

Experiences beyond ketone

& Eat to reassure HIM ?

& In "The Moments of Noah !"

"Dialogues with the Angel" by Gitta Mallasz is the transcript of a spiritual experience lived during the Second World War by four Hungarian friends, while the Nazis began to invade their country and deport the Jews massively.

(Link to the book in pdf (in French) :

http://sd2.archivehost.com/membres/up/66497693963381614/Dialogues_avec_lAnge.pdf)

The "Dialogues with my Angel" summarize more than ten years of metaphysical experiments with our higher Consciousness that we share with our readers.

In 2007, Jenaël had already been warned that the dialogues will perhaps cease under the sounds of boots...

Once again, as we write these lines, their clamorous reverberations are heard in the distance. The Third World War, through terrorism and the manipulation of consciousnesses, taxes humans. Deported peoples invade Europe. Refugees flee their countries at war.

Would there not be a new version of the history ? This 3rd World War, always instrumented by the Nazi ideology of a secret planetary authority, is getting back on its feet !

Where would humanity end up this time ?

Perhaps "the true man" will finally understand that the hostile forces that govern the world are not from this world, but emanate from the transdimensional Universes that stem from his own past and unresolved future.

Perhaps among humanity some will have understood this time, that the karmic cycle will continue as long as Men disavow the functioning of the Universe ?

1 (You can find it in English here :)

https://www.amazon.com/Talking-Angels-Fourth-Gitta-Mallasz/dp/3856307044/ref=asap_bc?ie=UTF8

Fate will show them !

But this time, Sand and Jenaël will certainly not end their existence in a cattle car !



Ask questions !

Asking ourselves questions is the driving force behind our quest. For nearly 9 months (since the publication of our text "Rat, strawberries and telomere"), Sand and I have never ceased questioning us and soliciting the guidance of our Angel. Since Knowledge is acquired through experimentation, we have been the testers of a somewhat new and sometimes judged as dangerous diet by the medical scientific community in the pay of the consortium "STS".

Indeed, to the detriment of our health, we have sometimes been the courageous and reckless experimenters. But we had decided to go beyond our beliefs and fears to examine their advantages, disadvantages, risks and benefits, in full knowledge of the facts.

We can already certify that NO ! When we stop feeding on glucose, we do not die ! The proof is that despite the questioning of our readers, we are still here, more determined than ever to find the Truth.

As we had also warned, we were obliged to shift our publications to allow us time to test the effects (and specially to recover from it) to confirm the validity of this diet that is out of any convention. And of course, it's not just that !

We are well aware that the content of our dialogues can only be received by a minority of readers. As for the others, who do not believe in it, it is not our responsibility but only theirs. Some may think that we are under the domination of the predation of 4th density... But one thing is certain is that we put everything into action by experiencing the new concepts we are describing, to bring the Truth to light.

It is only by experimenting new notions, theories or hypotheses while we write, that we learn to detect the impostures and deceptions of the 4th density predation. And they are plethora !...

In this way, we have detected that the part of truth often hidden in a teaching, a conference, a book... is used to lower our vigilance and our discernment. This is how transdimensional predation works in our world !

Having assimilated how the predator works-*that part of ourselves who, out of anger or rebellion, rejects from the get go any new information or at the other extreme, indiscriminately accepts everything that is said, written...* - we do not deliberate opinions of others, since it is up to each one of us to assume his own experience. Let us remember that change begins essentially with our own transformation.

The content of our writings is simply to share our researches and experiments, and should

always call into question the responsibility of each person; We affirm it on every occasion. It is for all these reasons that we absolutely and definitively do not respond to the too many mails that we receive anymore, although some are sometimes relevant.

This new writing will therefore sometimes be difficult to understand with a consciousness and functioning of 3rd density. To depict something that is realized in a temporary and alternative density of existence with concepts and words belonging to a 3rd density world, looks something like explaining how a high-tech car works to a toddler in his pedal car. But those who are already moving along as we do, through their own experiences will surely understand what we are talking about.



The diet we adopted is called paleo-keto diet. It is a question of associating a "Palaeolithic" diet inspired by the nutritional mode of the pre-agricultural societies with ketogenic nutrition. It therefore consists not only in eating in a way that remains at the antipodes of the vegetarian diet *-of which we ourselves were convinced adepts for years-* but goes against all "conventional" logic or in accordance with academic medical diet.

A food habit whatever it may be, let us recall it, results from reflexes (traditions, habits, beliefs, religions, customs, principles...) or is dictated by our parents, the consumerist society, medicine, dietetics (food hygiene principles).

In other words, by all sorts of authorities *-who rely on the codex Alimentarius-* they inculcate us (very often with lies and propaganda) what supposedly is suitable for the proper functioning of our body.

(The Codex Alimentarius or Codex Alimentarius is a joint program of the Food and Agriculture Organization of the United Nations (FAO) and the World Health Organization (WHO) uses, guidelines and other recommendations related to agri-food production and processing which are concerned with food safety, namely the protection of consumers and food chain workers and the preservation of the environment.)

*(https://fr.wikipedia.org/wiki/Codex_Alimentarius) in French
(https://en.wikipedia.org/wiki/Codex_Alimentarius) in English*

Our physical body being a projection of our Soul in this 3rd densified reality, it is trapped partly because of sugar. Although there are also other reasons that we have discussed throughout our previous writings.

Every individual should therefore be led and inspired by his Higher Self for his greater good, and not by any authority in matters of food. To do this, it is imperative to learn how to get rid of any "ideological guilt" in consuming meat *-a program induced by predation-* or other

beliefs coming from the 3rd density, which for the time being remains the one of man's. In other words, it consists in giving up almost everything we believe we know about our present life !

To be brief, it is essentially the diktats of 4th density predation "STS" that have always manipulated our beliefs and infallibly govern our own lives. And finally, for every ignorant but disciplined human, the 4th density "STS" tacitly decides our feeding behaviour (*and if there was only that !*).

Take for example the new "anti-waste" campaign for deformed vegetables disguised as advertising for our good health, which states :



"For your health, eat 5 ugly fruits and vegetables"

In short, it merely solicits the human emotion through its guilt, to dispose of fruits and vegetables subject to malformation and to benefit from goods which, as a rule, cannot be traded.

Is it not also a clever means of accustoming people to random genetic dis-graces and mutations, without arousing suspicion as to their origins ?

We also believed that eating 5 fruits and vegetables a day *-even organic and not ugly-* was good for our health. But we were far from suspecting that fructose and carbohydrates contained in these same fruits and vegetables induce the body to eat well beyond its physiological needs. And this is what we have also noticed and determined through our own experiences of weaning sugar. (Fructose makes eat more : the proof by imagery).

<http://fr.sott.net/article/12318-Le-fructose-fait-manger-davantage-la-preuve-par-l-imagerie> (in French)

<https://www.yahoo.com/news/brain-image-study-fructose-may-spur-overeating-210254342.html> (in English)

So, in order not to spill any extra lies on the net (there are enough of them), we decided to test "the paleo-keto diet" ourselves by not using any product containing carbohydrates (Bread, pasta, rice, cereals) in any form : Industrial, organic, fair or local, but also dairy products, cheese, milk, yogurt ... which have lactose and other hidden sugars. We have been flawless for nearly 9 months. And it has not always been easy !

Therefore, **we have excluded any type of sugar from our diet** because it is not just white sugar that is a poison to the body as some are trying to make us believe.

Obviously, this diet devoid of any sugar forces our organism to function without any carbohydrate supply. He therefore had to replace these carbohydrates abundantly provided by the "conventional" diet, obliging the liver to regain its primordial function which is to re-learn

to manufacture the glucose essential for our organism, by glycogenesis. In other words, from the fats provided by the saturated and unsaturated lipids contained in the diet.

In this way, producing ketone bodies by metabolizing fat lipids in our body *-but without ever supplementing us with carbohydrates and not falling into ketoacidosis (protein overdose)-* is not an easy matter to manage.

Time and time again we have had to pay for it (nausea, headache, vomiting, diarrhoea, stomach pain, cramps, intense fatigue, asthenia and muscle tetanus), until our body began to self-regulate and rebuild glucose by producing the famous ketone bodies from lipids transformed into glucose by our own body and no longer from an external and artificial supply of carbohydrates, conceded by the omnivorous or vegetarian diet.

We are therefore able to reaffirm that the vegetarian diet, even if it sometimes seems beneficial to certain diseases and is "viable and energizing" for many years, remains ultimately and in the very long term an aberration carefully orchestrated by **the STS predation of 4th density, which lets us believe what we want to believe.**

Contrary to what the New Age / Cointelpro propaganda suggests, this mode of feeding becomes irremediably devastating for our natural physiological balance. And since we have tested and experienced the benefits of weaning vegetarianism and sugar, we are now able to reveal the fundamentals !

It should be noted that any vegetarian, vegan or food, as its name indicates, is composed mainly of vegetables, i.e. fruits, salads, vegetables, legumes, cereals, tubers... containing vitamins, minerals, proteins, lipids, which in general could be beneficial to health. However, vegetable proteins are virtually useless for effective telomerase (see dialogue. 39). Carbohydrates and fibers *-even if they are sometimes needed in tiny quantities for transit -* contrary to what the secular "STS" propaganda makes us believe, are very dangerous in the long term for the human organism since they are sources of most degenerative diseases and cause of aging. It is therefore necessary to reduce their consumption to a minimum.

CONTRARY TO WHAT WE CAN BELIEVE, MOST VEGETABLES HAVE EXTENDED RELEASE TOXICITY AND ARE DANGEROUS WHEN CONSUMED IN LARGE QUANTITIES AND VERY LONG-TERM, ESPECIALLY RAW !

They contain many anti-nutrients, **especially when mixed with animal proteins**, insidiously and silently provoke considerable ravages. By enhancing the porosity of the intestinal wall, they prevent efficient digestion and optimal assimilation of proteins.

But these damages in the viscera and the colon remain for many years suffocated and very often painless, because they are camouflaged by the properties of sugars. These act as an anaesthetic of the digestive system, a narcotic (or a drug) within our body.

As a reminder, these foods (fruits and vegetables) are very rich in carbohydrates such as monosaccharides, disaccharides and polysaccharides.

MONOSACCHARIDES are carbohydrates composed of only one kind of sugar, for

example :

- glucose : rarely present in this form in nature, but rather associated with other carbohydrates
- carbohydrates fructose : contained in fruit and honey.
- galactose : mainly present in milk and its derivatives.

DISACCHARIDES (a kind of sugar composed of the combination of two sugars), they are very quickly absorbed by the body like :

- sucrose : table sugar which combines glucose and fructose
- lactose : milk sugar which combines a glucose and a galactose molecule
- maltose (present in malt) : combines two glucoses.

POLYSACCHARIDES or "slow sugars" are more complex molecules which take longer to digest. They are composed of more than two molecules of simple sugars such as :

- starch : very present in tubers, potatoes, cereals, pasta, rice, bread, pastries, delicacies...
- cellulose : the famous fibers that cannot be assimilated by the body.
- glycogen : is the form of glucose manufactured and stored by our body, especially from saturated animal fats, vital to our body.



<http://fr.sott.net/article/26592-Ancel-Keys-graisses-cholesterol-et-60-ans-de-propagande-mensongere>

<http://fr.sott.net/article/17420-Mythe-les-graisses-animales-font-grossir>

<http://www.psychomedia.qc.ca/sante/2015-08-12/beurre-et-gras-trans-satures>

<https://www.sciencedaily.com/releases/2015/08/150811215545.htm>

<http://www.santenatureinnovation.com/graisses-saturees-le-vent-tourne-en-notre-faveur/>

So long as it is not mixed with meat, vegetable food (based on fruit and vegetables) is silently accepted by our organism which adapts to it without significant complication for many years, because of the anaesthetic and narcotic effect of sugar.

It is for this same reason that the harmfulness of this dietary mode (especially when it is vegetarian) remains very discreet during great periods. It is related to the gradual increase in intestinal permeability, due to the overabundance of fibers and carbohydrates. This toxicity remains soft, sneaky and progressive, since its effects are largely camouflaged by carbohydrates contained in the plant !

It is in this way that sugar masks most of the signs and symptoms of underlying diseases related to plant food. We have paid enough to be able to testify it.

It is therefore only during weaning of carbohydrates that we can notice the damage and troubles caused in our organism and that we discover the deficiencies accumulated during long years of "silent" vegetarianism.

By experiencing this weaning, we realized some deficiencies (fortunately still minimal) that were concealed by sugar, but also of our ignorance of certain functions of our own organism (and especially of many dysfunctions of the digestive system). We have also been able to experience the degree of sensitivity of our body to certain substances, foods, odours, electromagnetic fields ...

Nevertheless, we have also been able to observe and verify the first tangible signs of the

effects of sugar detoxification that have manifested themselves by :

- **Notable cell regeneration** confirmed by the re-pigmentation (still discreet for the moment) of the hair of the beard and hair. (Jenaël, having hairs that are almost white and immaculate, as the food changed, his hair returned to light grey with blond reflections -*He was blond in his early childhood.*)

- **The total disappearance of all the cutaneous affections** of which we were both occasionally carriers such as : Psoriasis, herpes, mycoses.

We discovered that after the "decoding" of the emotional regarding our affections, that cheeses, even organic, were the almost exclusive cause of mycoses.

Why is that ?

The intestinal walls having become much too porous during our vegetarian phase, had lost their role of filter. Lactose and casein then crossed the intestinal wall to disseminate in the body via the bloodstream. These two elements nourished the candida albicans present in our organism (as in most of the people) which managed to fix itself in the skin folds.

The sugar contained in dairy products was therefore the cause of mycosis. (Candidiasis / mycoses require carbohydrates to proliferate.)

- **Weight loss to natural and ideal weight.** Practicing a diet to lose weight was the least of our worries. Yet weight loss was felt and was already visible after a few months of carbohydrate withdrawal. After 9 months, from 88-90 kg Jenaël stabilized to 72 kg which corresponds to the weight of form for his 1.70 m. Sand went from 54 kg to 46 kg for her 1.58 m. (The paleo diet also helps regain weight for people who are under-weight or undernourished).

- **Immune defences restored and strengthened.** We already talked about that. The healing process has accelerated (example of scratches and small bruises). And dramatically, the marks of old age (or lentigo) that had begun to appear on Jenaël's hands have completely disappeared.

- **But the most interesting thing, said the Angel, is to prepare our bodies for the mechanical and energetical effects of the Transition.**

Our organism must be prepared for the risks of diseases caused by cometary viruses -*still suspended in the upper atmosphere*- which, as at each end of cycle -*and especially at the moment of dimensional shock*- will most likely strike the population as in the disappearance of Atlantis and other human civilizations.

- We have also noticed that **our vigilance and our quickness of mind have increased.** Obviously, this cannot be measured or proved. But we noticed that probably neuronal conduction, too, had improved, which facilitated the dialogue with our subconscious or Higher Consciousness and sharpened our feelings.



- **The resurgence of new karmic and emotional memories which were still buried.** The

paleo-keto regime once again confronted us with the fear of disease and death. At times we had the impression of playing with our own lives, especially in moments of doubt when, during his ketone "cure", Jenaël, who was subjected to intense vertigo, had remained almost a week without being able to walk, no longer hold on his legs and lost the sense of balance. And, when Sand suffered daily muscle pain in the legs. Obviously, we set ourselves to succeed whatever happens to pass the course of carbohydrate weaning and keep the benefit of the ketone. Little by little, we succeeded.

- **Strengthened physical strength.** We had already spoken of our vegetarian period, when we arrived at a point where we could no longer practice our favourite hikes because of lack of physical strength and because of intense sternal pain. All this is no more than a memory since we are again able to sprint without difficulty and especially without shortness of breath.

- What will surely interest the defenders of nature and the environment, is that we contribute to *-proportionally to our scale of course-* **reducing our predatory impact on our environment.** We eat much less, produce less waste *-and incidentally much fewer stools-* no longer need a garden (which on a larger scale would result in a drastic reduction in cultivated farmland, and despite what may be believed, in a significant reduction in pasture area, even as a carnivore).

Our average food ration split over **2 meals** and for **2 people** no longer exceeds 300 g of cooked (non-leguminous) green vegetables and about 330 g of meat, Fish or eggs daily. (*We fast from evening 7 pm to 1 pm.*)

To clarify, for now we have reduced our energy intake to less than 1g of animal protein per kg of body weight. For example, Sand currently at 45 kg, is maintained in 2 meals of approximately 35 g of animal protein per day, corresponding approximately to 130g of cooked meats, accompanied by less than 120g of cooked vegetables and Jenaël, consumes a little more proportionally to its weight.

In other words, our vegetarian consumption compared to the traditional and daily consumption of an omnivorous individual *-subordinate to the propaganda of the food industry and of course carbohydrate-* has drastically been reduced.

(For interested readers, herewith a site that allows to make calculations (Nutritional value of food) : <http://www.afssa.fr/TableCIQUAL/index.htm>.)

Certainly, there are also some disadvantages to this diet called paleo-ketogenic especially during its implementation. But it was because we skipped the stages that we had been victims of several episodes of malaise during the period of adaptation to the ketogenic diet because the intestinal walls were not yet repaired.

It is therefore important to respect the steps of the transition of diet and to introduce only a small ration of carbohydrates, only when necessary (unusual physical or intellectual efforts) and supplement if necessary with L-glutamine, potassium, Sodium, vitamins or other as needed. **This during the transition** to the ketogenic diet and repair of intestinal and hepatic functions.

Similarly, we caution readers who engage in this type of diet, that they first observe their deep

motivations and become aware of the stakes of a sustained ketogenic diet.

It is important then to respect the process described by Dr. Mrs. T. author of the article below and, if necessary, ask for medical advice from a physician who is truly competent and fully informed about the effects of the ketogenic diet.

<http://fr.sott.net/article/8684-Le-regime-paleolithique-revisite>²

There are many articles on the net about the disastrous effects of sugar and the benefits of the ketogenic diet. We will not go into the subject, but see how and why the New Age / Cointelpro propaganda that preaches veganism, vegetarianism and its derivatives has been so deeply programmed into our subconscious.

First, an article, typical of the disguised anti-protein propaganda of the WHO (World Health Organization), is as follows :

<http://www.lapresse.ca/sciences/medecine/201510/26/01-4913913-la-charcuterie-est-cancerigene-selonloms.php>

Let us not forget that this organization is administered by the STS consortium of 4th density and serves not the health of the people, but the interests of the Health lobbies and of course, the "leaders" of the New World Order.

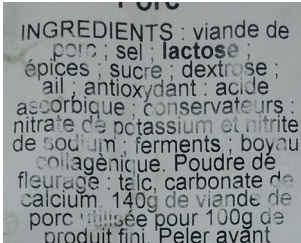
Then this so-called campaign against cancer is clearly a diversion because it camouflages roughly and deceptively, an operation denouncing the so-called misdeeds of meat and cold meats in anti-cancer campaign. By directing human towards vegetarianism, it insidiously targets the consumer to deviate from the benefits of animal proteins and lipids on human DNA and.

It should not be forgotten that the "STS" consortium of 4th density does not want humans in its 4th density of existence. Humans must remain ignorant and docile. And he cannot extricate himself from his ignorance unless he has begun a process of regeneration of its DNA, thanks among other things to the consumption of proteins and especially of animal lipids.

In other words, this campaign against meat and sausages aims to stifle the benefits of animal fats contained exclusively in good quality meat. That produced by animals fed not on cereals (seeds, wheat, corn or granules -sources of carbohydrates-) but only on grass.

We therefore urge you to check the origin of the meat you are consuming and carbohydrate, preservatives, other stabilizers and colouring levels contained in the meat and in the cold cuts (of the supermarket *but also at the ORGANIC stores* !)

It should be pointed out that cold cuts produced without GMO, antibiotics, preservatives, growth hormones from livestock raised in RESPECT OF ANIMAL LIFE AND DEATH, are very difficult to find and it is, in our



INGREDIENTS : viande de porc ; sel ; lactose ; épices ; sucre ; dextrose ; ail ; antioxydant : acide ascorbique ; conservateurs : nitrate de potassium et nitrite de sodium ; ferments ; boyau collagénique. Poudre de fleurage : talc, carbonate de calcium. 140g de viande de porc utilisée pour 100g de produit fini. Peler avant

2 The information found in this article can be found here in English : https://www.amazon.fr/Primal-Body-Mind-Beyond-Health/dp/1594774137/ref=sr_1_1?ie=UTF8&qid=1342208058&sr=8-1

opinion, the only one that can be safely consumed for our arteries.

Indeed, the truth hidden in this article : *"The sausage is carcinogenic according to the WHO"* is that the supermarket meat and sausages or produced by some presumed good butcher brands, is a real poison !

This article submits a tricky deception, a perfect example of organized and planned deception, since the authors of this advertisement (under the guise of the WHO) are careful not to reveal the true causes of cancers and of most other autoimmune diseases.

Usually, extremely serious disorders that degenerate into cancer or other are caused by the association of proteins with a diet that is far too rich in carbohydrates -*the "oses"*- or excessive consumption of meats and deli meats of supermarket, stuffed with antibiotics, preservatives, stabilizers, colorants and... **obviously hidden carbohydrates.**

This "paper", which is just one example of a lot of nonsense on the net, shows how disinformation works. It therefore deserves a wise look to detect the lie concealed between two truths. And it is only by having access to Knowledge, that you can separate the truth from the false and this behind every sentence in a text, speech, pipe, conference, etc.

Knowledge protects, is that not it ?

In our opinion, and according to our own experiences, another fabulous exercise of discernment in which many truths and omissions are based, disguising clothing some fundamental inaccuracies.

In dissecting this other text that we propose, let us not forget that it was written by an eminent physician specialized in nutrition, who through his status of expert analyses a situation with a limited awareness of 3rd density. He referred for his criticisms to alleged medical studies.

<http://www.lanutrithérapie.fr/article/faut-il-arr-ter-de-manger-de-la-viande>

Has he only experienced a ketogenic diet himself ? Reading his speech, we are convinced that it is not the case !

Why does he skilfully omit to question of the **over-consumption of sugar before that of meat ?**

Does he inform about the **vegetable/cereals association -containing carbohydrates- and the abuse of meat ?**

No, he denounces only supermarket meat but does not mention it explicitly. And that's the trap, he's wrong... but right too. The mistake in his speech is that he absolutely does not mention the abuse of carbohydrates contained in our modern fruits and vegetables.

The real problem that he totally hides is that humanity has been oriented to consume too much meat, since it has been skilfully conditioned to eat too much vegetables which are too rich in "hidden" carbohydrates (especially since they have been modified by genetics or crossing).

Then, feeding on an excess of vegetables, humanity was led to eat more meat to compensate for the dysfunction of the digestive system which should normally allow the assimilation of animal fats and proteins for its glycogenesis and its cellular regeneration, without supplementary and artificial carbohydrate intake. Consequently, Man became omnivorous.

As for vegetarians, they eat too much fruit, vegetables, legumes... since the body does not

have access to animal fats and proteins, it desperately searches them in the few proteins and fats contained in the vegetables. And since vegetarians only eat vegetables, their bodies naturally find in it the sugar charged with supplanting glycogenesis.

(As a reminder : Glucose formation occurs in the liver from glycogen. Glucose is transformed into the muscle into glycogen, which provides the energy necessary for muscular contraction. Apart from the ketogenic diet, glucose is abundantly provided by the carbohydrates directly supplied by the diet and not naturally made by the liver by glycogenesis.)

The human being, if he does not eat good-quality fats, those contained in meat, fish, eggs, rinds, raw butter... is gradually missing essential components for the proper functioning of its organism. The individual is therefore frequently hungry and is obliged to eat three times a day, maybe more. He will then fall back on the slow and fast sugars brought much more easily by fruit, vegetables, pasta, breads, rice and other pastries and sweets. And that's the trap !

The blood is then subjected to a massive increase in carbohydrates which in the long term induces serious effects on our body and especially on the blood circulation. It is therefore the insulin secreted by the pancreas which is responsible for fighting against the influx of glucose. But insulin has a disadvantage. By reducing blood sugar, it stimulates our cells to use carbohydrates directly from fruit, vegetables, cereals, etc.

Because of this, our fat cells store these too readily available carbohydrates in all this food category, to keep them in the form of fats : Our beautiful beads -overweight or obesity -. The consumption of carbohydrates is therefore undoubtedly the cause of all autoimmune diseases, cardiovascular diseases, obesity, cancers...

For those who understands, accepts and walks in this truth, it is crucial to reverse the process of sugar and fat metabolism -glycogenesis- by shifting and drastically reducing carbohydrates to the last position in the food pyramid.



The vital element for the proper functioning of the body is the consumption of animal fats : Lipids, which is totally the opposite of food education that has been inculcated to humanity by 4th density predation.

As mentioned in the article, hunter-gatherers ate plants -especially greens- but never vegetables, seeds or flour and certainly not couscous or red beans as mentioned in the article... These foods could not exist before agriculture, since they were brought to man after his fall in 3rd density.

Publié le 26 octobre 2015 à 07h35 | Mis à jour à 13h08

La charcuterie est cancérigène, selon l'OMS

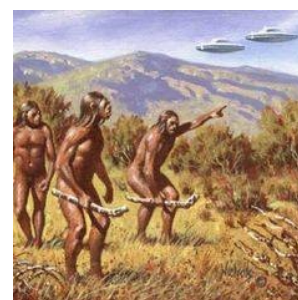


Le Centre international de recherche sur le cancer de l'OMS s'est basé sur plus de 800 études pour classer la viande transformée dont fait partie la charcuterie dans la catégorie des agents «cancérigènes pour l'homme (Groupe 1)». Sur la photo, un marchand à Budapest.
PHOTO LASZLO BALOGH, REUTERS

The study of this imminent specialist remains perfectly accepted in today's "STS" world (since it consolidates the human beliefs of the 3rd contemporary density), but certainly does not interest and prepare for the approaching dimensional change that some people are preparing to accomplish through weaning sugar.

It is interesting to understand how SUGAR in its various forms has flooded and overwhelmed the food market for over 2000 years.

Its trade has grown (according to the Angel) during the reign of the god Enlil, god of Nippur. At the dawn of the Babylonian era, the Annunaki gods *-in other words "STS" predators of 4th density-* have "offered" SUGAR to humans implicitly and disguised by introducing it to agriculture *-in the famous **Garden of Eden** -*, to enable him to find the strength and the energy **to work beyond his natural and physiological needs**. (In his works, Anton Parks recounts this episode of the history of human enslavement in the Garden of Eden.)



Link in pdf :

<http://elishean.l.e.f.unblog.fr/files/2009/06/le-secret-des-etoiles-sombres.pdf> (in French)

And in book :

<http://www.amazon.fr/Les-chroniques-Girkù-Tome-étoiles/dp/2290071986> (in French)

https://www.amazon.com/SECRET-DARK-STAR-ANTON-PARKS/dp/2954456612/ref=sr_1_11?sr=books&ie=UTF8&qid=1447749340&sr=1-11 (in English)



But sugar also has other properties, including that of lulling our natural predispositions, anesthetizing our senses and preventing certain intrinsic, natural and spontaneous functions of our DNA, including those of cellular regeneration.

So, what is SUGAR ?

Today, sugar is a substance of sweet flavour extracted mainly from sugar cane and sugar beet which **has the peculiarity of making our organism dependent**. (These two plants, non-existent in their natural state, have been genetically modified and "adapted" to be consumable by humans).

Sugar is therefore purely and simply a drug or a narcotic that is grown and produced on a planetary scale.

(Narcotic : Drug or non-drug substance, sedative, analgesic, narcotic and / or euphoric)

action which causes long-term addiction and toxic dependence).

Other compounds of the same family of sugars or saccharides also have a mild flavour : glucose, fructose... and are increasingly used by the agro-industry and other sectors. The commonly used term "sugar" can therefore refer to any "oses" (which in some ways represent polymers of sugar).

On a nutritional labelling, the term "sugars" refers to all carbohydrates having a sweetening power, essentially fructose, sucrose, glucose, maltose and lactose.

Let's now decipher these words in the language of birds to see what it says about them !

Sugars are CARBOHYDRATES :

- GLU : carbohydrate, glucose, gluten, glutamine ...

(Energy that sticks or densifies (but does not involve the natural energy of gravitation).

- IDES = that divides or fractalizes.

*(Wikipedia : the term comes from the Latin *īdus*. It could come from the verb *iduarē*, "divide", evoking the position of the Ides in mid-month. The writer Romain Varron brings it from the Etruscan *itus* or the Sabin *idus*, which means "division").*

It is therefore the "glue" that allows one way or another to the man to "stick"- *in the sense of adapting, densifying, sticking together* - to the density of matter in 3rd density, thanks to this polymeric compound that is sugar. This occurrence would then be logical.



Is sugar not sticky or gooey ?

Carbohydrates *-in disproportion in our diet-* which by sedating our senses and atrophying the properties of DNA, represent most likely the capital alchemical element that the Annunakis, "Greys" or other predators have transmitted to humanity so that man can surpass his energetic needs "artificially" and above all remain densified and captive of the 3rd density "STS". This is so that their human slaves can find the strength to work in the mines, serving their "STS" gods of 4th density.

Is it not the same today ?

Thus, for centuries (especially since the Roman era), through the progress of agro-industry, certain legumes have been selected, processed, grafted, improved, cultivated and finally genetically modified to increase their carbohydrates and adapt to the need in energy (calories) of humans. Also, the latter has become more productive in his "modern" world of 3rd density, thanks to the ubiquitous sugars in his diet !

(It is therefore completely unnecessary to polemic over the mischiefs of sucralose, aspartame, acesulfame potassium, neotame, alitame, cyclamate and saccharin or those of other synthetic sweeteners. This kind of debate organized by the "STS" of 4th density is only a clever way of diverting the ignorant individual to prevent him from producing real research on the harmfulness of "natural" sugar.)

By the way, another equally unnecessary debate concerns the company Monsanto, its subsidiaries and the impact of its agricultural seeds, vegetable seeds, crop protection products and gardening products in food. Again, the debate between pro and anti-GMO has been masterfully displaced and converted into a quarrel, so that humans cannot simply discover the nuisance caused by excess carbohydrates in vegetables, fruits and cereals grown in our gardens.

If we look closely, we can realize that our whole life is based on polemics, disputes, debates (duality)... to enjoin man to take a stand for a camp or another, a party or another... He is thus constantly moving away from the possibility of questioning himself, that is, of an "STO" path.

Having said that, and knowing what the future holds for our humanity, we have decided to take charge of our own destiny by freeing ourselves, among other things, of an entropic vegetarian future potential and committing ourselves to the path of a totally new future, that others like us also began to realize.

Experiments in support, we have therefore numbered several good reasons to adopt this paleo-keto regime, which we will comment somewhat and develop now.

There are many articles on the net that speak of paleo or keto diet, but few authors seriously discuss the subject in terms of the Evolution of Consciousness, the Transition of density and the repercussions of this kind of feeding on our physical, mental and spiritual body.

However, if this mode of diet is perfectly controlled to adapt it to our own physiology (and we have taken time to understand our motivations), it becomes not only beneficial for our future because it opens doors on so far unsuspected personal prospects, but it also opens new ones for the future of this very small part of the terrestrial population which is already aware of it.

Also, we knowingly use the word "predator" to describe the influence of sugar in our civilization. This is to point out a concordance between the role of the 4th density predation that governs our thoughts and our emotional, and the role of sugar that similarly governs our diet, our physical world and our emotions through matter. In other words, we are targeting the foods that we were feeding for some time, but at the same time poisoning us very gently.

To support our remarks, in the book *"The definitive journey"* Don Juan addressing Carlos Castaneda, said to him :

« You have never suffered from hunger... and yet you have a kind of anxiety about food, it is that of the predator who continually dreads discovering his carousel and cutting off his food. Through the human spirit which is in fact theirs, the predators inculcate us what arranges them to improve their safety and to be less afraid. »

Would this mean that when we stop consuming sugars and respond to the multiple demands of predation at the "STS Service to Self", our DNA would gradually begin to regain its natural transdimensional abilities ?

From our first experiments beyond ketone, YES !

The human being *-in theory-* could therefore travel again consciously from one dimension to

another. According to some testimonies, the alchemists Fulcanelli, Flamel, the Earl of St Germain and other anonymous individuals had acquired Knowledge to accomplish it.

(We refer here to the historical Earl of St Germain, not to be confused with the entity that pretends to be the "New Age St Germain" and which sometimes invests certain channels who have little knowledge of the mode of operation of the "STS" predation).



And to underline a telling anecdote, these individuals were never seen eating in public or in very small quantities.

What had they to hide ? Perhaps they came from a parallel plane and ate nothing ? Or did they simply realize that to change density, they had to not ingest certain substances ? Or were they not eating at all ?

Have we perhaps also discovered another secret of the transdimensional journey ?

We will return to the subject to support our theory by other clues that the Angel has revealed to us about this !

As a reminder, we quoted Lierre Keith in our previous article which surely informedly held that :

"You don't master photosynthesis ? Eat someone who can !"

"You can't digest cellulose ? Eat someone who can !"

Perhaps we could continue with :

"You can't assimilate sugar ? Eat someone who can !"

Isn't it ?

This is what would explain why some entities of 4th density "STS" -*especially the "Greys"*- are obliged to eat organic fluids (blood, lymph, cerebrospinal fluid, bone marrow, amniotic fluid, vaginal secretion...) produced by a living organism.

These organic substances rich in glycogen (glucose manufactured by gluconeogenesis) help them to remain momentarily embodied in 3rd density ! **They obviously need a form of sugar (probably a glucose) to be able to reside in 3rd density.** (See dialogue N°37 "*Encounters with the officers of the matrix : The black Shadows.*")

We must realize that our way of feeding (our "STS" civilization obviously based on sugar consumption) serves primarily the predator of 4th density "STS" and not our own needs ! And a fortiori, our good health.

As a result, **we only eat to reassure him !** Or should we say more broadly, so that this transdimensional consortium can keep us chained in 3rd density, using sugar.

We already know that when we are definitively stabilized and balanced in "ketonic mode" and succeed in irreversibly weaning ourselves of sugar, we will become "unproductive and useless" for the 4th density predation. Then we will be unable to work, to be exploited at will, or even to continue to progress or evolve in a world of 3rd density "STS".

Weaning sugar should also allow us to withstand the physical effects of the Transition, since many people will be severely inconvenienced, sick or probably will not survive, because of the excess of sugar accumulated over many years in their bodies.

Our supply of muscle fat should largely offset the intake of carbohydrates. And as bizarre as it may seem, will certainly contribute to increase our vibratory frequency.

The complete cessation of sugar / carbohydrate intake also allows the efficient regeneration of our organism, a significant improvement in the cell division process (mitosis and telomerase), to prevent almost all autoimmune and infectious diseases, increase the efficiency of neuronal conduction and develop, then expand brain activity.

By reducing the intake of hidden carbohydrates in our diet, we aspire to strengthen our intuitive capacity, stimulate the hormonal capacities of the pineal-pituitary glandular complex and in other words, open ourselves more to the frequencies of our unconscious / subconscious : our Creative Higher-Self.

We know, therefore, that we are preparing in one way or another for the final Transition in 4th density, and then later in the 5th density of consciousness.
How did we come to that conclusion ?

In the meantime, we leave you the leisure to do some research by yourself among the articles below :

- "Sugar, the “number 1” enemy of humanity"

http://fr.sputniknews.com/french.ruvr.ru/2014_01_12/Le-sucre-l-ennemi-numero-1-de-l-humanite-3458/

- Interview of Stephen Phinney about the ketogenic diet.

<http://fr.sott.net/article/16318-Interview-de-http://fr.sott.net/article/16318-Interview-de-Stephen-Phinneysur-le-regime-cetogene>

- "Fructose make us eat more : The proof by imagery"

<http://fr.sott.net/article/12318-Le-fructose-fait-manger-davantage-la-preuve-par-l-imagerie>

- "Too much sugar makes us stupid"

<http://fr.sott.net/article/8055-Trop-de-sucre-rend-bete>

- "Toxic sugar ? "

<http://fr.sott.net/article/11402-Le-sucre-toxique>

- "Fructose is bad for our children"

<http://www.naturavox.fr/alimentation/article/le-fructose-mauvais-pour-nos>

- "Sugar : The poison, and the battle of Dr. Robert"

<http://fr.sott.net/article/12693-Sucre-le-poison-et-la-bataille-du-Dr-Robert-Lustig>

- "Sugar abuse is as bad for health as alcohol"

<http://www.maxisciences.com/sucre/le-sucre-en-grande-quantite-aussi-dangereux-que-l-039-abus-d-039->

[alcool_art21361.html](#)

- "Health : sugars, a bitter sweetness"

<http://fr.sott.net/article/2552-Sante-sucre-une-douceur-amere>

- "Sugar dangerous to health"

<http://fr.sott.net/article/16231-Le-sucre-dangereux-pour-la-sante>

- "Sugar : how the industry makes you addicted"

<http://www.reconnexions.net/documentaire-sucre-comment-lindustrie-vous-rend-accros/>

- "An obvious link between sugar and cancer"

<http://fr.sott.net/article/13939-Un-lien-evident-entre-le-sucre-et-le-cancer>

- Testimony of a woman who abandoned vegetarianism by starting to take Consciousness :

<http://www.reporterre.net/Voici-pourquoi-je-re-mange-de-la-viande>

And the latest article on the SOTT website :

<http://fr.sott.net/article/26639-Nouvelle-vague-d-hysterie-de-la-tres-serieuse-OMS-et-des-journalistes-idiotsa-about-of-the-red-meat>

As far as we are concerned, since we adopted the paleo-keto regime, our lifestyle and perceptions *-psychic and physiological-* we had of the environment, have become very different *-which is not always easy to bear for our predatory ego.*

Our sensitivity to energy fields, to certain atmospheres, odours, sounds, increased. We also observe that this mode of nourishment somewhat facilitates our psychic acuity, accentuates our sensitivity, our presentiments and gives us a certain facility to connect with the subconscious-unconscious.

This would mean that the sugar contained in the cereals (bread, pasta, rice ...) and fructose in fruit, carbohydrates in vegetables, acted as a highly dangerous and sneaky toxin, which numbed our sensory and cognitive perceptions. **It increased the "power" of our "STS" predator, by letting us be persuaded -by lack of lucidity towards ourselves- that his ways of thinking, of being or doing, were ours !**

In the end, carbohydrates slowed down the functions of our pineal *-that is our intuition or unconsciousness in connection with our Higher Self-* and limited our ability to reconnect to that part of ourselves present in the higher dimensions.

At the same time, the "paleo-keto" diet has led us to plunge into "cravings" and activities much more creative, hampered yet for the moment by the lack of "endurance, energy or physical resistance". This, however, allowed us to undertake a few modifications in our little dwelling house, slowly and patiently.

Nevertheless, since we do not yet have the ease to "maneuver and behave" in a "new environment" responding to our "alternative frequency of consciousness" - *which is increasingly beginning to become tangible-* the transdimensional predator of 4th density- *in other words Sand's controlling and perfectionist tendency (to speak of her)* -was still

venturing to "want or demand things" instead of letting magic fully settle.

Her predator -presumably the "STS" part of the Amasutum, her mind progressing on another plane of existence – gave her a hard time by exhausting her trying to make her control situations that completely escaped her. She urged her to anticipate events that would not happen in this alternative future or to verify the best arrangement of things, while Sand knew that there was no need to do so anymore.

Her own predation, afraid of the unknown "STO" world she did not master, pushed her into the last bastions of her defences and control programs, even though there were no more reasons to do so.

After a while, we noted that the beliefs, manner or know-how of Sand, continued despite our knowledge to refer to our known world and precisely, to our habits of 3rd density. Her desires, therefore, were seldom realized as she foresaw or required them to be. And the more she was trying to manage her misadventures -even though she already knew she no longer needed to do so – the least her "3D Universe" in which she was struggling, offered her what she wanted – in the sense of what she thought she needed -.

During her creative experiments, as soon as she abandoned or even lost control of her know-how, her demands and perfectionism -for example, the marriage of colours, the adjustment of measurements, the arrangement of decoration... -, her "alternative universe" - precisely his new bubble of perception / realization- often offered her the equivalent at a lower cost, much more practical to implement, more harmonious to assemble, faster to realize ...

All this unconscious functioning creating this new form of reality, has been underlined by the consciousness of the Higher Self (the Angel) and evidently had nothing to do with all our familiar and known patterns -and we have especially noticed it in preparing our "ketonic meals" completely outside any standards of 3rd density -.

We had thus been able to observe how our real human part -that freed from the constraints of the predatory ego -uses the "moment or the duration of the intention", so that "the alternative Universe" that our human part is manifesting, have enough time to ask the circumstances and events that respond to our wishes or our intentions and to reveal the results to us.

What Sand then obtained was not what **she absolutely wanted**, but **that which she really needed** (this in all areas, even for her creative activities), and this sometimes went far beyond our imagination !

This demonstrates that our Universe, driven by the Being or the entity that we are in the 5th and 6th densities -the entity charged with liberating us in our narrow way of considering the 3rd density (the bubble of perception of our own world) and whose objective is to guide us toward the 4th density "STO" - always supplied us everything we needed -and even beyond that sometimes- and usually at a ridiculous cost. We did not need to worry about the result.

However, as our energy resources had not yet been fully restored and stabilized -because of the ketogenic diet- and since our possibilities are less and less adapted to operate in the 3rd density, our enthusiasm and our creativity – desire of perfection, our demands, our way of

proceeding in the present world- had been "judiciously prevented" by the lack of energy, the lack of sugar !

It was then that Jenaël, carried away by his impulse, his habits, his "STS" reflexes to do his best *-proper of the evolution in a 3rd density world-*, was stopped in his creative impulse by a curious malaise and many dizziness's, which prevented him for nearly a week from "walking straight".

Indeed, to prepare oneself for action or to undertake something in the 4th density of consciousness, is not easy and involves a certain number of difficulties.



Moreover, all our little discomforts due to the ketogenic diet were reflected in our emotional, physical ability, lack of muscle tone. Sometimes we were tetanized by the fear of dying, raising karmic memories of end-of-life in concentration camps for lack of water and food.

Then again old "programs" probably "suspended" touching the body aesthetic, the desire to lose weight then regain weight, remorse for not being "as before", afraid to

no longer be or to do like the others, repulsion to leave the mould, which is, we emphasize it here, **THE ABYSSAL FEAR OF OUR PREDATOR TO RELEASE HIMSELF FROM THE "STS" MATRIX : HIS OWN MATRIX !**

We could never have awakened those memories which were so well repressed in our subconscious, if we had not drastically changed our diet. We had to extirpate ourselves from the deadly grip of predation, from this legal and treacherously "imposed" drug, which are the carbohydrates (sugar) concealed in the diet.

Finally, being relatively limited in our movements during the adaptation of our organism to the ketogenic diet, we discovered that the predator deprived of any artificial intake of carbohydrates had the advantage *-although its transdimensional "STS" predatory part was struggling with his fears through us-* to let himself be gently tamed by drying our emotional at the "Service to Self – STS".



To tame his own dragon by connecting to its Spirit

Finally, and as we repeat it once again, it is not a question of eluding or fighting against our "STS" predator, but to respectfully invite him *-since he also represents our teacher and one part of our Being -*, to join the Service to Others, as realized by some Gina'abul, Amasutum, Abgal or others in the "time of the gods".

We must therefore, before we want to take care of others, concern ourselves with our "STS"

Self, our own transdimensional predation, helping it to free itself from its karmic framework – *implying by freeing ourselves from our transdimensional karma.*

It is for this reason that **we ourselves carry out the experiments** to free ourselves from the "STS" matrix before disseminating them on our site or interfering with the life and progress of others.

On the contrary, many passers-by and New Age sites, which often transmit uninteresting themes, subjects with truncated and intentionally limited content, or plainly disclose nonsense from their "STS" predators, we never content ourselves with disseminating experiences that we have not tested and verified ourselves and who could participate deceptively in misinformation.

On the other hand, we sometimes still put people who ask us to face their own reality. But their reality is not always the Truth, it is unbearable for them to hear. It is for this reason that in our everyday life, our relational and family circle has virtually disappeared. (However, according to the Angel, there is also another reason that we will also develop later.)

Telling someone the truth (or conveying the truth) is the most difficult thing in world to do. We cannot, therefore, take care of the journey of others or be at the Service of Others "STO", if we do not incarnate it ourselves and live it by the example.

Therefore, we do not seek and will never seek to change the world. We remind it again and again, no one can, nor should change it !

In other words, to interpose oneself in the cycle of life and death -whatever one may say or think of it- is an "STS" act.

Our world is as it is ! And it has reasons to be as it is ! Despite the wars, massacres, injustice, suffering, crimes, pain, it is a magnificent school of life. It is the creation of the collective consciousness that joins good and evil, the victim and the predator : The two facets of Creation. And if there is so much suffering in this world, it is because people do not accept to see their personal errors and their own sufferings.

Contrary to the New Age doctrine, the world is not ONE as understood by their sympathizers and never will be, because it could not exist. This, simply because the ONE cannot exist ! And we humans could neither exist, live nor die. The Universe being creation, we are its offspring or emissaries, the duality : Symbolically the TWO !

It is by understanding this that we have extricated ourselves from the transdimensional doctrine of the "Greys", who, through different religions, philosophies and today by the New Age, teach monotheism and advocate Unity.

But **Unity** as conceived by the New Age in the genre : *"Let's all together co-create a New World and converge towards a Unified Consciousness of radiance of Love and Light"*, is a **real faceless trick**, destined to plunge Man back into the depths of his ignorance.

In Truth, Unity, despite the best will of the world, is not feasible at the level of the present humanity.

Consequently, it is these 4th dimensional "STS" entities, for example, in the costume of some

famous and very plump Buddhist monks under the pretext of compassion towards the animal world, by weighing on sensibility and especially on human culpability, participate cheerfully in perverting the world by preaching vegetarianism, self-denial, dedication ...

The genuine monks in the Service of Others prefer to remain anonymous, feed themselves only very little and are certainly not vegetarian !

Thus, as we journeyed in search of Knowledge, we continued a little more to lift the veil of illusion and that of our obsolete, unreasonable and sometimes even absurd beliefs. And we freed ourselves from the guilt of being sometimes a victim, sometimes a predator.

It is also by realizing this that we have understood that to militate for or against X, Y or Z, this or that politician, this or that movement, opinion, this or that religion, contributed in no way to our freedom, but only pushed ourselves a little more into the matrix of our "STS" world of 3rd density. And we will not stop repeating it !

So, if we are ambitious to personify the Truth and if we are destined to evolve in the 4th, then in 5th density "STO", it is imperative to have discernment !

*"Since those who create evil and want to perpetuate it belong to higher densities, our only defence against them is Knowledge, to know who they are, and how they operate. We must learn to recognize lies if we want to be able to perceive the truth."
Excerpt from The Wave 3 page 337 by Laura Knight.*

Sand and I are aware that some of us have begun a new cycle (a resolved loop of retroaction) with a new, much lighter future without suffering neither material nor physical harm, but our personal journey has never been without concession. It even put our lives at risk on several occasions. And we are aware that we are only at the beginning. Until now, this new cycle apparently no longer behaves as a retroactive loop, but as an ascending spiral cycle that continues to lighten our daily lives.

For memory see dialogue N ° 39 :

"This is the famous spiral cycle which, when subjected to intense vertigo, could have the ability to influence the gravitational waves. Our "STO" thought gains momentum, which fundamentally upsets our STS thinking -our predator- but awakens unused faculties in our ordinary state... "

As we are now experiencing it, this focused form of thought becomes a kind of impulse, a lever that mobilizes vital energy and directs it to the point where it must operate. This point is an "intermediate program" in the 3rd density that is gradually beginning to prevail over our "old STS way" to see our world and to see the foundation of things. We will talk about it further.

For years, we have studied and worked on our emotional and modified our behaviour according to each new consciousness. And for having suffered in our physical body, leg stiffness, weight loss, muscle cramps, paraesthesia, reduction of myotatic reflexes muscle, the

abolition of posture-spatial reflexes due to carbohydrate weaning, we have once again broken the circle of conventions, habits and overstepped our own beliefs and processing's about food.

As we have explained many times through our dialogues, those who create evil and perpetuate it belong to higher densities and they do so for good reasons. They thus contribute to the equilibrium of the Universe, its proper functioning and the recycling of consciousnesses that are not adapted to the Evolution in the Universe. They are sometimes and seemingly much more intelligent than humans. But often because of their bridled DNA, they do not possess an emotional and therefore cannot become creators of their own world.



Entropic worlds are created by "STS" entities to feed on egregore of fear

OUR UNIQUE PARADE AGAINST OUR PREDATOR IS KNOWLEDGE.

Know how it operates through us, how it works through us, how he thinks through us and how he acts through us, for only a tiny part of ourselves is not our predator, but almost all of us Humanity ignores it.

The non-predatory fraction that subsists in us but which is generally totally silent, is that of our Spirit connected to the "Service of Others-STO", that is "the Consciousness of the Creator".

We must learn to recognize these two polarities within us, knowing that the strongest is always that of the predator since its dimension of existence -the 4th density "STS"- is of a vibratory frequency closer to ours than that of our Being of 5th density.

To do this, it is necessary to detect the lies of our predator, its surroundings, his moods... **which pass through us through our moods, our desires, our needs... linked to our "STS" beliefs, such as control, will, desire, possession, the taking of power... which are invariably manifested by the ego.** But the predator also hides in the joys of victory, domination, pride, success and even in generosity, empathy, devotion, admiration, charity, etc.

So, if we want to be capable to perceive the Truth, we must be able to be perfectly honest with ourselves and that by understanding that the true integrity of the Being is beyond our beliefs ! And this one is not of this world.

Most people believe they are honest and even worse at the "Service of Others- STO" ! But

they fail to ask themselves : Which part of them thinks or believes that ? Which is the part of them that feels that ? Which part of them is persuaded of that ?

Is it not the predator ?

Meanwhile, the "STS" predation works masterfully by letting us believe in the reality we want to believe and conceals the evidence of the karmic process that could free the individual from the grip of his predator. While man should understand and perceive that he is constantly subjected to forces that surpass him and that he should work hard to find the Knowledge that would liberate him.

Consequently, the individual responds unconsciously and perpetually to the retrocausal loops calling his Soul to reincarnate continuously in the 3rd density.

Whatever it may be, Sand and Jenaël consent to the idea that our world is perfect as it is !

So, let's put it a little more clearly, how to intuit or feel the influence of the predator IN OURSELVES.

The first thing is to understand and accept that the world is perfect as it is, and no one, despite his best will, will change it. If you do not agree with this principle, it is that the "STS" predation of 4th density, *-that which suggests that everything is love and light-*, acts through you.

Why do we pretend that ? Simply because our world of 3rd density is a world of duality and is part of the works of the Creator Spirit. Even in its present state of growing entropy, conflicts, wars, pauperization... dominated by psychopaths, it still is a perfect school for humanity and **for those who make the sincere effort** to go in research of Knowledge and then to put it into practice so that it can be acquired and become their truth.

We maintain that it is impossible to want to free ourselves from the matrix "STS" of 3rd density if we do not make personal efforts ourselves.

Simply disclosing worldly news, denouncing the embezzlements that thrive on our planet or accusing the lunatics who govern it, will not solve the question. It is only by seeking the True Knowledge and by applying it "into our cells", that we will succeed in freeing ourselves from the illusion of our world.

And that's what we've been doing for years and that we're still achieving through the food change we're experiencing.

We know full well that it is useless to want to change a world of duality of 3rd density. It will change of its own accord in a near future, if we accept to see it with a much more evolved consciousness.

This new world, which will "soon" be born of a new collective consciousness, that is *truly a result of Knowledge acquired, experienced and practiced by a certain number of rash and determined volunteers-* will only be on this condition, a world of 4th density of "STO" consciousness.

It is therefore vain and illusory to blame our governments, our famous psychopaths, our

executioners, our predators, the Draco, Kingus, Greys & Co. They are only the instrument of a higher consciousness and let us remember again, they are a part of ourselves on another plane of reality !



That said, if we had known beforehand the trials we were going to endure, what we were going to end up to, and if we had known that this would concern, among other things, our diet (especially the dramatic reduction of our food ration) we would certainly have never dared to try the experience ! Perhaps we would have even been angry and strongly rejected this prospect of a new potential of future ?

So once again, let us sincerely ask ourselves the question !

What part of us would have been angry ? Who is in the habit of rejecting things ? Who wants or does not want ? Who doubts ? Who is afraid ? Who wants to control events ? And finally, who manipulates us at will ?

Is it not the predator itself, that other part of ourselves on another plane ?

But today, to have crossed this course which is a true initiation, we are more able to see, understand and accept our predatory part in action.

It must be understood that if we manifest difficulties in our life, our predatory part - *through our ego*- is the cause. He undeniably is "scared" to plunge into the unknown.

However, our transdimensional predator also can bring us to the other extreme, among other things : letting us believe that we did let go, that we have passed the course, that we succeeded, that all is well ...

“He” acts in each of our behaviours, in each of our thoughts, in each act... **In all our beliefs, predation is constantly present.** This rule is immutable but logical since the Universe is always composed of the two polarities. It is not One, it is the covenant of good and evil. These two polarities, even if one of them is repressed, remains perpetually in action.

This implies that in our energy field, these two polarities manifest themselves perpetually and simultaneously. Nevertheless, it is our duty to learn to develop the balance between the two and not let ourselves be deceived by the choice of our predator.

So how can we find that balance in ourselves and how can we perceive the thoughts and behaviours of the predator through us ?

By accepting to experience all facets of our fears instead of sweeping them under the carpet, denying them or fighting against their effects !

It is only when we accept to experience the two facets of each of our beliefs, to penetrate deep

into our fears *-in the dragon's den-* that we offer ourselves real initiations !

Our consciousness of 4th "STO" density leads us to experiment the two extremes of duality, precisely to let the equilibrium return : "the famous middle way". Only in this way can we acquire the true discernment : Knowledge.

By doing this, we can witness unprecedented concepts *-often inspired by the Angel-* and prepare ourselves for our future alternative reality.

The predator is afraid of the unknown because this "unknown" is to the "Service to Others -STO" and that it includes all future potentialities : He thus can no longer control any of his futures !

He is just afraid of dying because he believes he will die as soon as he is no longer able to control his present. And to die for the predator is to move from the "STS" world of 4th density, into a "STO" world of 5th density and lose his predatory status, identity, lineage !

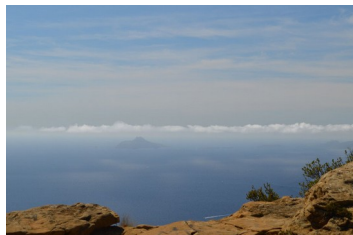
It is only the ignorant and negligent Man, letting himself be dominated by his ego / predator that draws the world to the entropy of 4th density "STS". If he chooses to free himself from the influence of his predator, his karma, his past, he can lead his creation, his new World to Evolution in 4-5-6th density...

The Universe works in this way : In an unstable equilibrium between good and evil, between the flux of matter and of antimatter, between creation and destruction, since Eternity.

- In this regard, we offer you the account of Helen who also experiences the keto diet. Having thoroughly familiarized herself with her transdimensional predator to the point of recognizing her tricks, she gives us her experience.

"Une Géante épreuve" :

<https://bienvenussurlanouvelleterre.jimdo.com/t%C3%A9moignages-r%C3%A9sonances/t%C3%A9moignage-d-h%C3%A9l%C3%A8ne/>



Let's be reminded that entropic worlds like ours is today, is destined in the near future to separate into two "branches". The first, our reality of a "STS" world of 3rd density, still concrete for the moment, will continue to slowly sink into chaos *-probably in a few years -* then will find a last burst of enthusiasm under the aegis of the New World Order which will eventually create a semblance of peace. But this pacification of terrestrial conflicts *-military and terrorist-* will be established by predatory Aliens, our pseudo-planner, false light brothers, Asthar and co.

Then geological, political, climatic and other extreme disasters, and probably massive cometary impacts, will close this cycle of contemporary 3rd dimension, taking with it organic

portals, mutant humans, "STS" individuals and other predators of 3rd and 4th density. That is the future "Greys", exactly at the image of the disappearance of Atlantis.

During the planetary catastrophe that will take away the "STS" humanity, its victims and its executioners, the New World -our future reality which already exists in antimatter and which is created by the collective consciousness of a minority of individuals of "STO" orientation"- will begin to reveal itself.

It is at this period that the two realities will be interwoven for a moment *-on the scale of the Universe-*. (This is what Laura Knight calls "the effects of the wave" which at one time will simultaneously generate two distinct worlds on our planet, expressed by two resolutely divergent egregores of consciousness.)

These two simultaneous realities *-the world which is still ours at the moment and a neo-reality-* will collide and dissociate later. This phenomenon will be possible when the magnetic field of the Earth will be very close to point zero.

In other words, when solar radiation will permanently cancel the magnetic field *- probably for a few decades (or perhaps less) -* allowing during this time a new reality **to emerge concomitantly in the same world as the old one.**

<http://www.bengarneau.com/2015/11/nasa-les-poles-magnetiques-de-la-terre-s-inversent-with-accessories-catastrophic-for-humanity.html>

*Declining 3D "STS" world
<.....>
Neo 4D "STO" world in gestation*



In our present conjuncture, this neo-reality is still a temporary and growing etheric formation, which is being built progressively with the Awakening of the Collective "STO" Intelligence *- although it is already beginning to be perceptible for some ! -*. This one, during the decline of the "STS" world, will then reveal itself in all its splendour, creating a new temporal line, a new future.

Then once again, this creative consciousness will change frequencies to "transit" and definitively materialize in vibrations of higher and creative consciousnesses, by materializing this time on Earth a new parallel "STO" reality that will gradually be detached from that of the "STS" world in decline.

The old "STS" entropic reality will continue to exist and travel in the Universe along the galactic arms. It will slip for perhaps a few thousand years (in our eyes) on the roads of non-time, antimatter, under the aegis of a world government of the Greys (see end of the Dialogue n°40). It will ultimately move *-but on a temporal line detached from that of the "STO" -* towards a black hole so that at some point it will be swallowed and recycled.

If we had not had the strength, courage and determination to apply and to carry on to free ourselves from predation, and if we had not had faith in our guidance to open ourselves to the existence of these multiple potentialities of reality, the entropic "STS" time line would still

have been our old future/past.
But since Life is not done with IFs...

See in this regard :

<https://www.espritsciencemetaphysiques.com/physiciens-mondes-paralleles-existent.html> (in French)

<https://www.mnn.com/green-tech/research-innovations/stories/parallel-worlds-exist-and-interact-with-our-world-say> (in English)

To admit this principle, it is a question of understanding how our world works and knowing that the emotional coming from the individual or collective consciousness is the only energy capable of influencing and generating the movement of a wave which will modify the configuration of things, sometimes even to the confines of the Universe.

The emotional is the constant *-the main energy-* capable of transforming our environment. This environment is thus made up of antimatter / dark matter *-in the form of moving waves-* which transforms into densified matter as soon as it is frozen, agglomerated by gravitation. Gravitation from an egreore of beliefs / consciousness then becomes a gravitational force *-a kind of glue that assembles the atoms materializing our reality -*. It is thus realized either by collective beliefs or by our own consciousness which can be oriented "STS" or "STO".

(For reminder, one of the gravitational agents essential to our 3rd density, could probably be the carbohydrates which, through the hormonal system, construct and perpetuate in our consciousness our "STS" schemes and functions.

Conversely, although it is not the only one but one of the most important factors, the process of ketosis -the withdrawal of carbohydrates- would allow us to modify our DNA so that we could become capable of generating worlds of "STO" consciousness.

Would that beginning to become true ?



The transdimensional entities that we call "Greys" or "Lizzie" and some breeds of reptilian predators, not to mention insectoids, arachnids or other entities of the heavenly bestiary, are still part of the forces that control our planet. They are those who, in the form of organic portals, Archons, Flyers, Greys, Jinn, demons, incubus, succubus, other demons and possession phenomena ... manifest in our world the "STS" predatory forces. This obviously according to our beliefs, legends, folklore, traditions, firmly sealed in our unconscious.

But we now know that these so-called "demonic" STS forces, feed themselves on fluids or organic substances *-necessarily containing glucose and its derivatives or at least their subtle vibrations-* to be able to remain very close to the 3rd density (But imperceptibly to the senses of ordinary mortals, since they also possess the ability to manipulate our perceptions).

These "STS" forces are thus ubiquitously present on the national or international political scene, particularly during certain ceremonies, rites, meetings or assemblies. This kind of encounter engenders very powerful emotional states and produces precisely this type of

organic fluids. These states of being generate pleasure, frenzy, overexcitation ... exhaling sweat, adrenaline, insulin, pheromones and other hormonal substances linked to a feeling of domination.

These substances act in infinitesimal quantities as chemical and volatile messengers between individuals of the same species and can be detected only by those endowed with a vomeronasal organ. This is precisely the case of reptilian predators since humans are virtually destitute of it.

This vomeronasal organ is no longer functional in hominids. It is atrophy in humans during embryogenesis and 90% of the genes of vomeronasal receptors capable of detecting pheromones, are altered in our DNA.

<https://fr.wikipedia.org/wiki/Phéromone> (in French)

<https://en.wikipedia.org/wiki/Pheromone> (in English)

Our predators therefore feed on our subtle energy by capturing organic substances of which the volatile pheromones we emit by our emotional such as anger, sexual arousal, fear, anguish, pain ...

Coming from the worlds belonging to the 4th density "STS" predators and having infiltrated their minds, they became the designated predators of our presidents.



Which means that what is being played on the international scene between President Putin and Obama, Holland and Merkel, Jews, Christians or Muslims, terrorists or pacifists... are only power struggles -by *interposed pheromones to feed the "STS" corpus*- between "Dracos" of the former empire that oversees the Chinese government, the "Kingus" who control the Russian government and the Annunakis backed by the "Greys", coming back from an entropic future and responsible for the Western governments.

As a reminder, in case we have forgotten it, no "STO" entity can neither manifest itself openly or project itself in the long term in a world of 3rd density, nor allow itself to influence the psyche of an individual without his consent, since it comes from the 5th and 6th density, the higher consciousness worlds of existence, in respect of the "Service to Others – STO" !

There is therefore no "STO" force governing any pacifist or revolutionary movement in our world.

Even though some claim the opposite in the article : "*The defeat of the Cabal is looming*"

([Http://stopmensonges.com/fulford-et-wilcock-cartonnet-en-prime-time-a-la-television-russe/](http://stopmensonges.com/fulford-et-wilcock-cartonnet-en-prime-time-a-la-television-russe/)), let us not

forget that plans to take power on Earth by transdimensional predatory entities are still relevant !

And the more there will be individuals who will try to dismiss this cabal, the more "STS" entities of 4th density will find other alternatives (*for example, using organic portals or human without souls to perpetrate the Paris bombings of November 13th 2015*).

They feed on egregores of hatred, fear, anger and sadness, which occurred at that time. This is to feed the centre of thought of the "STS" consortium of 4th density. And this will risk to become worse and worse and touch other cities in France or Europe.

This new outburst of extreme violence in our country, demonstrates perfectly that it serves no purpose for us as "STS" humans of 3rd density, to confront the predation of 4th density.

But if we want to survive, it is now our duty to scrutinize our "pants" -*our privacy*- to discover our own transdimensional predator that resides there ! It is our only way to learn how our world works and to free ourselves from the 3rd density resolutely devoted to annihilation.

The plans of the Cabal are infallibly put into place, despite what they say and what we are willing to believe. Let it be known !

Our world is only the theatre of power struggles between "STS" entities who have the design to present themselves as saviours of the Earth and then by a sick and hypocritical trick, to regain power.

So, it's probably one of those "STS" groups (Dracos, Kingus, Greys or Cie ...) that will win the game and thus sovereignty on our planet.



Some (potentially "Greys") will distribute Free Energy, most certainly in exchange for the chipping of the population who will have been the happy acquirer of this new technology.

To exercise our lucidity, two other articles about the Keshe foundation serve again and again the disinformation of the clan of "those who pretend to be nice STS saviours" :

<http://stopmensonges.com/les-seances-denseignement-commencent-aujourd'hui-en-direct-fondation-keshe/>
<http://changersa.blogspot.fr/2015/10/fondation-keshe-lancement-des-energies.html>

It's up to you to be discerning !

The Kingus will very probably impose peace by force and the final asphyxia of the planetary equilibrium through the intermediary of the Russian government.

<http://fr.sott.net/article/26625-Poutine-doit-diriger-l-Europe>

And the Dracos will likely flee and colonize another sector of the galaxy.

There will never be any "STO" entity or extra-terrestrial, planner or life sower who will come to help humans to get them out of the quagmire they have gotten themselves into.

Climate change, cometary impacts, planetary upheavals... in other words THE NATURE OF THE UNIVERSE will take care of it at the moment of the dimensional collision !

And here is the new SOTT video about the climatic changes of the month of September 2015:
https://www.youtube.com/watch?v=vje056_nqQ

Here are the last communications of the Angel concerning the transition of "STS and STO" worlds and especially their interactions in the hierarchy of the different densities :

The first thing is to conceive that a dimension of consciousness is always expressed in a dimension of reality which is inferior to it. It then becomes its creation.

For example :

- The 6th dimension of consciousness creates a certain physicality in the 5th dimension of density / reality -*however ethereal and imperceptible to the human senses*-.
 - The 5th dimension of consciousness expresses its reality in 4th dimension of density / reality.
 - The 4th dimension of consciousness creates the duality in 3rd dimension of density / reality.

We must not confuse a dimension of consciousness or level of consciousness with a dimension of reality.

A density of reality therefore includes a dimension of consciousness coming from a higher level and a level of density corresponding to its reality.

For example :

A world of 5th density includes the "STS" Consciousness (capped at this level) and the "STO" Consciousness with its **physicality / reality** "STO".

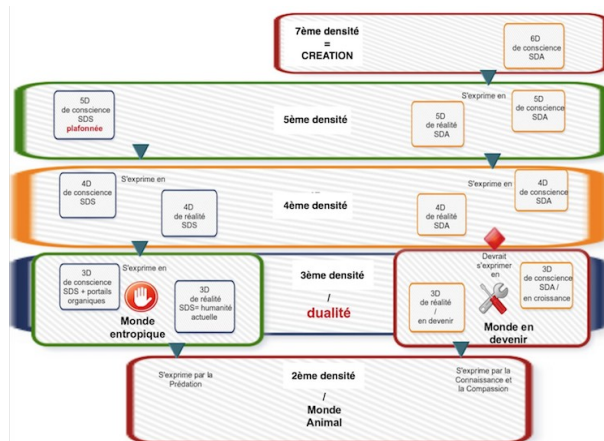
That means :

- 5th density = "STS" consciousness (capped) + "STO" consciousness + "STO" reality,
 - 4th density = "STS" consciousness of 5th density + its "STS" reality and the "STO" Consciousness + "STO" reality of 5th density
 - 3th density = "STS" consciousness of 4th density + its "STS" reality

("STO" Consciousness and reality are almost absent in the 3rd density since the human must learn to develop it for the next cycle.)

No matter the density, **there can be no interactions** between an "STO" Consciousness and an "STS" reality since the "STO" reality is at higher frequencies.

This means that if **the human has not freed himself from all its "STS" programs that connect him to the "STS" matrix**, he will always interact with it. Once he resolutely embarks on a "STO" path, its "STS" part will gradually be able to relax its impact on his



environment and the "STS" predation will govern him less and less. At the same time, its "STO" part will begin the gestation of a new reality.

The creative "STO" consciousness of the 5th dimension will become effective and will manifest itself tangibly again on Earth in the near future (after the Great Transition).

(Know that the first humans before their fall in 3rd density "STS" were real human souls evolving in a 3rd density "STO". During the great Transition to come, some individuals, having completely repaired their DNA on the physical, emotional and spiritual planes, will find their "STO" essence of origin **and the loop will be completed !**)

Let us add that the 5th density **also** corresponds to the plane of the astral (of death), which is ultimately just a world *-of antimatter invisible to your senses-* at frequencies slightly shifted from those of your present or your tangible physicality.

Thus, the 4th density of reality is capped by a "STS" consciousness of 5th level. However, it remains a dimension of transition for the "STO" individuals since this 4th density of reality "STO" exists only to allow the creation of parallel and temporary universes in 3rd density. It is then governed by a 5th and 6th density of "STO" consciousness.

It is only at the 7th level of consciousness that the concept of duality becomes non-existent. This is the dimension of Wisdom of the law of One.

The third density is therefore a learning ground, an "apprentice-sage³", to reach the 7th density of consciousness : Wisdom of the law of One.

* * *

Now represent your world as an immense chessboard.



The checkerboard representing the chessboard is an occult symbol in freemasonry. And for a good reason ! It is not by chance that the floor of most of masonic buildings are covered by a paving called "mosaic pavement". The juxtaposition of black and white squares represents duality, the opposite pairs that govern the world : Light and darkness, good and evil, knowledge and ignorance, vice and virtue...

These two polarities are not opposed but complementary ! They represent in its creation, the two manifestations of the Consciousness of the Creator.

Imagine that each of you humans is a pawn. You are for example a white pawn among other white pawns and in front of you are disposed black pawns. But as pieces of the chessboard, you cannot realize that you are only the pawn of a game, or even know that despite your functions and characteristics *-whether you are black or white, king, queen, horseman,... that is in civilian life : servant, banker, priest, gardener, Buddhist, politician, military, caretaker, hippies, poor, rich, good, wicked, victim or tormentor, love and light or Satanis ...-*

3 Translator note: the authors are making a pun: Apprentissage means Apprenticeship and apprenti- sage means « sage in-training »

always the pawns of the game. So, you can never be the master of the game, let alone be the master of your destiny.

Whether you are black or white, king or simple pawn, you are always pawns on the chessboard, that of your world of 3rd density.

But if you are only pawns, then who are the players ?

To discover it, let us see what happens at a higher level of consciousness. Recall that a consciousness is always expressed in a density of reality that is inferior to it. In other words, the player expresses his intelligence through the strategy of how he uses his pawns.



In 4th density, the players who compete with the black or white pawns, are playing with you ! **Although the "STS" consortium let you believe that you are the players -because it attributes to you characteristics or a role (king, queen, rider...)- you nevertheless remain only their pawns.**

The two players who measure each other by means of the black or white pieces are both "STS". They are in perpetual competition for prestige, glory, recognition, **to win or lose, to dominate or be submissive... symbolizing the struggle of good against evil. But this remains an experience in the third density of reality, the reality of human duality.**



These two "STS" players represent both aspects of his predatory Spirit: evil as well as good

These two "STS" players express themselves through the thoughts of humanity and represent both aspects of his predatory spirit : **Evil as well as good**, which despite what you can think of it, represent only the two polarities of the "STS" temperament (predator or victim, jihadist or pacifist, carnivore or vegetarian, etc.).

(The Kingus, Dracos, Greys, Lizzies and Co confront each other at this "frequency of consciousness", thus passing through your biological body *-the black or white pawn-* to measure and compete.)

In this case, the chess game *-for losing or winning-*, only falls under the "Service to Self - STS". This is the 4th density of consciousness that is expressed and manifested in the 3rd density of reality.

Let us now transpose this game of chess into the human plane. Given that you are not the master of the game, your actions, may they be good or bad, charitable or cruel, altruistic or selfish... are only those of a consciousness, a predatory behaviour of 4th density "STS" that

play you. Your thoughts are almost never yours but those of the "STS" predation that controls you permanently.

Therefore, the 3rd density is the field of experimentation of the "STS" consciousness' of 4th density and the human is the subject.

It is no longer a question of being for or against an ideology or an action, but the real question to ask is :

Do I continue to respond to what the 4th density "STS" expects of me (rebellion or dedication, patriotism or terrorism, peace or anger...) or do I learn how to get out of this game of the matrix between the good and evil of the 3rd density ?

At an even higher level of this chess game *-in the frequency 5th density of reality -*, the Spirit is split into two parts : The "STO" density and the "STS" Consciousness.

Nevertheless, there is no more predators beyond the 5th density of consciousness since they are capped in 5th density to maintain a balance between entropy and creation in the Universe. Predation is only spread in 4th density by a dimension of reality in which the reptilian corpus, Lizzies, Greys and other entities confront each other by interposed galactic wars. But the impact of these conflicts extends to the 3rd density with the sole aim of safeguarding the matrix and maintaining their sovereignty on Earth, their playground !

Your world is therefore only a projection of their consciousness of the "Service of Self -STS" of 4th density, expressing itself either to win or lose, to dominate or to submit, which is seen by 3rd density human consciousness as "the good who fight the wicked".

The "STS" consciousness of entropic nature *-being capped in 5th density-* expresses itself only to win or lose, but is never creative of the game since incapable of generating worlds. And since they cannot generate a creative consciousness, predators therefore become a kind of parasite for the subaltern worlds that they occupy by force.

The "STO" Consciousness of 5th density, of creative nature can generate worlds. In other words, to make the chessboard, to erect rules, to proceed to the arbitration of a world of 4th density. But it cannot intervene specifically and directly in a world of 3rd density since the "STO" corpus is bound to respect the free will of the human : Their Creation.

This universal law of non-interference in "the affairs of the worlds" is a rule that the "STS" of 4th density overstep cheerfully.

It is for this reason that the "STO" never intervene in the "business" of your world of 3rd density. They cannot and could not ! They are content therefore to be only witnesses, observers or mediators. However, in extreme cases, they are obliged to incarnate in your world *-their Creation-* in human form to correct the imbalance initiated by the entropic nature of the predators : The "STS" players.

Let us return to the metaphor of the chessboard **at an even higher level** (the 6th density of "STO" consciousness expressing itself in the 5th density of "STO" reality). At this level, both

players, whether they have black or white pieces, are not predatory in nature. They represent your true "STO" human nature *-precisely the one you are called to develop-* that is repressed and parasitized by the predatory corpus of 4th density.

Here, the two players have fun, play simply for the pleasure of playing, training, exercising with pawns and that whether they are black or white. For they know that they are part of the corpus of Service to Others and that the game of chess *-the world, their own creation-* is only a means of exercising their intelligence and developing their creative conscience *-Learning of Knowledge-* in accordance with the rules of the game of the Universe.

To summarize, the "STS" human is the pawn of the Spirit / player located in 4th density "STS" who plays **to win or lose.**

At a higher level of consciousness, he always remains a pawn but **he has learned to communicate with the more enlightened and evolved intelligence of his Spirit / player located in 6th density of consciousness *-the Higher Self "STO" -.***

He no longer plays to win or lose but to learn from the game, to admire its complexity, and to be amazed at the perfection of the game of duality.

Do you understand ?

THE "STO" WORLD IS ABOVE DUALITY BUT PLAYS IN DUALITY.

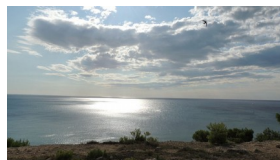
It is for this reason that in the legend, Jesus said :

"I am in this world but I am not of this world".
(John 8:23)

Here is a beautiful metaphor representing entropic energy :

The "STS" player playing to lose or win and the "STO" player (*the energy of evolution*) playing to learn and grow his "STO" consciousness.

So finally, if the game of chess - *which represents your outside world, your environment, your relationship-* is reduced, it is simply because the game is ending and there are only a few decisive moves left to play.



Question to the Angel :

**As you suggested, there would be another reason for our relational "No Man's Land".
Would it relate to the preparation of the dimensional change ?**

Observe what is happening around you ? Is there only a decrease in your relational

environment ?

Have you noticed that over the last few years there has been not only a restriction of your living space, the surface of your accommodation, your physical goods, your traveling area, your ability to work, your leisure time, but also a decrease in your physical strength, your diet. All this is due to your predatory impact on the environment.

These "decreases" are only "inevitable and natural" stages announcing your deletion of the 3rd "STS" density of existence, and simply sign the gradual disappearance of the role and influence of your transdimensional predator of 4th "STS" density.

Because it was indeed his game to encourage you to succeed your family, professional, friendly life... to draw your energy and that of your relatives through guilt, attachment... in favour of the centre of thought of 4th density. (*See dialogue 38 - "Attachment and guilt, the two handcuffs of the matrix"*)

Did you also notice a decrease in your breathing capacity, heart rate, decreased weight, slowed signs of aging, a rehabilitation of your body to a new environment by a kind of general slowdown of your vital functions ?

Your biology gradually conforms to a new world rarer in breathable air, in volume of oxygen and devoid of any pollution. But also, much more subtle, light and ethereal.

Your symptoms could be like a slow death in 3rd density. Your mind is still having some form of control over your present body, so you will not have to leave your biological body through a physical death process to make this transition between the two worlds. Your body will be able to conform or adapt its physiology to other worlds, to parallel universes in other 4th or 3rd dimension of density, spaces where for example the environment is less dense in breathing air.

To change density, the physical body most suitable will be that of the human. But the consciousness of the Spirit that you are on a higher plane, could also use other body forms. They will then be as real as the others, as tangible as the physical body that YOU -the "STS" predator and the "STO" human- are currently wearing. In truth, this is already happening in this way, but you are simply not aware of it, or only partially during dreams.

But to succeed in changing physical densities, it is necessary to succeed in abolishing the impact of the "STS" predator on the 3rd density of existence and you are soon going to get there.

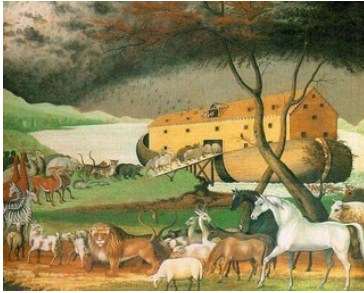
That said, you have associated your symptoms with your decreasing your food intake, but it's not just that ! As you approach a dimensional change, the physicality manifested by the Spirit -*in this case the density of your human body in this 3rd density*- gradually begins to diminish.

In other words, "its mass", i.e. the "molecular pressure" related to the phenomenon of gravitation, relaxes progressively. This also means that the consciousness of the individual really begins to relax his attention, his influence, his efforts to lose control over matter.

Thus, an approaching dimensional change means -*for the Spirit of the individual who has begun to assimilate Knowledge*- that a new "bubble of alternative perception" is gradually

being made in the 3rd density that he begins to "occupy" for the moment. Precisely, he is creating himself *-but unconsciously at the beginning of the process-* a temporary world, alternative and parallel to the world of 3rd density.

This "arrangement" is comparable to a sort of "New world which is provisionally forming itself in the old", represented in the religious traditions of the Book, by the time where Noah enters his Ark.



According to Wikipedia :

- The story of Noah's Ark, from chapters 6 through 9 of the Book of Genesis, begins when God observes the wickedness and perversity of mankind and decides to bring down a flood on Earth to destroy all life, "from man to cattle, beasts, and birds of the air." A man, Noah, however, finds grace in the eyes of God, because he appears "right, integrates among his contemporaries and walked with God." He is chosen, under

these conditions, to survive and perpetuate his lineage. For this reason, God tells Noah to build an ark and goes into very precise specifications :

“So make yourself an ark of cypress-wood; make rooms in it and coat it with pitch inside and out. This is how you are to build it : The ark is to be three hundred cubits long, fifty cubits wide and thirty cubits high. Make a roof for it, leaving below the roof an opening one cubit high all around. Put a door in the side of the ark and make lower, middle and upper decks.”

– *Genesis 6 : 14 ~ 16*

(These measures correspond to a large barge without a mast, about 130 meters long, 26 meters wide and 16 meters high. In the following passage, God tells Noah to store food in the boat, then to take with him his wife, his sons Shem, Ham and Japheth, and the wives of the latter's, not to mention specimens of all the existing animal species)

The LORD then said to Noah, “Go into the ark, you and your whole family, because I have found you righteous in this generation. Take with you seven pairs of every kind of clean animal, a male and its mate, and one pair of every kind of unclean animal, a male and its mate, and also seven pairs of every kind of bird, male and female, to keep their various kinds alive throughout the earth. Seven days from now I will send rain on the earth for forty days and forty nights, and I will wipe from the face of the earth every living creature I have made.”

– *Genesis 7 : 1-4*

Then God said to Noah, “Come out of the ark, you and your wife and your sons and their wives. Bring out every kind of living creature that is with you—the birds, the animals, and all the creatures that move along the ground—so they can multiply on the earth and be fruitful and increase in number on it.”

"So Noah came out, together with his sons and his wife and his sons' wives. All the animals and all the creatures that move along the ground and all the birds -everything that moves on land- came out of the ark, one kind after another."

- *Genesis 8 : 15 ~ 19*

Noah then made many sacrifices to God on an altar he built for the occasion. Satisfied with this behaviour, God for his part resolved never again to curse the earth for man's sake, and never again to destroy all life in this way. As a sign of this promise, God put a rainbow in the clouds and declared that "when I will gather the clouds on the earth, and the bow shall appear in the cloud, and I will remember the covenant that is between me and you and all living beings.

Noah's ark metaphorically represents the transition from the world to the 4th density -*But contrary to the fantasies of certain so-called scientists, it is by no means a kind of barge carrying animals.*

However, in the legend of the Ark, the Christ directly connects the events of the end of times, to an individual : Noah, who after having had a prophetic dream acted according to what was revealed to him by his intuition his "EN-JE⁴" (The Angel), which allowed him to save himself and his "tribe."

There has never been an end to the world as such, but large cataclysms that have signed, exactly as now, the end of a cycle on your planet.

Is it not precisely what you can see now in climate change ?

For those who still doubt it, here is the SOTT summary of the month of October 2015 :
"Meteorites, Extreme Weather, and Earth Changes"

<http://fr.sott.net/article/26778-Resume-SOTT-October-2015-Meteorites-conditions-meteorologiques-extremes-et-changements-terrestres>

The Earth will not only enter a long period of solar magnetic explosion, but irremediably within a few years, in a new ice age !

<https://jacqueshenry.wordpress.com/2015/10/31/alerte-nous-entrons-dans-un-age-glaciaire/>



Noah therefore did not become an ascended master because he survived the flood, he was wise and a wise man who possessed Knowledge and could read the signs. According to the legend, he built the Ark and, having survived the flood, emerged in a completely different world from what he had previously known.

This vessel, which Noah had prepared, was to be used for the change of density.

4 Translator Note: pun between Ange «Angel » and EN-JE « IN-ME or IN-I»

Metaphysically, Noah is responsible for gathering two specimens of each race of animal Evolution, such as the peaceful herbivores : Elephants, giraffes, horses... : “*pure animals, you will take seven pairs*”. And carnivorous predators : tigers, lions, panthers : “*animals that are not pure, you will take a couple..*” The seven symbolizing the seven days of creation and the pairs, the male and the female.

These animals, whether they are peaceful or predatory matters little. They are selected for their “beauty” (integrity) to continue their evolution in the 4th density.

When he set foot on his "new world" -*since he was the only one who could listen and see the signs his contemporaries did not perceive*- he was greeted by a rainbow symbolizing the Ark between the two worlds. The deluge marked the transition between the old and the new world.

Obviously, the narrative of Noah's Ark is only a metaphor, but it consists of a proof recorded in all the religions of the Book, that an extreme, brutal and fundamental change of reality is accomplished at each end of cycle !

The Ark is therefore the metaphor of a 4th density of consciousness in the making ! And it is precisely in this Ark that some of you have now set foot.

However, by embarking on board -*which symbolizes the departure of the journey between the two worlds*- you will gradually lose almost all the landmarks that constituted all your "former lives of illusion" of 3rd density.

Also, you have absolutely no idea what to expect from the other side in your new 4th density world ! And you will only know when you have succeeded !

You know you jumped off the train, recovered from the fall and now you "rest" before resuming a new life, fully healed of your old 3rd density wounds (karma, emotional, beliefs...).



Let's see what the Cassiopeans reveal to Laura Knight on this subject in "Stripped to the Bone" - page 352 :

<http://piluleroige.com/shop/the-wave-3/>

or

<http://www.futurquantique.org/2007/08/24/chapitre-9-la-bete-du-gevaudan-jack-talons-a-ressort-lhomme-papillon-et-autres-accidentes-tra/04.01.97>

(*Q = question, A = answer, L = Laura, T = Terry*)

Q : (L) Physicists talk about multi-dimensional universes. The idea is that our three-dimensional space and our one-dimensional time are illusions of the creatures that are on this plane; The universe has more dimensions, which are perpendicular to those mentioned above. Physicists have made different estimates on this subject : 5, 6, 7, 11, 256.

How many dimensions does the universe have ?

A : Concept not correct. Should be : How many universes does the "true" dimension have ?

Q : (L) Very well then. It seems to me that at one previous meeting we were told that the number of universes is impossible to count. Is it true ?

A : Infinite, no doubt, but it would be better to say **variable and selective**.

Q : (L) Explain variable and selective, please.

A : For those who know how, universes can be created at will to trans-modify the fusion of realities.

Q : (L) What is the fusion of realities ?

A : What do you think ?

Q : (T) Merging realities from one universe into another ?

Creating a new reality that is then merged with the former to create a universe ?

(L) Maybe this means that the realities of different people merge to create a kind of "mutual universe" ? Like who would say, "you create your own reality" ?

A : Terry is closer, Laura is playing "Left Wing"

Q : (L) Next question : The Cassiopeans, the Andromedians and others, speak of "densities". We are supposed to live in third density. Does the number three have something to do with the three dimensions of space ?

A : Original definition closer to the third level of experience, related to the material / etheric spectrum, but citizens of what we call the Earth have proposed explanations of "Third Dimension" because of certain influences on their subconscious, by connecting the memory of the souls with the Akashic Archives.

Q : (L) Then I would also like to know why you are referring to a technological tool that could transport someone from one density to another, that is to say the "Trans-Dimensional Remolecularizer" ?

A : **To reconstruct from the third density to the fourth physical density, we must use other dimensions. Remember : We've talked about duplicate exacts that merge.**

Q : (L) But a short time ago, you said there is one dimension and many Universes, and now you're talking about another dimension. Terminology becomes a bit confusing... (T) It's like when you download programs on the computer. Some programs take care of themselves. Others need to create a free space on the hard drive to be able to place files that allow to DOWNLOAD the program but which DO NOT PART of the program.

And when the download is complete, the "download instructions" are cleared. The hard drive is still the hard drive, but for a while, the program used a segment of the hard drive and created, say, a temporary dimension. (L) Is that right ?

A : About. And remember, we said "real" dimension !

Q : (L) So, it's like a hard drive, many programs, instructions to download new programs deleted afterwards, and so on. If there is "a true dimension" and an infinite number of universes within it, does a universe exist by itself at a given moment, what is it merged with a new universe, or **is there within this true dimension multiple universes, as real as ours, in which we could go, and could it be that they exist parallel to ours, could we say ?**

A : Yes, to what is last.

Q : (L) And is it possible that an infinite number of dimensions exist inside each level of density, even if only temporarily ?

A : Yes. **If you want to go back and change the "History", people, or in relation to what is universally perceived, you must first create an alternative universe to do this. Your STS "friends "of the fourth density did this a lot of times.**

Q : (L) If we create an alternative universe, does the first one continues to exist or is it merged into the new one ?

A : Both.

Q : (T) The universe we are in : and we say, "I think I will create a new universe". We do it, we settle in, and we take it with us. This is the fusion of realities. But when one settles in the new universe, one is no longer in the original universe, which continues on its side. The schema of the old universe is brought into the new world, and when we begin to be part of the universe we have just created, we are no longer part of the one we have just left. It simply continues its way with everything that remains there. (L) Is it like that ?

A : In a way... remember : you can create a whole range of types of alternatives.

Q : (L) So we can even create a new universe with a new "past" ?

A : Yes.

Q : (L) And like that, both happen and can you change everything ?

A : After the merger, what preceded it never existed.

Q : (T) Not for the person who created the new universe, but the previous one will continue to exist for all others.

A : About that.

Q : (L) So, for a person who creates a universe, the old universe never existed, but other beings who are satisfied with the old universe and continue to live there, always make as if...

A : Your third-dimensional mind limits the extent of your understanding in this area.

Q : (L) If you decide you do not like the universe you're in and you're working like a crazy guy to learn how to create a new one and do it, do you forget that you did that ? And why did you do it, and do you forget the old universe ?

A : If you want.

Q : (L) So we can do it or not.... (T) I think of what you said : "a universe that does not satisfy you"; Is it because you perceive the universe in which you find yourself sad because that is how you feel and that is where you are in terms of learning, and that by creating a new universe you just want to change the way the universe is around you, and is it actually you who have a problem and not the universe...

A : Outside the game.

Q : (L) So the universe we are in is what it is, and we find ourselves in it for a specific reason... (T) We are there to learn lessons... To change the universe simply because "We do not want to learn the lessons we have chosen to learn... (L) Or we have learned them and that is why we CAN change the universe... (T) When we learn, we progress automatically, we

must not change the universe. The universe will change for us.

A : "Déjà vu" occurs with the compliments of the "STS" of fourth density.

Q : (L) Is "already seen" the result of a sensation that the universe has changed ?

A : Or... a sensation of bridge between realities.

Q : (T) When you enter another universe, are there things left behind ?

A : No.

Q : (L) Is there a bridge between realities ?

A : What does it look like ?

Q : (L) Is it like merging universes ?

(T) A bridge is something that is placed between two things ...

A : You limit yourself, expect to be in fourth density. Then the word will have no meaning !

Q : (L) It still does not help me to understand the "déjà vu" as a feeling of "making the bridge between two realities". Does the "already seen" happen because something from another reality comes into our own ?

A : One possibility...

Q : (T) Have we not already talked about this ? That it is an infiltration from other dimensions... that when we think we have already been in one place it is because in another dimension we have been there.

A : Yes.

Q : (L) If we are currently in a particular universe that was created and merged by fourth density STS and the old universe still exists, and we feel a connection, a bridge because a self-alternative is found in this alternative universe, living another experience... or something approaching ?

A : No limits to possibilities.

* * *

Some of you have already changed your level of consciousness and modified their reality, but not yet density, and you know that. For now, you can only manifest new universes in the 3rd density in which you currently exist.

These alternate universes are expressions / projections of your own consciousness in the way of "Enlightenment". They now rub shoulders with the 3rd "STS" density and are temporarily parallel to this density of existence. They are not yet stabilized in their new frequencies but remain "in suspension" very close to the old 3D.

Those who meet or meet you cannot distinguish between their own reality and yours since they are still locked in their own bubble of "STS" perception of 3rd density. Consequently, they can only see you or perceive your reality with their projections, or their own level of consciousness. Only those who are already experiencing this mutation can perceive the transfiguration of their reality. Is that not it ?

The consequences of change of consciousness are perceived because certain things, individuals you used to frequent, events that were previously difficult or familiar to you, no longer exist in your environment. The 4th density is an alternative reality to the 3rd density. It looks like your environment but some things have changed.

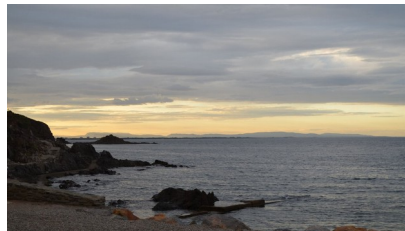
This journey between the worlds is comparable to Alice's journey in the white rabbit's hole. Finally, the 5th density corresponds to the 4th density "STO" definitively completed and stabilized in a new reality of 3rd density. It will therefore remain for a long time, in a parallel and alternative world to the 3rd density still in progress in your present.

So how is a universe created ?

The Universe is a spontaneous manifestation of the Consciousness of its creator. That is why all the "hazards and circumstances" of its manifestation are perfectly orchestrated not by your human intelligence, but by the plane of consciousness of the Higher Self.

This plan now "allows" the wave of energy / matter *-from your alternate density of consciousness in "STO" learning-* to project temporarily into your environment, but this in the form of a rough draft in a world parallel to that of your current 3rd density world. The latter will definitively be materialized and realized when "the old STS world" and "the new STO world" will definitively separate.

Fulcanelli was convinced of this and affirmed it in this sense by saying that "The nature of the Universe does not open the door to anyone without discrimination !"



Question to the Angel :

About communication with our "STO" Conscience, many readers ask us how to differentiate an "STS" message from an "STO" communication ?

These are IMMUTABLY entities of the "STS" consortium of 4th density pretending to be entities of love and light *-so-called "beings of light from heaven and who teach earthlings".* It is simply a transdimensional process of manipulation of thought !

An "STS" message inevitably solicits one of the two polarities of your human emotion whether it be of negative orientation : Anger, rebellion, fear, disgust, horror... or positive : Joy, hope, peace, love, light ...

They are not necessarily wrong but are simply "STS" ! *(Remember that the player's Consciousness is expressed through the play of his pawns.)*

So often drowned in futility, their contents sometimes conceal some truths which however interest and comfort only the "STS" individuals.

"STO" messages especially in the form of channelling are NEVER transcribed as is it on the net. The "STO" corpus rarely communicates through direct channelling. If he is led to do so, he proceeds through the subconscious of their mediums, but in a very intimate and confidential way.

**THEREFORE, THERE NEVER WAS A "CHANNEL SHOW"
LIVE -OR FILMED -
FROM THE "STO" COLLECTIVE !**

**THIS TYPE OF EVENT OR SHOW RELATES ONLY
TRANSDIMENSIONAL "STS" HANDLING !**

**MAY THIS TRUTH BE NOW THE ONE
OF THOSE WHO CAN HEAR !**

"A STO message" usually remains neutral but objective. He solicits the intellect, discernment, reflection and pushes you immutably to experience, verify, dissect, reflect, crosscheck, understand information. In other words, it always encourages you to surpass yourself and go further in the search for Knowledge.

It is therefore useless to count on a hypothetical benevolent and charitable assistance on the part of the Beings of the Astharan galactic federation, on the pseudo-planners, on the archangel Michael, Aziel or other so-called "space brothers" to help humanity to transit to an other density.

They are only "Greys" or other entities of the "STS" corpus transvestite into brothers of Light, planners or other planetary rescuers, returning from the entropic future of your planet to try to save their skin.



*Archangel Michael is only
an archetypal
representation of a "STS"
corpus member*



*Ashtar is only an archetypal
representation of a "STS"
corpus member*

So, commit yourself resolutely to your own journey to free yourself from this gigantic conspiracy built up from scratch by the "STS" predation of 4th density and in which for millennia, so many humans continue to be trapped.

For those who try or want the world to change are simply directed through their unconscious by one of the coalitions of predation.

They are simply duped and blinded by their inside predator, their "STS" leaning of saviour of the world, who exactly like Obama against Putin, the Russians against the Americans... tacitly defend the interests of their camp and their "STS" predatory lineage.

As you now know, **the World is a playground for the evolution of Human Consciousness and it is perfect as it is !** Even if you are thousands to want it to change, it will never change !

Nevertheless, it will heal itself if you change your gaze on yourselves and your consciousness on the World that surrounds you. This is the true meaning of Gandhi's quote :

"Be the change you want to see in the world !"

It is not very difficult to spot predation in the speech of the other. Nevertheless, it is above all to locate it in its own discourse, so as not to judge others when they allow themselves to be deceived. Knowledge is only acquired through the integration of an experience and everybody can be mistaken *-or be fooled by his predator.*

And knowing that 4th density creatures constantly cheat you to power their 4th density "STS" thinking centre, they avoid as much as possible interacting directly with your 3rd density physical world. They focus on emotionally weak, ignorant and distraught elements among humans.

The corpus "STS" also seeks to preserve and even encourage chimeras, Fantasies, imagination, extravagance ... of certain individuals within the 3rd density, suggesting that their interpretations of certain phenomena presumed extraordinary or paranormal are carried out under the "seal of research and advanced sciences". (Incidentally, some seemingly unbelievable tracks play only with the transdimensional intervention of the 4th density "STS" consortium).

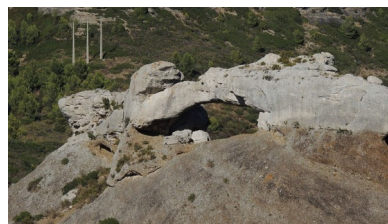
Ask yourself the following question :

Why are these "STS" (Grey, Reptilian, human beings or others often seen as planners) busy themselves in an extremely enterprising way to mislead people who seek to regain their connection with their Higher Self ?

There is a clear reason for this, which is to allow as long as possible the limited consciousness of 3rd density on your planet.

In this way, the means, the time, the vehemence and the intelligence that an individual concedes to this kind of research is simply energy that he refuses to give to himself to learn to raise his consciousness.

People are therefore never vigilant enough when they are told extraordinary and unverifiable things !



We asked this very personal question to the Angel :

Maybe we were completely insane or unbalanced to have asked ourselves so many existential questions, to have tormented ourselves and questioned our "karmic stories" with our parents, our spouses, our friends...

There is something about all this "hypocrisy" that triggers in us rebellion, sometimes nervousness too. How could we remain serene and impassive in the face of so many impostures, disloyalty, sneakiness of the world and of our entourage ?

This internalized feeling, being fed up towards the "STS" predation of 4th density wakes up this time, a kind of warning signal **triggered by your predator through your ego**, but by dissecting the karmic process with your entourage -*these famous feedback loops*- you have understood now how make it your ally.

So, he teaches you ! He warns you that something in the words of a person, in a teaching, a lecture, a text... "sounds false" and that this person, lecturer or author, is not in tune with the image he reveals of himself.

It's not that their speeches are wrong... Although ! But they remain largely incomplete and sometimes deliberately distorted by his predator.

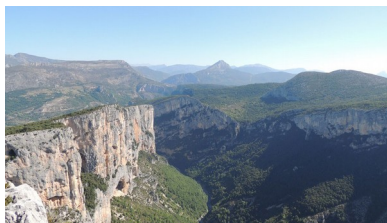
Predation acts by trickery. It merely offers dreams which, its earthly extension : The human being, propose sometimes even to sell, in the form of seminaries, therapies, teachings, various formations and so on.

These people, whether they are authors or speakers, will almost never dig deeply into the problem, that of the transdimensional predation which nevertheless governs your universe of 3rd density. Simply because they do not realize that their predator occupies almost the entire force of their mind. They do not know that they are pawns on the chessboard !

To hear them one would think that "everyone is beautiful", nice, altruistic... while the "STS" predation interferes in their lives as much as in yours. Apart from the fact that they do not face it, even sometimes reject it, tending to present themselves as the image of the serious, initiated and educated teacher.

And yet, the Consciousness of the "Service to Self -STS" is superbly present in their performances. It "is eye-catching" for those who have learned to exercise their discernment.

The freedom to be, to express oneself, to think does not exist in your 3rd human density. Human thought is not sovereign, it is constantly directed by a Consciousness of a higher level !



Question to the Angel

Are their speeches only for the simple-minded ? Are their listeners or readers so little informed about the practices of “STS” predation or even ignorant of their transdimensional reality ?

So, since very few people seriously consider it, all the work of detachment that we have undertaken, this carrot of the "STO" that we proposed to ourselves, our work on the physical body, on food, on our DNA, on the transdimensional predation, on the process of regeneration... Does it have no real meaning ?

Perhaps, too, the readers and listeners to whom "the questions are suggested", even if they ignore the most basic rules of honesty and ethics, are gullible to the point of accepting stereotyped answers that teacher or their instructor suggests ?

Watch out ! All of them, at the end of their conference, will never (or hardly) allude to predation, climate change, human migration, the global political situation, or bioclimatic risks nor to the rains of meteorites and other debris of all kinds, which nevertheless reorganize the foundations of your present world.

It is in this ambiguous, equivocal, sneaky way, by removing people's thoughts from the reality of your world, that these individuals, false prophets, gurus, anesthetizing the intelligence and common sense of their fervent supporters, reactivate in you a certain irritation.

These reactions (anger towards these manipulators) are, to formulate it, the “last vestiges” of the consciousness of your predator, now well on the way to the regression of the "STS ", and thus legitimately oriented towards the "STO" way.

These false prophets are only trying to stir up the embers of your own "STS" memory. And if they still succeed in awakening your ego, it is because they themselves are only faking modesty.

Obviously, these individuals still bathe in their wounds, their need for recognition, valorisation, which perspire through their attitude and speech.

There is thus beyond all appearance, a very subtle but true manipulation of the psyche of the auditorium. And this way of abusing the confidence of people by manipulating their thoughts still arouses bitterness.

But all are lessons to learn discernment, think of it always !

It is certainly for this reason that the great secrets of alchemists and true seekers of truth have never been revealed to the public. They have always been conveyed to those who have genuinely sought out their true human nature and were able to practice and assume the teachings.

Indeed, compared with the human population, a small number but still far too little, understood.

The path of the search for Knowledge differs according to each other. But it should ultimately always lead to the same truth. This Truth could elevate a good number of humans towards unification in a new density, at least to the understanding between the peoples of the Earth, which in view of the number of psychopaths that populate it, is far from being the case and will never be the case in your "STS" world anyway.

Despite the bloody attacks of Paris and those still to come, the world is not to be saved and no one will come to save you ! **The world is as it is ! It is a wonderful field of experience to transcend your fears and limitations.**

Each one of you holds a part of Knowledge, but he is far from being the only expander of the Truth. If all these people could meet and exchange their personal work and research around a table, they could perform miracles.

One would bring to the other, the missing parts for its own evolution and would help to modify the deleted programs of its DNA (DNA was divided to rule).

It would not then be a question of judging the other on these differences but of agreeing on his similarities to help him "repair his DNA".

Each one has a conception of life which he has made through his beliefs and his own experiences, it is only when you experience a situation that it becomes no longer a belief but an actual reality, a practical case.

You may have observed that many of those who have embarked on the vegetarian experience freeze their beliefs in this mode of feeding and survive for a very long time. Do their beliefs then constitute their reality ?

But then, what could you think of those who feed on prana, sadhus Indians who neither eat nor drink nor dress, those who claim to live from sunlight or without physical nourishment, such as Thérèse Neumann of Konnersreuth, Hira Ratan Mareck, bigus of the Chinese Taoist tradition ?

Many cases of fasting remain unexplained, but are they linked only to human beliefs ? Do beliefs exist only to be experienced ? Could it not be transdimensional experiments from other worlds ? Remember that humans are not all earthlings !...

<http://www.histoiredelafolie.fr/psychiatrie-neurologie/quesques-documents-sur-therese-neumann-lastigmatisee-de-konnersreuth-par-paul-meignant-1930>

<http://pranique.com/iraratanmanek.html>

As you now know, there are two human races, one almost without soul : The organic portals or pre-adamic race. These individuals are used by the "STS " of 4th density to keep the whole of humanity under control.

Is it not the example of this "Thérèse Neumann of Konnersreuth" or some so-called wise men or Sadhus Indians ?

It is not a question of vile superstition, of incitement to hatred or discrimination, but of facts

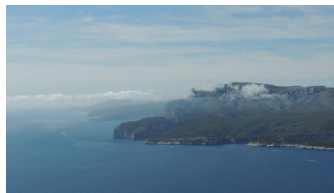
or realities that have always been concealed from humanity. They will never be revealed, for example, in the Disclosure project (Steven Greer's revelation). See : When Professor Jean-Pierre PETIT "debunks" Dr. Steven Greer, the Sirius project and the black programs US !

<https://resistanceauthentique.wordpress.com/2013/09/25/quand-le-pr-jean-pierre-petit-debunke-le-dr-stevengreer-le-projet-sirius-et-les-blacks-programs-us/>

The existence of these organic portals, which represent more than half of the world's population, would explain the depth of manipulation and certainly also the state of decay of your planet. These people, unaware of the reality in which they live, are very docile individuals, puppets ready to be used by forces of all kinds.

They are present in your families -*parents, brothers, sisters, children, friends, neighbours, relatives, colleagues, employers...* to compel true human beings with a Soul to conform to a pattern of behaviour that follows the standard orchestrated by your society. Or else from the other extreme and by rebellion towards it, to consider a guru faking humility as a model to idolize.

These types of individuals are charged with aspiring your vital energy to prevent you from awakening to your ultimate Being and depriving you of developing your own magnetic centres of thought.



To summarize the Angel's comments :

Organic portals (almost one person out of two) collect the energy of individuals with a Soul to return it to the "STS" predation of 4th density.

They find themselves in the same family alongside individuals with a Soul. (That is why we have moved away from our alleged friends and for a much longer time, from our families.)

When an individual with a Soul commits himself to undertaking a work of reconnection to his Higher Self and the search for true Knowledge, he becomes the target of attacks from family, friends... and especially from the people who are closest to him.

These attacks can also take the form of nocturnal visits during sleep from other shots (Black shadows sometimes called Archons, Flyers, Greys, Jinns, demons, incubus, succubus, possessions... (See *dialogue N ° 37*)).

We must therefore adjust our vision to Reality and perceive the true nature of the bonds we have with others in order not to let our energy being stolen from us, but to increase the connection with our Higher Self.

The DNA of the two races is so mixed in the human population that the two types are almost always found within the same family, that is someone we meet every day.

There is only one reason for their presence on Earth, it is to prevent the real human beings, Souled Beings, to evolve.

Our way of eating is crucial to achieving a dimensional change. It participates *-among many other things-* in extirpating us from the cycle of retrocausality in which we were engaged. This to create a new future and to leave *-with a part of humanity-* the destiny foreseen by the Greys and other entities of the "STS" consortium.



Thus, this movement of the "human potential", New Age, Love and Light and vegetarian... **is unfortunately only another way to sublimate our "STS" emotional (which is none other than that of the predator desperately waiting for the contact of his false-brothers of light) and a formidable way of continuing to repress our true human "STO" emotional.**

<http://changera.blogspot.fr/2015/07/bientot-le-premier-contact-avec-les.html>

It is now for those who have read us so far with suspicion, to cogitate, to check, to intersect, to assemble, to experiment, to test, to integrate... the information that they read on the net before believing and unveiling all this nonsense as the Truth.

Let's think about it !

Passed on by Sand and Jenaël