system of the Universe sets in motion and brings us to establish links, links with readings, testimonies, articles which relate to the subject that we are dealing with.

Every time we let **our felt and our intuition express themselves**, we obtain extraordinary waterfalls of information which generally, recut and support those proposed by our Supraconsciousness. Yet, expressing clearly our understandings and our feelings is a real challenge because we were able to notice repeatedly that the reader too, according to his opening of consciousness and his intellect, is limited by his personal beliefs and his own reading grid. That is why, to avoid any confusion and any interpretation, the repetition in our papers of certain terms and subjects is voluntary.

Besides, we can assert you that every day, our work represents numerous hours of researches and observation of the effects of the interaction which we cause with others or with our environment. For years, we've been dedicating all our time in search of the ultimate intention of our existence on Earth. We found in this intense quest, our vocation, our task and our reason for living.

We are thus capable of asserting firmly that **the Earth and its inhabitants are not going to penetrate as if by magic into a new era of awakening and into a spiritual cure. It is false and imaginary !**

Everybody wants to believe in the miracle, which brings most people to see only what they are willing to see. They are led by such a desire to believe that their beliefs eventually blind them.

Things are not as simple as what some would want to persuade us, far from it... Because **nothing is free or left at random in the big cycle of the Universe.**

So that the Balance of the Creation can come true, we also understood and admitted that so that a thing can be born, another one must die.

In this paper, we are thus going to explain to what extent our spirit is victim of the matrix programming, but also how it was possible to us to perceive the role and the power of this programming. Fox Mulder said : *« a lie is much more interesting when it is presented between two truths ».*

Those who sometimes manage to drill the illusion of the 3rd density were able to realize how the matrix "STS" strives to hide our metaphysical reality, and how it is difficult to free us from the influence of its programs.

« The truth is somewhere else, but so are the lies too ! »

We know - because we have been there - that the human being, to release himself from the illusion in which his reality of 3rd density is only what it appears to be, awareness can sometimes engender real psychological shocks. And even when we believe to be conscious of it, we know today that in our everyday life, "special forces of the STS consortium still make every effort to generate events of all kinds to destabilize our emotional and frighten us. Sometimes, "by putting it the package" they still succeed, but it is part of the game of the Initiation.

Again, we abruptly discovered it to our detriment. Another and huge piece of disinformation was revealed to us by the Angel and of course, we took it full in our faces ! It is this new adventure which we are going to reveal in this text.

Having said that, if we had continued to draft our book as had sensibly "suggested" the predation of 4th density, we would not certainly have been able to be attentive and watchful enough to detect the programming and the manipulation in action.

We would have turned away from a vital and major information concerning the physical phenomenon of the transdimensional Ascension. Consequently, we decided to publish some passages as we have already written. You will discover - *soon* - a new entitled tab : "*our story*" which we shall update according to the progress of its writing.

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Here is thus what happened to us and why we are back on our site. We warn here that not to bother the reader, we shall limit ourselves with commenting on the principal points which constitute the system of indications in its entirety.

There are thus a few weeks of it, a new game of indications took shape in the small patio adjacent to the little house where we live. We made a small garden there, planted salads, tomatoes, strawberries and some flowerpots. Strawberries began to mature. We were happy to decorate the place with small coloured and nice-smelling touches.

But we weren't the only ones who were delighted by our small garden ! Sir the rat had settled here with his very numerous family. As we live in a quite small village of mountain, they had done a quick job of smelling the smell of ripe strawberries and French marigolds which perfumed the neighbourhood.

In one night, his small family devoured the strawberries, salads and flowers, leaving only stalks stripped as testimony of their theft. Obviously, we had quickly located that our "environment" proposed us a new treasure hunt and that we had something to understand.

Why did the rat swipe us all our small pleasures ?...

The following morning, Jenaël woke up with a push of herpes in the corner of the lip, a mycosis between toes and sty. Sand, on her side was subject to important lumbar vertebrae pains and an inflammation of eyelids. In two days, our impromptu symptoms had expanded.

Why did our body express such a sudden and violent reaction ?...

As usual, when our universe proposes us a riddle with such signals, we know that "the Angel rings the bells to us" to put back us in search of new information. It thus was the hour to take back the road to investigate into a new mystery.

We were forced to recut the indications and to discover where the guidance of the Angel wanted to bring us. And in view of the power of "the alert", we had deduced that something very important was brewing, because signs showed themselves in our **outside garden** (mirror of our **internal garden**).

In this present case, sir the rat and his family symbolized - for us - the predation of 4th density. They took for themselves the vegetables that we had planted for our consumption, because we were almost vegetarian. The vegetables of our small garden thus represented our food.

Why did the predation (the rat), took for itself our source of energy (our food supply : Plants and fruits in our garden) ?... What did it mean ?

But to perceive what the treasure hunt hold as treasure, we again had to find other indications.

Later in the afternoon, Jenaël, feeling suddenly exhausted, was obliged to stretch out. He suspected that his Supraconsciousness was going to communicate with him certainly again information. He had then the vision of a place in the forest which we know particularly well, situated above Rennes-les-Bains. It is an immense cliff on which is engraved a character beside an UFO and where in one of the stony blocks, a rocky vein "drew" the image of the X chromosome.

The next day during a small hike, we fell on one X formed by the shade of branches of trees on a cliff. The synchronic system worked at top speed, to such a point that we could not ignore it.

Why our Supraconsciousness showed us the X chromosome with such Insistence ?

During his investigations, Jenaël discovered on the Internet an illustration of a X chromosome which mentioned this : "telomeres are present in the extremities of all the chromosomes". But what is a telomere ?

In the evening by looking for symbols in "X" online, the system of synchronicities brought us to view an episode of the series X Files, (Season 1 episode 16) in which a doctor admits to Fox Mulder that : "... *The one who knows the secret of eternal youth controls the world ...*"

By this treasure hunt, thus the Angel indicated us to proceed to searches on the secrets of eternal youth and the telomeres. Was there a connexion ? We were very quickly going to discover that yes, there is one !

We learned that a telomere establishes the extremity of a chromosome occurring in the stability of the DNA replication and in the cellular processes in touch with the ageing, the diseases, fatigue ... and that it is protected by several groups of proteins. (For more details, we invite the readers to do their own research.)

We then deduced from it that a link existed between the rat (the warning signal resulting from the predation), salads and strawberries (vegetables, our mode of food), our small cuts (the somatic warning signal), the telomeres, the proteins (the information) and the cellular degeneration (*the consequence*).

(Here is a typical example of the functioning of our consciousness in 4th density. This cerebral gymnastics results from the work of our real intuition which is possible only when we managed to free ourselves from our Cartesian and limiting beliefs).

Where did all this lead us ?...

Besides, for some time, we were subject to an intense fatigue and become incapable to practise the hikes which we were used to making previously, so we were lacking energy. Our muscle mass melted away to give way to fat. We felt heavy, empty of energy and above all "fatty and chubby", while we ate well-balanced, vegetarian, organic and healthy food ! At least we believed it to be ... Furthermore, Sand noticed the recent appearance of some white hair here and there.

How did we arrive here ? Why did our body showed signs of degeneration and lack of energy ? Was our fat synonymic of protection ? But of what was our unconscious so afraid ?

Feeling us more and more ill-at-ease and requiring more elements to succeed our investigation, we asked our Supraconsciousness to show us clearly the origin of our disorders.

Apparently, through the system of indication which showed itself to us, Sand and I had revealed that we owed to "dig in our garden". And the garden represented vegetables... Thus our diet : Vegetarianism !!!!

By Toutatis ! Here is the key of our mystery ! The Angel guided us to look for vegetarianism ! We thus browsed internet in search of additional indications. By opening our Facebook, we were embarrassed by the number of publications recommending vegetarianism and the veganism which was displayed among channellings and other "New Age chronicle".

By "fate", was there a relationship between vegetarianism and the New Age programming ?

-Watch out, in order to rule out any mistake or confusion, we warn that our intention is by no means to denigrate vegetarianism or to advocate any other diet, but to lead the reader to discover the manipulation "behind the curtain" resulting from time switches "STS" of 4th density, which have for intention, let us not forget it, to prevent the PHYSICAL ASCENT of the individuals whose Soul is in orientation "in the Service to Others – STO".-

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Actually, we realized that for more than 12 years, Sand and I were essentially vegetarian because our "convictions" had been led and conditioned at that time, by the New Age programming and the vegetarian philosophy and because **we had never realized it.**

We refused meat - animal proteins - because we **wanted** to be kind with animals and especially out of compassion, to no longer be their predators. It was inconceivable to us to eat the flesh of an animal with a "developed Soul".

Finally, noticed Sand, we rejected once again our "STS" programming, our predatory tendency, because the New Age programming was still conditioning our beliefs !

We were conditioned to believe that the human being, possessing neither long cutting canine, nor sharp claws, could ever be predatory. We had been programmed to believe that we could replace meat - *which is partially true, but engenders almost irreversible protein deficiencies* - because we were led to believe that our digestive system was not designed to digest meat and that we, human beings, were vegetarians by nature ... We also believed that vegetarians and vegans were less aggressive, more in harmony with nature, lived better, healthier, and longer lives than the rest of the population ! ...

This dogmatic programming also claims that proteins necessary for our development are contained in vegetables - *which is also partially true* - but as a lie is more interesting when it is presented between two truths, the programmers of the veganism avoid carefully specifying that it would be necessary for us to gobble up 15 times more vegetables to obtain the equivalent quantity in animal proteins, so that our body can **synthesize in an optimal way**, specific proteins in the telomerase. *(Let us specify that a weakened telomerase is indicator of disease, senescence (ageing) and an exaggerated telomerase, a sign of cancer.)*

(Dixit the Angel : The first hominids, very close to the primate, practised only the picking or the passive scavenging. It is only after the intervention of the geneticists of 4th density that mixed their genetics with human's, that the Neanderthal became carnivorous hunters to be a member of the super-predators hunting essentially big herbivores. Then and much later, when the predators of 4th density have remodified the genetics of the Neanderthal, the Homo-sapiens became omnivore.

It is thus from time immemorial, **that intuitively - because of his omnivorous genetics** - that the modern man - the Homo - Sapiens - **feeds on flesh coming from herbivorous animals**, to provide his body in synthesizable proteins by his own biology.

The human body, not being designed to synthesize effectively proteins resulting from vegetables, these herbivorous animals on which he fed, were in a way - *and always are* -, charged to synthesize vegetable proteins of origin at the human's place, to transform them into much more easily assimilable proteins. The human being needs it to satisfy the biochemical process arising in the transcription of the DNA in ARN messenger during the telomerase.

It is for the same reason, that herbivorous animals are **naturally** a part of the food chain of the human being and that normally, we should feed only on herbivores, but never on carnivorous animals.

An animal protein which so to speak was modified twice or synthesized, degrades under the shape of pathogenic prions and becomes toxic for an herbivorous or omnivorous body (it was for example

the case of flours of meat and bone distributed to the cattle at the time of the big scandals of Creutzfeldt-Jakob diseases and bovine encephalopathy.) *We shall return on the subject later.*

Furthermore, telomeres responsible for the good chromosome replication need protein substances, almost impossible to find among vegetable proteins, even if there are some rare exceptions there.

We also learnt that these protein substances assured the protection of the chromosome endings - the famous telomeres-, preventing them from fraying and from misleading genetic sequences during the mitosis (during the cellular duplication).

By continuing the treasure hunts in search of indications - That we shall not detail not to weigh down the dialogue -, Sand found a conference in English which Laura Knight gave in Barcelona. Unfortunately, the fourth part (the questions-answers) was subtitled in English only : (<https://www.youtube.com/watch?v=htN6UY0tXvk>) We then assigned to transcribe them on a translation website to try to understand the sense of the conference. We so learnt that Laura Knight, having been a vegetarian during many years too, had come to reconsider her diet and all the beliefs which she had associated with it. And exactly in her conference, she raises the subject of telomeres and cellular regeneration !!!! What a coincidence !

Had she also discovered the importance of a stable telomerase for our health and the role of animal proteins in the balance of our food ?

Here we are in a mess, we thought !

At the very moment when Sand became aware of the extent of her programs of **guilt** generated by her beliefs concerning vegetarianism, she was seized quasi-immediately of a paralysing pain in the middle of the back. (*By experience, we knew that on a physiological plan, a sudden awareness of this order, called a violent emotional answer, by unchaining in the body a stunt of biochemical answers causing this very intense pain.*)

Did it ensue from the non-acceptance of her beliefs led by her predator ?

Her sudden and violent pains could be bound to memories / programs and result from the fear or from the resistance to change. The hormones of the emotional had thus knocked fast and strong.

Was there a link of cause with effect ?...

Certainly, because the treasure hunt had brought us there. It was now a question of making the link between what took place in our garden, vegetarianism and what we discovered on telomeres.

What did we have to learn of all this ? Did we have to rectify our diet ? To change beliefs and re-eating animal flesh ?

Out of the question ! We refused to consider it !

Yet in the course of days, Sir the rat kept devouring cheerfully our strawberries and salads ! Not daring to kill him and even less to exceed our **guilt**, we decided to buy a cage - trap him without hurting him. Three times, we freed these rats trapped in the nearby forest. However, strawberries and flowers always disappeared one by one ...

After this raid of the rat family in our small garden, Sand was so angry that she threatened to exterminate them all. The predatory polarity of Sand at this moment, expressed itself furiously, but was immediately repressed by guilt, preventing her from acting.

In the next morning, we had found a new rat which had let set in the cage but curiously, this one had died !

But we had not yet understood the lesson which expressed itself in our Universe !...

We knew that the schemes of Sir the rat was the expression of our Supraconsciousness.

But to what end ? Did we have to kill him by accepting our predatory part ?

To walk in "STO", wasn't it to become aware of our predatory part and to limit its impact in our environment ? The rat had become a real puzzle, to such a point that it began to haunt our sleep ! One evening, hardly were we asleep that we were woken with a start by a metallic noise in the kitchen. Jenaël by going to see what was taking place, surprised Sir the rat savouring an apple on the stone floor. He had brought it down on the metallic bouffadou which served to instigate the fire of the stove.

– That's it ! Enough is enough ! Exclaimed Sand in the middle of the night. Not only Sir the rat attacks the garden, but now it penetrated the house and eats our fruits ! Don't we have the right to please us with some strawberries and salads ? Our fate is to ascension with our physical body and not to become "Saints" to be canonized by the Pope ! If we do not understand the message today, tomorrow the rat will sleep in the bed with us !

We had to command respect. It was time to accept our real human nature : That of the predator and that of the being of compassion, which both impose their limits !

We spent about an hour to try to dislodge the rat of the support of brick-built kitchen sink in which it had taken refuge. But its hiding place remained inaccessible for us. We resigned then to go back to bed.

It was decided, the next day we were going to buy carpet beaters for rats !

A little later in the middle of the night, sitting on the bed, Sand cried in big sobs. Jenaël perceived that she lived a state of modified consciousness, a kind of trance. Without trying to understand, neither to reassure her, nor to disturb her, he let her cry.

After a while, Sand told related her experience :

« Through a kind of vision, my internal guidance bustled suddenly and strangely increased my clear-sightedness. I went then in trance. "Intuitively" my thoughts revised the events which had followed one another the last days. A strange sensation penetrated me then, and I merged quite whole in a **kind of whirlwind**.

In this trance, "We" showed me at first the functioning of the matrix. Everything, every object, every event was coded and was represented by symbols or numbers. Some of these numbers possessed common points which when they were connected to my consciousness, generated the information which I needed. They represented in a way, the mathematics of the Universe. These moments of awakening increased my vibratory frequency because "**I UNDERSTOOD**".

Then, I had reached the point where my consciousness began to merge with that of my environment. It - my consciousness - was not limited anymore by my body but extended everywhere and naturally in that of the rat. At this precise moment, "I" became the rat, "I" penetrated its spirit and I could - in a way - speak to it. He and I made one, we were **the same Consciousness, the same Spirit !**

"I" saw with "the eyes of the rat" which were also the ones of the Supraconsciousness and felt in the depths of my being that I was just as much compassion than predation. At the same time "I" (my Spirit) was embodied in both polarities of the experience - that of the rat and mine - and contemplated me in both faces of the Creation, those of good and evil.

All the Universe was my reflection and this Universe was omnipresent in every atom of my body. I knew profoundly at this moment, that the confrontation with my predator of 4th density was the most terrifying experience, but also the most liberating, which was given to me to live. This Being of 4th density my other "I-STs" had used me against myself. And I was able to see how the predators of 4th density manipulate human beings to subject their consciousness. During a long moment, tears pearled on my face. I understood that I was capable of seeing and of supporting the Reality, and despite what lay behind the curtain, I realized then what really meant Unity.

I perceived that this state of unity was the acceptance in each of us, of our two polarities : "THE GOOD AND EVIL", our part "Service to Others - STO" AND that of the "Service to Self- STS".

The Light AND the Darkness are Information ! They are : Unconditional Love ! Their expression comes true through our human nature.

The human being is thus at the same time capable of creating (STO) and of destroying (STS). To recognize and to integrate this Truth establishes the supreme Initiation of the Being in embodiment. To flee from it, closes the door to the Transition of the Soul towards the superior plans. (About the Unified consciousness, see diag 34)

Finally, I was brought to see that the transition of a dimension of density to another one : The Ascension, corresponded somewhere in a kind of "reversal of polarity" of all the atoms of our physical body - *just like the shift of the terrestrial polarities* -.

The Ascension of our physical body will come true when this polar balance between the effects of good and evil, the Light and the Darkness - *the outcome of the karmic process* - Will be completely restored within our biology. (*Let us remember ourselves that the feelings express themselves physiologically in our body by very complex chemical and hormonal reactions.*)

The moment of the Ascension would be generated by **a kind of whirlwind** which during a short moment, would expel the Spirit in the worlds of the antimatter. The Supraconsciousness will be then so to speak, authorized to re-harmonize the "genetics" of the Soul and to regenerate the physical body without passing by the process of death.

This healing of the Soul consists in the acceptance and the total integration of our two polarities : The good and evil. That is in the outcome of our karmic programs of 3rd density. (*Also let us note that our beliefs / programs of 3rd density, generate "states of unbalanced consciousness", neurotic and sometimes psychopathic in certain extremes cases.*)

The information necessary for this cellular regeneration is contained in the worlds above conscious, namely in the Universe of matter - *the atoms which form our present density* - and that of the antimatter - *atoms which become again "waves" which shaped our past and those who will configure our future-*.

At a given moment, **for those who will follow the path to the "Service to Other- STO" and who will persevere UP TO the END**, there will be a kind of adjustment between **both polarities of the individual** - *the feminine and the masculine* - and both polarities of the consciousness : *The good and evil* - Which **will nullify in the zero point**. (*This quantum phenomenon would correspond to the real Forgiveness of the Self, who was only attained by some great initiates.*)

This is the way I was able to perceive that every atom of our cells, work like a wormhole just like a black hole in the Universe - it is moreover this function of the atom that some scientists have just discovered -.

The obvious fact appeared then in my spirit. During my journey between the dimensions, I remembered myself of a passage found on the Internet which said :

*"... The fact that life asks for a sacrifice, has deep spiritual ramifications. **So that something lives, something else must die.** And it should supply us a lesson in the way we serve the other one, the creation and the creator. **Everything eats, and everything is eaten.** The perpetual sacrifice of a thing creates life for another one. To see it as regenerator is as wise as normal ..."*

Quotation of Joel Salatin, *les gars, ce n'est pas normal.*

<http://fr.sott.net/article/22617-Vegetalisme-Vegetarisme-Omnivorisme-quelle-est-la-meilleure-solution>

But why had not I seized that the dead rat found in the cage had given its life so that I could "**understand**", acquire Knowledge ?

Isn't it, that something must die so that something can be born ?

By this journey, having been able to connect myself to the consciousness of Sir the rat - *that still was hidden in the kitchen* -, **I knew that he too, was going to offer me its life.**

He was going to sacrifice itself so that is born in me "the Revival" and so that we - *Jenaël and I* - can accept our predatory part. The rat so pushed us in our corners. We will have to **assume our capacity to kill, which would allow us to release ourselves from the guilt to hold this program of predation encoded in our human DNA.**

We accepted then to act our awareness by putting the traps.

With tears in the eyes, we were infinitely grateful for the role which embodied the spirit of the rat, so that we can "carry out Knowledge".

The following morning, Jenaël got up first to prepare breakfast. As he caught the kettle with tea, he jumped by perceiving a ball of fluff sat on the breadboard. It was Sir the rat which nibbled at a seed. Strangely, he was neither fearful nor surprised. He even let himself be approached slowly, to the point where Jenaël managed to caress it and to photograph it. However, he did not appear in great shape. It was an old male with a hunchbacked nose. Thus, we decided to take him in forest so that he could end its life there. Not only was Sand filled with gratitude for the experience which we had just realized with the rat, authorized herself to caress it, but it was even her who freed the little animal.

We knew that Sir the rat was dying. He had probably been poisoned by rat-poisoning products spread in the neighbourhood by the municipal authorities. Thus, he had offered "somewhere" its life so that "something in us" could be reborn.

This is the way the experience of the rat, "opened our heart" and our consciousness. We had been obliged to recognize our predatory drives skilfully repressed by the New Age programming and "terribly well" repulsed under our layers of guilt.

THE HUMAN BEING IS A PREDATOR - "*harmful*" for his environment, such as the rat for our small garden -, **AND IT IS SO.** Contrary to its beliefs, humankind thrones by no means at the top

of the food chain, **but is entirely and naturally part of it**, because other forms of predation "reign" above.

* * *

Having said that, let us pursue the treasure hunt. Let us return to telomeres and let us go to see what the Angel granted to us as new indications.

We discovered at first that the curvatures, fatigue, the white hair and our small cuts were revealing of a disrupted telomerase, caused by an imbalance in our diet.

But then, what was the relationship with the Ascension ?

This is what Bruce H. Lipton reveals in "*The biology of the beliefs*" :

«... However, our new understanding of the mechanisms of the universe reveals us how the immaterial spirit can have an incidence on the physical body. The thought, this energy of the spirit, affects directly the way the brain controls the physiology. **The "energy" of the thought can activate or inhibit the cellular production of proteins** by the mechanics of the constructive and negative interferences ...»

<http://blogs.mediapart.fr/blog/nunavuk-anuri/090412/extrait-du-livre-du-dr-bruce-lipton-la-biologie-descroyances-ca-va-s>

This would mean that by directing the energy of the thought of somebody, more exactly by programming his beliefs (by the manipulation of the thought), it would be possible **to activate or to inhibit** the cellular production of proteins necessary for a well-balanced telomerase ?

Obviously and inevitably ! But it was made in a furtive and sneaky way. It is the reason why our treasure hunt had become so difficult to clarify. And it is exactly what had happened to us when we had been programmed by the 4th density "STS" to abandon the omnivorous diet (*diet containing food of vegetable origin as well as animal*), to become vegetarian !

In this way, the predation of 4th density had insidiously programmed us by means of the New Age ideology and by means of the vegan philosophy, to generate dense feelings of guilt - *energies on which feeds the predation of 4th density* - when sometimes we felt the desire to consume meat. Our body protested at this moment, demanding animal-derived proteins, essential to a well-balanced telomerase. But trapped by our underlying guilt and beliefs, we had become incapable to be really tuned to the needs for our body.

(This says in passing, since we freed the old dying rat, installed carpet beaters and agreed to resume an omnivorous diet by reinstating meat, not only have we found our physical form, our slenderness, our vitality again, but the family rat literally disappeared from our patio ! Ever since (2 months), we perceived no track of their presence in our environment. And strawberries abound !)

THE NATURAL CYCLE OF LIFE HAD FINALLY TAKEN ITS PLACE, BECAUSE WE WERE ABLE TO ACCEPT THE PREDATORY PART OF OUR ESSENCE !

* * *

We had now to discover what was the incidence of a balanced - *or unbalanced* - telomerase in the phenomenon of the Ascension.

A few days ago, the treasure hunt of the Angel brought us to think about what could happen at the time of the Ascension and more exactly, at the time of the physical phenomenon which would enter cause at this moment. Furthermore, we knew now that **the necessity of a well-balanced telomerase – that is to BE PERFECTLY HEALTHY -, had something to do with the dimensional change.** Thus, we had at first been directed to understand and to visualize how showed itself a dimensional change.

By assuming that in the history of the esotericism and the arcane arts, some individuals had already discovered the way of proceeding to cross dimensions, we revealed significant concordances in their descriptions. These initiated activated deliberately the transfer of their spirit in parallel dimensions - that is in other temporal lines -, by provoking a **very precise kinaesthetic phenomenon.**

(Kinaesthetic – Larousse definition : Which relates to the conscious perception of the position or the movements of the various parts of the body...)

In this connection, Carlos Castaneda explains in his work that, when Don Juan threw himself **in a very precise way** down from a cliff, he could fall and "rematerialize" immediately somewhere else.

The Chinese philosophy claims : *"When we walk backward, we get closer to our youth. Walking backward wake the right hemisphere up, that of the intuition, the musicality, the sexuality and causes the spiritual awakening".*

To the freemasons, the "primitive Scottish rite", **walking backwards**, symbolises the return, the descent in ourselves - *by sinking into our own darkness* - and the abandonment of the profane values **to reach the "Light"**.

Cassiopeans in their transmissions (dixit Laura Knight), speak about a **kinaesthetic sensation** in spiral (a vortex) which would occur at the time of the Transition.

The Sufi wisdom claims that the one who wants "to discover the mysteries of the Creation", must enter states of modified consciousness and expansion of the being, for example by **dancing and rotating** on ourselves - *the tradition of the whirling dervishes comes from there* -.

Edward Leedskalnin built his megalithic building out of stone and coral. And the secret of his work was bound to his rotating seat suspended to the ceiling of his house.

What interests us here, it is the meaning to be given to the "**kinaesthetic sensation**", the idea of a movement which we can associate to the notion of reversal and backwards movement.

Here is what was written in 1867 by Allan Kardec, in the Genesis (the fluids) page 315 : 6

«... Who knows the intimate constitution of tangible matter ? Maybe it is compact only regarding our senses and what would prove it, is the ease with which it is crossed by the spiritual fluids and the Spirits, to which it does not put more obstacle than the transparent bodies are for light.

The tangible matter, having for primitive element the ethereal cosmic fluid, must be able to, by disintegrating, return to the state of etherisation, as the diamond, hardest of the bodies, can disappear in impalpable gas.

The solidification of the matter is only a passing state of the universal fluid, which can return to its primitive state when the conditions of cohesion stop existing ! »
<https://books.google.fr/books?id=fKcM0JPRQwIC&pg=PA315&lpg=PA315&dq=%22Qui+conna%C3%A9t+la+constitution+intime+de+la+mat%C3%A8re+tangible+?&source=bl&ots=br9gEmsuDh&sig=BZlqQd9tsvlwkDqy87Eoh1CIX0&hl=fr&sa=X&ei=h6dYVcDIBcO4UZTKgSA&ved=0CCEQ6AEwAA#v=onepage&q=%22Qui%20conna%C3%A9t%20la%20constitution%20intime%20de%20la%20mat%C3%A8re%20tangible%20%3F&f=false>

Here is thus in our analysis, what among others is particularly interesting to raise : "When the conditions of cohesion stop existing !" In other words, when something influences the waves of gravitation.

We know that the gravitation - *surpassing the speed of light* - establishes the strength which transforms and congeals the waves in particles, and which so to speak shapes the object. We also know that a wave is transformed into particle when a "consciousness" congeals it by looking at it or by becoming aware of its presence, namely when the wave is observed or perceived (*thus at the speed of light*) by an observer. In this connection, see the article : The reality does not exist until it is measured :

<http://fr.sott.net/article/25705-Quand-la-realite-n-existe-pas-jusqu-a-ce-qu-elle-soit-mesuree>

This observer, as he is conscious of the object or believes "to see" the object - his outside world-, only projects his own beliefs on the waves - *establishing antimatter* - that he looks or perceives. This is the way he creates his own bubble of perception. It is also what describes Bruce H. Lipton in these terms :

« Any body, including the human being, communicates with its environment and decodes it by estimating the fields of energy. » Extracts from the book "The biology of beliefs".

<http://blogs.mediapart.fr/blog/nunavuk-anuri/090412/extrait-du-livre-du-dr-bruce-lipton-la-biologie-des-croyances-cava-s>

This observer becomes then in a way himself and only at this moment, unconscious creator of his own world of 3rd density and this, in an extremely limited way because of his restricted beliefs.

The problem of the "limitation of the powers of the Spirit" shows itself thus only while the Consciousness / Spirit is embodied, because this one remains limited by programs / beliefs which belong to the ego/mental of the body in which It lives.

Consequently, the Spirit is restricted by the senses and the perceptions predetermined by the DNA, which are partially reprogrammed by the predator of 4th density, remaining dependant on Its physical vehicle : The human being of 3rd density.

On the other hand, we also know that mental programming, sleepwalking, or therapeutic suggestions to a high degree, as the hypnosis, the grip of psychotropics such as Ayahuasca or pure tobacco, can free the Spirit of the body and allow It in all Its plenitude, to practice Its "powers legitimately" on the physical body or on Its environment of matter (the density), in and beyond the bubble of perception of the individual.

When It is exteriorized, the Spirit can pull from the body more resources and vital force than normally obtained when this Spirit is embodied in a human body. Experiences demonstrated that a dynamometer can be more strongly squeezed by the Spirit when It lives outside a body, than if it

was embodied. (This peculiarity was also observed in cases of sleepwalking or phenomena of poltergeist.)

Let us note as well (dixit the Angel) as it is the Consciousness of the Spirit - Supraconsciousness - that influences the wave of gravitation. This one models the object or event which from then on, becomes perceptible by the consciousness of the embodied spirit - the individual -. Thus, it is the Consciousness which influences the gravitation when it is embodied. Also, by a phenomenon comparable to the piezoelectricity, the gravitation is again going to influence the Consciousness, but this time on a lower vibratory frequency (which corresponds to that of the material and which is going to materialize the object or to generate the event in question). It is in this way that magic operate¹. It expresses Itself so naturally in the life of those who freed themselves from their part "STS", that is from the fear and from the control of their ego. **In summary, the Consciousness influences the gravitation which in turn influences the Consciousness.**

"The exteriorisation of the Spirit" when It changes dimension, passes almost invariably by a phenomenon which we already all know. It is a sensation hyperkinetic, forming a whirlwind or a kind of vortex, more known under the name of DIZZINESS !

A kinetic sensation of whirlwind and falling behind, would it not correspond to the dizziness which we feel by looking down from a cliff, when we move backwards, when we ingest psychotropics, when we undergo a hypnotic programming, when we rock on a suspended seat ... !!!?

Thus, an unbearable dizziness causes the projection of the Spirit outside the body. And it is exactly during intense dizziness that our environment deforms and that the conditions of molecular cohesion begin to stop existing ! Isn't it ?

It is also and exactly this process - "A strange sensation penetrated me then and I merged in a kind of whirlwind" - which Sand describes during her night-trance, when she changes dimension of reality !

In other words, when we are subject to intense dizziness, we could have the capacity to influence the waves of gravitation. And when we manage by an intense concentration to focus a thought, an act of will, on a unique point during this episode of intense dizziness, our thought gains in power and wakes unused faculties in our ordinary state. This focused shape-thought becomes then a kind of impulse, a lever which mobilizes the vital energy and manages it towards the point where it must operate. In this way the Spirit located outside the body, that is in the antimatter, becomes capable of moving mountains.

It is probably this secret which Edward Leedskalnin, builder of this incredible megalithic castle of stone and coral in Florida, knew. http://fr.wikipedia.org/wiki/Château_de_Corail

But it did not still explain us the link between the telomerase and the Ascension ! We still needed thus other indications. We gave up and decided to ask the question to our Angel, our Supraconsciousness.

Question to the Angel :

Why were we guided to follow this fantastic treasure hunt with the rat, veganism, telomerase and dizziness ? Can we obtain other information ?

Such as they were linked, the succession of indications which was proposed to you, seemed completely absurd to you, but it is necessary to know that generally any system of indication is like

¹ In the language of birds, "magic" (la magie) and "the soul acts" (l'âme agit) sounds the same in French.

that. Placed in any order, it always constitutes pieces of a puzzle. It is only the intuition and the logic which allowed you to order them and classify them. You will notice then soon that this treasure hunt really had a sense.

At first, it is important for you to be clear about diets. It is a question not of wanting to define neither dogma, nor standard, nor rule. A diet too rich in animal proteins, can be as fatal as a diet abundant in vegetable fibers, and it differs once again, according to the very individual. "Naturally", a diet mode owes before anything being adapted to the genetics of the individual, his galactic lineage registered in his DNA.

The genetics of the modern human being, as you now know it, holds not only the genes of the primate but contains a mix of extra-terrestrial genes. The various planners of life or predatory races brought their own genetics to the modern human. There is in fact various lineages among the homo - sapiens, each possessing its own genetics and its appropriate diet mode.

Even if since thousands of years the human DNA mixed, certain genic characters inherited from their creators remained. And among these creator's geneticists, some were vegetarians, other omnivores, or carnivorous, or fruitarians...

For more than 300 000 years - *In the famous garden of Eden which was far from being a paradise* - The hominid which previously was a **hunter-gatherer** and lived on the generosity of Nature, was genetically programmed to become the homo-sapiens, namely farmer, **ploughman**, then in modern times, farmer-chemist-geneticist to survive of "**labour**" of his work and stay - *unconsciously* - under the dependence of the predation of 4th density.

So, to the rhythm of the "progress of the modern techno-chemical agriculture", cereal and contemporary vegetables on which you feed - *even organic* - became supersaturated in gluten, sugars, heavy carbohydrates and fibers (cellulose). Contrary to the fact that lets you believe the dietary contemporary propaganda, the modern diet is far from being provided with fats and useful proteins for an optimal and well-balanced telomerase.

The current human being is programmed thus constantly to amass weight, generate raging hunger, mood disorders, cognitive disorders, cardiac problems, shady mental and "diseases of civilization" such as cancer, osteoporosis and metabolic syndromes - *like diabetes, diseases of Crohn, multiple sclerosis, etc.-*.

In another register, but always about diet, it is as useful to know that since the 80s - in a parallel to the rise of the New Age movement-, a vast plan of study on the impact of certain substances added to the food, was conceived and is always in position at present. This program launched by the secret government has for objective to study the incidence on the behaviour - and thus on the emotional - of certain types of substances and hormones present in the food of the modern man.

Let us return thus to the scandals of the hormone calf there, who had burst in the 90s and who uncorked other human aberrations such as : The mad cow disease (the epidemic of bovine spongiform encephalopathy), the Creutzfeldt-Jakob disease (its human shape), the chickens and the eggs with dioxin, etc.

In fact, these scandals were "**insidiously authorized to be revealed**" to offend the consumer and manipulate his emotional. The occult intention was - *and still is even today-*, to divert the science and the public of an underlying "military-scientific manipulation, which was even more pernicious".

So, at that time, the industry of the breeding used the somatropin (or somatotropin), a growth hormone to accelerate the yield in meat of the calf. The same hormone was used by certain sportsmen to increase their speed and tenacity. By-products of synthesis of this hormone were introduced into certain vaccines intended for the special forces of the armies, to neutralize their capacity of reflection, but also increase their strength and their audacity.

At present even, these by-products of the somatropin are used in the veterinary medication intended for the industrial sector. They thus find themselves in fresh meat which people buy in supermarkets and become harmful for the human body, as soon as they are ingested in too big quantity.

When such a meat is daily consumed, it acts on the endocrine system of the human being. Not only their consumers come to adopt psychotic behaviour (vague thoughts, false faiths, changes of mood and behaviour, sometimes even hallucinations), inhibiting their intellectual and cognitive faculties. But these individuals - *amateurs of meat of supermarket doped with hormones and antibiotics* - are totally unfit of opening effectively their consciousness and their intuition and even in the long term, can develop degenerative nervous diseases.

Contrary to this program "meat with hormones", the same secret studies on the emotional behaviour estimated a population which was not subjected to the influence of growth hormones. But as these studies on behaviour and on the emotional are a military secret, it was necessary to create a population not subjected to the hormones of syntheses. There was thus no better solution than to invent among the population, the new category of carnivorous and vegetarian guinea pigs, consuming products exempt from chemistry and from hormones : "The organically-certified".

And to do it, by revealing the harmfulness of the industrial meat by means of the alternative literature "Organic", this group serves as witness sample to observe its behavioural and emotional reflexes, and the evolution of its collective unconscious. This to be able to compare the functioning of emotional human of this group with regard to the other groups.

There is thus a vegetarian type, a non-eater of meat and not subjected to the effect of growth hormones. They represent the inflexible vegetarians, the "hard-liners" : Vegans, which insidiously, were programmed by the consortium "STS" "to react emotionally and violently" to the "consumption" of animal proteins.

(Here is an example an awkwardly slanderous article drafted by an ardent supporter of the vegan diet in objection to the excellent work of Ivy Keith : "The vegetarian myth")
<http://lavinlavidalowcarb.com/blog/barbaric-vegan-activists-hurl-cayenne-pepper-pie-into-the-vegetarian-myth-author-lierre-keiths-face/7368>

Vegans is also the object of clinical trials - *of course always secret* - to verify to what extent human beings are capable of "surviving" by consuming only fibers and plant proteins, this without consuming animal proteins.

This group of people is subjected to strong "emotional stimuli of anger and guilt" to identify their impact on the genetics of this population.

All these studies hidden from the public, will serve to develop the genetic program of the next humanity, which after the big Transition, will repopulate the planet. As at the beginning of every new cycle in 3rd density, these mutant human beings will again have to be programmed - *on the genetic scale* -, to remain docile and easy to manipulate to answer without too many resistances the program of the New World Order.

And it is - among others - the takings of DNA made by police services - *obviously without their knowledge* – that feeds this gigantic data bank.

To return to our subject there, it is essential that the diet is adapted to every individual and does not correspond to a programming New-Age, religious or other. **It is important to learn to listen to your body and not to your beliefs, to clear you of the guilt to eat what your body demands you and the "good or bad" judgment.**

Everybody must know what his body demands to him !

There is an unstoppable rule in the universe of the material density which I invite to you not to forget which is the following one :

"So that something can be born, something has to die."

Accordingly, in your world, wanting to eat without killing is impossible. If you try, it is you - even if it is long-term -, who will have to die !

Human beings are mainly omnivores, which means they can practice a diet containing food of vegetable or animal origin. But they cannot assimilate cellulose. The cellulose which is a carbohydrate established of a linear chain of molecules of D-glucose, is the main constituent of vegetables and the wall of their cells. It is however useful in **small quantity** for the smooth running of the intestines, in the form of plant fibers. Herbivores use generally enzymes of exogenous origin that is produced by certain bacteria of the intestinal flora to digest the cellulose. These enzymes, humankind does not possess them.

Even if certain plant proteins present sizeable assets, by allowing vegetarians to satisfy their needs in amino acids, they represent a way **to reduce** their consumption of meat, **but especially not to replace it**. Thus - Note, please, that it is only the **doped "meat" and the by-products of supermarket** that in case of excess can be the cause of certain cardiovascular diseases, endocrine-metabolic diseases, hyper cholesterol level and many others. It is absolutely not the natural meat itself who is harmful for your body.

The human being cannot just feed only and permanently on vegetables because in the shorter or longer term, he will be also confronted with the need to provide himself in animal proteins essential to his vitality and to his process of cellular regeneration : The telomerase.

Thus, the food must be simply adapted to the physiological needs for his body, and this by considering his corpulence, his racial characters and genetic, the place where he lives, his blood group, his physical activity and by watching to respect his biological, physiological and hormonal balance. Thus, it is essential that each learns to listen to the needs of his body, to inquire to sources of different publications, to detect the signals of alerts when they appear and to understand the symbolism of a disease which develops - *to know how to pay attention to what his Soul tells him (the disease) !*²

See on this matter "L'Épopée de la conscience" chapters 2 and 3 :

Hélène manages to decrypt the message of a staphylococcus aureus concerning this radical dietary change. <https://lepopeedelaconscience.jimdo.com/les-chapitres/1er-cycle/>

You made the experience yourselves ! You were offered the possibility to highlight the "vegetarian programming" of whom you were subjected. If you had not listened to the signals of warning of

2 In language of the birds : "illness/disease" (maladie) and "speaking ill of" (mal à dit) sound the same in French.

your body and to synchronicities proposed by the Angel, you would be little by little and hypocritically fallen ill, victims of important nutritional deficiencies !
Thus, it was essential for you to explore your emotional, the guilt and the beliefs bound to this programming New-Age-vegan, to extirpate yourself of the dead end in which you were going.

Here is on this matter an article which we found by following our famous treasure hunt and as the Angel suggested it to us, there is nothing more to say there -.

<http://fr.sott.net/article/22617-Vegetalisme-Vegetarisme-Omnivorisme-quelle-est-la-meilleure- solution>

As well as the book written by Ivy Keith, fallen between our hands by the same game of synchronicities : "The vegetarian myth" Red Pill Edition.

<http://www.amazon.fr/Le-Mythe-v%C3%A9g%C3%A9tarien-Lierre-Keith/dp/2916721541>

Having said that, still let us change this subject.

Here is the moment to learn something that you cannot know yet and which will get for you a new indication for your treasure hunt about the telomerase.

Do you know why certain entities of 4th density remains sometimes blocked in your 3rd density ?

Let us take the case of this mythical creature - About whom we have already spoken - which fell accidentally of a temporal window remained stuck in your 3rd density : The Beast of Gévaudan. This hyena of the caves which populated Lozère, approximately 100 000 years ago, had fallen from a dimensional window which had opened at that time to result in 1764.

This prehistoric animal, was never able to leave in its world of origin, and do you know why ? Because repeatedly, it had been hurt by hunters launched to its pursuit !

As I had already revealed it to you, this kind of anomaly - the opening of a temporal door- Occurs much more frequently than you think. Most of the time, when it causes no physical or material incidence on your present time, this kind of transdimensional phenomenon completely goes unnoticed. How many people witnessed unexplained phenomena which occur in their environment, of furtive appearances of entities or objects resulting from other dimensions, and simply believed to have been victims of hallucinations ? Sometimes even, people are assaulted by strange creatures which disappear without leaving any track !

When a dimensional window opens somewhere, it can sometimes cover a big region - it was the case of Lozère in 1764-. In your perception of time, it can open during a few seconds, a few minutes, but much more rarely, during whole days. Beings which are near this phenomenon, find themselves so to speak sometimes thrown on the other side of the vortex. But usually when the whirlpool closes, it "returns naturally" in their dimension of origin.

Nevertheless, there are exceptions to the rule ! And these exceptions occur generally accidentally when a being, be it animal, human, or extra-terrestrial **is hurt or damaged during the crossing between the dimensions. Implying when the completeness of the physical body - all the atoms which constitute its physicality - is altered.**

Therefore, the animal of Gévaudan had not been able to return to its world of origin, because having been hurt repeatedly, it has never had time to cure and to reconstitute its atomic capital which should have been intact before leaving in the vortex again.

On the other hand, to assess your system of indications, let us speak about UFOS crashes, such as those of Roswell in 1947, Sverdlovsk in 1968 (in Russia) and many others. It is necessary to know that the real vessels resulting from superior or parallel dimensions, contain for the most part a kind of nervous system integrated into the structure of the machine, which is settled and connected with the frequency of resonance of every crew member. Therefore, the vessel can be piloted by the

thought or the energy emitted by the pilots. A vessel of this kind works then literally as a psychic "**and atomic**" extension of its occupants.

Let's suppose that during the opening of the dimensional window - *which in this case is led by their technology* -, in a way or another, the vessel is damaged or one of the pilots is wounded. Thus (which returns to the same because both elements - *the pilot and the vessel* - connected one to another, establish a homogeneous assembly of molecules, a single set of atoms coherent and interconnected.) the set "vessel-pilot, may it be separated or damaged", "will fall" literally from the window opened between the dimensions, to remain blocked in the densest of the two. And this because he cannot reconstitute anymore all his atomic capital essential to his return in the antimatter (the past or the future).

Thus, you have here, in what I have just revealed two new parameters to add in your treasure hunt. On one hand the atomic completeness of matter which when it is altered during an accident comes into play, at the time of a dimensional collision. On the other hand, "historic events" (such as the Beast of Gévaudan in 1764, UFOS crashes in 1947 and 1968 for example) which marked out the History of the Earth in your past.

It is thus a question of understanding what really represents History on a quantum point of view ! To apprehend the progress of the History, you would have to be capable of understanding what is time. Time is nothing else than an arbitrary measure of the travel of objects in space, bound to the perceptions of your five senses. This space is not linear. It is simply determined by the point of view of an individualized spirit - this only, when he is embodied in a body - who pays its attention, its consciousness on an object or an event.

The distance between the embodied spirit (in a dense body) and the object or the event which he observes or perceives, is called "space". To be perceived in space, the object or the event necessarily must vibrate - that is to be situated - in the same frequency of density as the vehicle in which this spirit is embodied.

There is thus no notion of space or limitation when the Spirit is without a body of 3rd or 4th density. Objects, which are heap of densified energy, don't necessarily have a linear movement in this space. In the Universe of antimatter - That is when they are not perceived or not observed by an embodied spirit-, the waves move in a random way, sometimes according to a curved or cyclic model but become "objects or events" only when they are perceived or observed (below the speed of light because this one defines the limit of human perception).

History is not a linear chronology of events, as thought and defined by historians. It is not a ribbon which can stretch and stand out as a measuring instrument. History is a subjective observation of movement of objects in space, congealed from the point of view of an embodied individual / spirit. It does not exist and does not have any reality from the point of view of the disembodied spirits which left the terrestrial plan. In the antimatter and on the quantum plan, all the events of your "History" thus occur in an interactive, concurring and simultaneous way.

Although the time in your 3rd density takes place apparently in a continuous way, the events - *who are born in the antimatter* - do not arise in an interdependent way from each other or according to a linear evolution. But they get organized and form themselves according to the consciousness which perceives them or observes them. To perceive and understand History or the reality of your past, it is thus essential to consider all the events of your past-future as parts of an interactive set. So, represent yourselves time as a homogeneous and constant vibration which travels the Universe.

Can you then understand that the guidance of your Angel - *your Supraconsciousness*-, is no other than your future Consciousness which materializes in your present on Earth, from a place (in the antimatter) of your galaxy ?

The Supraconsciousness begins to show itself in your consciousness because you accepted, "ratified" and approved "the good and evil", both polarities of your essence which you embody in your personal terrestrial history, representing your human and transdimensional karma.

And it is because little by little, you deprogram your present beliefs, that you had access to the information which says : **"By a rebalanced telomerase, the cellular regeneration will amply be facilitated to you – which in turn will help you bear the magnetic depolarization - during the intense dizziness which will affect you at the time of the process of dimensional change"**.

The information to which you have access through your Supraconsciousness is from now on available so that you are to evolve and be capable of reading it yourselves. Because in this way, it will be profitable to you to pass at another level of reality. It so participates in the expansion of the Universe.

Thus, the Angel, in a near future, will not need to play the messenger's role anymore. He/she will be "YOU" because at this moment, you will again have looped the loop and joined your future.

Question to the Angel :

If we understood well, it is important that telomeres returned to their optimal potential of replication before the process of dimensional change. Does it mean that the "STS" programming of vegetarianism, is in an indirect way intended to alter our "capacity" to reconstitute our atomic capital, after having changed of dimension ?

Your deduction is correct. But the process of dimensional change is even much more complex than that. You will notice it only when the Transition will have occurred.

The "STS" of 4th density try hard to prevent the physical Ascension of the "STO" candidates. And their best way to succeed consists in "supreme lies" to contribute to "the disinformation", by directing the ego of the spiritual researchers in the wrong direction. This kind of programming is among others propagated through the vegan philosophy, the New Age, the so-called scientific researches carefully directed by the "STS" consortium and others ...

That's why many of these "researchers of the esotericism" make every effort to chase myths or hidden treasures. Others boast of revealing transdimensional technologies of cure. **But they did not understand yet that they are manipulated by the "STS" predators/programmers of 4th density**, who, by letting them discover little by little magic technologies or by letting them believe in fantastic discoveries, only break their capacity of discernment. They succeed in taking away the researchers of truth of their real reason for Being, that is, "to conquer" their Supraconscious Being. This is the way due to running after the mysteries, these inventors, researchers, adventurers, all these "Indiana Jones of the spirituality" will pass beside the Truth !

You see, many researchers in ufology, in occult sciences, teachers and "spiritual explorers" are convinced of the extraordinary character of their observations or discoveries. But they ignore that the theses that they reveal come from the mental programming of 4th density "STS" !

These individuals are thus completely ignorant of the psychic influence of which they are victims. They want to believe so much in what they persist in believing, they accept, teach or pass on false truths, without putting themselves ever in question and try to fetch farther.

"Assert loud and clear what you ignore, and your ignorance will have all the appearances of the Truth" Anonymous

So be it ! Let us return to our telomeres and to the DNA.

I revealed to you that in 4th density, there will be a phenomenon of renovation of cells. **But this regeneration – in which intervene telomeres – OWES TO HAVE BEGUN "IN CONSCIENCE" DURING YOUR EMBODIMENT IN 3rd DENSITY.** Because the individuals who will made no effort to find the balance in their Body-Soul-Spirit will remain incapable to survive when the dimensional doors will open.

And it is in it - in the DNA replication before and after the Transition - that telomeres have an important role !

Besides, here is another information which reveals its importance. For years human science considered junk DNA ("non-coded DNA") as useless, because these sequences of the human genome, are apparently not translated into proteins or do not possess any identified biological function... It was more or less true but will not be this way anymore in 4th density.

More and more biologists notice that DNA possesses functions more complex than what they initially thought. They realized that in this DNA which they considered not redundant, sequences work as a broadcasting stations and receivers of electromagnetic frequencies, which in the eyes of the scientists, represents a new function for a part of the junk DNA.

They also discovered that relics of abnormal inclusions or so-claimed errors of duplication, appear more and more frequently in this non-coded DNA and that finally, these seem to have a functional influence on the process of replication (the telomerase). It is verifiable and explicable, because "simply" your DNA becomes sensitive to the penetration of the Energy of 4th density and begins to wake a biochemical activity which since millions of years, had remained dormant. However, this part of your genetics which begins to wake up, is only **preparing** your physiology to support the Transition. The present DNA sequences of 4th density in your "non-coded" DNA - *still totally inactivated for the moment-*, will be operational after the Transition in 4th density of existence.

Let us take for illustration of this phenomenon, the genetic metamorphoses which occurred during the big changes of era of the history of the Earth. At the time of the fast extinction of the Permian era, when an immense cataclysm ravaged the Earth, killing 95 % of the animal and vegetable species. The big dinosaurs disappeared, but small mammals survived, because after the cataclysm big changes appeared extremely quickly in their genetic and morphological characters which echoed during the following generations. And there is a reason to it !

The transformations in their genetics had already been **prepared before the cataclysm** to start extremely quickly later. The cataclysm had been activated by a shower of meteorites annulling the terrestrial magnetic field and which "had **apparently** reduced the surface of the planet to ash".

In reality, dinosaurs are not extinct, they simply stayed in their original density. They thus always exist in another space-time, but which for your beliefs and your human perceptions, corresponds to more than 250 million years ago. However, this cataclysm of the Permian era revealed the beginning of a new vibratory resonance, a new era which had allowed smaller animals to prosper. Does this kind of adaptation to a new era - *and a new density* - remind you anything ?

Weren't the Sumerian gods - *the Annunakis* - taller than the Atlanteans which were, before their disappearance, taller than you ?

The next humanity will again be reduced in size, but as I have already specified it, provided with a neo-cortex more adapted to its existence in 4th density.

Humanity approaches very quickly of an irreversible collapse of its ecosystem and its society. It will thus enter again a new era from which probably some 500 million of individuals will come through. And again, will occur a split in the space-time that will be crossed only by those who will have ardently got ready, because their DNA will have been prepared and conditioned by their Higher Self to support the Transition.

Therefore, multiple Universes are born and reproduce - *just like the cellular replication* - in every change of Era. And in each of these changes, the biosphere changes state, that is it occurs a kind of shift towards the unknown.

Before that, several precursor and warning phenomena of the dimensional Transition interlock : Acceleration of the disappearance of biodiversity, intensification of extremes climatic incidents, increase of tectonic movements, intensification of appearances of cosmic origins (falls of celestial bodies and comets), fast transformations of currents of production and spending of energy ... Is this not the case now ?

See for yourselves : <https://www.youtube.com/watch?V=fxjulFKWoY>

To conclude, it is necessary to know that the Transition of the planet towards a dimension of more subtle density will depend on the Evolution of Consciousness of the human beings.

ANCHORING THE FREQUENCY OF YOUR BEING AND ALLOWING THE PROCESS OF MUTATION OF THE DNA TO OCCUR IN YOUR BIOLOGY, MAKES THIS TRANSFORMATION OF FREQUENCY OF RESONANCE AVAILABLE FOR THE PLANETARY CONSCIOUSNESS. BY LIVING THIS PROCESS IN YOURSELVES, IT SPREADS THROUGHOUT THE PLANET.

It implies that your reality will change sooner or later and that your way of interacting with your new reality will also modify. You will stop being the one whom you were so far, and you will be more and more in accordance with your others "multidimensional Selves" who try to realize the same evolutionary leap in the direction of the Supraconsciousness than "YOU" in your 3rd density of embodiment.

This evolutionary movement implies the recognition of your multidimensional Self, your fusion with it and the application of its teaching. **To accept and to raise awareness to this principle, is the challenge which is thrown at you to prepare yourself for the Transition.**

The more real Knowledge develops in your consciousness, the more you will perceive that you are not only a single individual embodied on this plan, but you will understand that your Higher Self possesses a multitude of facets of Selves embodied on multiple parallel or dimensional plans of existence.

To come to the Knowledge and the Truth is possible only through the Supraconsciousness, the multidimensional Consciousness. It implies to succeed in merging beyond the illusion, beyond space and time, with the community of intelligences - that is the numerous facets of yourselves-, remaining in a present in perpetual expansion.

Some "STO" individuals are already capable of dispensing these new expanding frequencies of a superior intelligence. They are not only superior, but potentially unlimited. And the contents of this intelligence which is passed on in the humanity is diverse and quasi-unlimited.

Every individual who transports these new frequencies in a stable way, emits a frequency of higher resonance and affects **naturally** people who surround him. These will feel the availability of these superior frequencies, which little by little will travel as a long wave around the Earth.

At the time of the Transition, the Consciousness of the Earth can then agree to receive these new frequencies that the "STO" will have so hardly worked to develop. Because these new frequencies will anchor and will densify thanks to the force of gravity of 4th density and will manifest a new reality in 4th density of consciousness "STO".

When these new frequencies of 4th density "STO" will be moored, fixed, stabilized by the new frequency of terrestrial gravitation, it will mean the end of your limitation, your detention.

However, the 3rd density, with its world government, its free energy, its cities of light and its New Age philosophy "love and light", will continue - *by inertia* - to exist for a good time, then as at every end of cycle, will be destroyed by big cataclysms.

In conscience of 5/6th density, you will not be misinformed or badly informed and you will become then really informed, and it is only at this moment, that you will enter the real Light.

When the turns of energy - *causing dizziness* - will completely take place at the time of the transition of the individual (the dizziness resulting from a disturbance of the electromagnetic field of the body, possess in a way the power to slow down, to scatter or to redirect the wave of thought), there will be a total awakening of "intuitive" knowledge, a knowledge which is far beyond all that it was able to teach you up to now. This internal knowledge is the knowledge of the Self, the knowledge which says to us that there is much more to discover than the only physical universe. Believe it. Know it. Understand it.

From our point of view, - *that is you in the future* - real "Light" defines itself as being the fact of promoting, of dispensing and of sharing the information and the Truth.

Darkness represents control, negation and refusal to reveal the information-truth.

It is just a question of Being - not in the sense "*Love and light New Age*" -, but by assuming completely your responsibility in all which arises in your everyday life. And it is because - whatever people around you think of it - when you have the courage to act and assume every awareness and by stopping your role-playing games in your everyday life, you will succeed in "vibrating your Beingness" in much more evolved dimensions of consciousness !

Passed on by Sand and Jenaël

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