

The Universe and Life

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Chapter 1: Introduction

This book is for those who are curious to understand the meaning of life as it describes and explains the Universe and our existence within it. This information comes from the teachings of the overseer of our universe (the Overseer), given through a channel of communication over a period of 20 years from 2004 onwards. It comes with no religious message or agenda other than the desire to share an understanding and help those with an individual consciousness to awaken. Many people are ready to awaken and realise that they are part of something much greater than themselves. The Universe is changing all the time but all facts and figures given are correct for March 2024. Throughout the book, our universe is referred to as the Universe. The pronoun used for the Overseer is he, but gender is irrelevant in respect of the Overseer. All times and distances given are from the human perspective only, as in reality there is no separation in time and space in the Universe. The glossary at the end of the book gives my definitions of the terms used.

The Overseer

The Overseer, also known as Trystellian, initiates and controls the energy of the Universe, and is simultaneously both within the Universe and outside the Universe, as he transcends the dimensions of time and space. The Overseer is helping humanity through our ongoing ascension phase, which is a highly significant event and of great interest to others in the Universe. In this universe he has had 154 incarnations in total, four of which have been on Earth, where he has done healing work on people and the planet. He also has three other etheric manifestations as Archangel Michael, as Draco (lord of the dragon realm) and as controller of the Andromeda Ascendant lightship. Additionally, he has overarching etheric manifestations in the Realm of the Ancients, and in his lightships Biosphere One and the Temple of Astala.

The Overseer is the only being that can truly see this universe in absolute terms. There are 10 dimensions in our universe, and when the Universe is perceived from the highest tenth dimension, there is only one reality. If the Universe is perceived from a lower dimension, there are a number of different perceptions of reality. On third dimensional Earth, there are currently around 8 billion different perceptions of reality, as each person has a different perspective. The realities perceived by humans in the third dimension are incomplete and distorted, and have led to many misconceptions.

Chapter 2: The 10 dimensions of the Universe

Everything in the Universe is made of energy and has a certain vibration; the higher the vibration of the energy, the higher the dimension it is in. The highest energy vibration is in the tenth dimension and the lowest energy vibration is in the third dimension. Vibration is on a continuum from the tenth to the third dimension, but there is a tenuous boundary between the vibration of the different dimensions. This vibration cannot be measured by human instrumentation, but it can be explained by quantum entanglement (See Chapter 8). Most humans remain on the third-dimensional physical plane throughout their time on Earth and do not experience the higher dimensions. Our civilisation is one of the very few in the Universe to be mostly limited to the third dimension in this way. Humanity has descended and all but the 36 incarnate Ascended Masters and the starseeds on Earth have forgotten how to connect with the higher dimensions and the wisdom of the Universe. This disconnection is the root of humanity's many shortcomings and mistakes, but there is no judgement about this. All matter and energy in the Universe comes from Source Energy which gives unconditional love, so in losing our connection to Source, we also lose connection to unconditional love. Some humans are in the process of awakening and realising that they are a part of something much greater than themselves, and some are remembering how to connect with the higher dimensions and re-ascending. Ascending beings are those who can connect with the fifth dimension and above. This re-ascension is part of the experiment of life for Homo sapiens on planet Earth. The 10 dimensions from lowest to highest are as follows:

Third dimension: this is the physical plane in which the three dimensions are length, width and depth. Matter only exists in the third dimension and it has a low vibration. The physical plane on Earth therefore has a low vibration. Most humans only function in this dimension, as they are only aware of what they can physically sense. Negative emotions such as fear and anger, only exist in the third dimension. All dimensions higher than the third, are etheric and not physical dimensions, and have a higher vibration.

Fourth dimension: this is the first of the etheric (non-physical) dimensions. It is the realm of disembodied spirits who have not yet ascended, so it is not an ascended realm. Mediums and clairvoyants connect with spirits at this level. When a person dies, if their etheric being (spirit) remains stuck in the fourth dimension, they will just stay around Earth in an energetic form, still looking like human beings.

Fifth dimension: this is the first of the ascended realms where beings appear as light, not as a physical form. From here you can send healing to Earth. In meditations, any environment or home can be created here to make you feel more comfortable, and there is a portal here

that leads directly to the Overseer's light ship, the Andromeda Ascendant. In the fifth dimension and above, there is only unconditional love. Fear and other negative emotions, do not exist in the fifth dimension.

Sixth dimension: this is the realm of the angels and archangels. There are 398 angels connected to Earth, and 381 archangels who are in the higher sixth dimension. There are around 144,000 angelic beings associated with the Milky Way galaxy who are interested in helping humanity. The Crystal Cathedral is in the sixth dimension, and you can visit this in meditations. If you enter the cathedral and travel to the far end, you will find yourself in the Tower of Light. If you stand in the tower, you will feel an up-draught of energy, which will permeate you and uplift you, and take you up to the higher dimensions.

Seventh dimension: the 117 Ascended Masters associated with planet Earth are in the lower seventh dimension. Members of the Galactic Federation are mostly in the higher seventh and lower eighth dimension. The Galactic Federation is an important group of beings who are emissaries from other planets and galaxies, containing representatives from civilisations across the Universe. This federation includes highly ascended beings from 2,860 off-world civilisations in the Milky Way who are helping humanity with their ascension process.

Eighth dimension: this is the first dimension where a being's consciousness expands to the full extent of the Universe and becomes omniscient. Some people call this the first of the 'God consciousness' levels. A being's consciousness stays in a gossamer-thin energy bubble, so cohesion as a separate entity is retained, whilst simultaneously expanding to become part of the total 'I am' consciousness.

Ninth dimension: this is also a realm of collective consciousness shared with the Universe, but it is of a higher vibration than the eighth dimension. A being's consciousness will be connected to everything, anywhere and anywhen in this universe, but remains in a gossamer-thin energy bubble. It is the realm of beings from the Arcturian, Pleiadian, Sirian and Andromedan civilisations in their highest ascended forms.

Tenth dimension: this is the total collective consciousness of the entire universe stemming from the original pearl of Source Energy. Source Energy is the highest vibration of energy from which all energy and matter stem. At this level, a being's consciousness is not contained in a gossamer-thin energy bubble, as it becomes one with everything throughout time and space in this universe with no separation.

The higher the dimension a being is on:

- the higher the vibration

- the greater the connection to Source Energy and unconditional love
- the smaller the ego (humans need a degree of ego to give motivation, but many humans are egotistic)

Chapter 3: The universes

Multiple universes

Ours is not the only universe; there are around 300 groups of universes with an average of 12 universes in each group, and each universe has an overseer. There are 12 universes in our group. The purpose of the universes is to explore the possible manifestations of consciousness coming from a place of unconditional love, and all universes represent a different experiment with this aim. All universes are created by a universal overseer and stem from an original pearl of Source Energy. All energy and every atom of matter in all universes, is therefore made from Source Energy. Source Energy has a consciousness, and everything in all universes is connected to this. The same energy is put into each universe, but the outcomes are entirely different. Energy cannot be created or destroyed, but occasionally (in exceptional circumstances and under strict rules) energy can be transferred between one universe and another. Also, energy can be transferred between one-time dimension and another, but this must be regulated to avert temporal problems.

All universes are organised differently, so are not necessarily organised into 10 dimensions with galaxies, star systems and planets, as is the case in our universe. The permutations of the universes are infinite; for example, a universe might have no matter and only contain energy, or the matter might be in the form of only one central star and one planet, or it could be entirely gaseous or entirely liquid. Not all universes are on a cycle of expansion and contraction like ours; some are constant in size and they might be relatively large or small. The number of dimensions in a universe range from one to around 100, but usually they have between 10 and 30 dimensions. The construction of atoms in other universes with matter is not necessarily the same as in this universe, but all universes containing matter have civilisations in an embodied form.

Pearl of Source Energy

Before the beginning of a universe, there is a void. Into this void is dropped a pearl of Source Energy along with the energy of the Overseer, who is the guardian of this pearl. The pearl has no laws of physics to constrain it, so it can therefore define itself. The pearl is a closed system in which energy can neither be created nor destroyed, so the amount of energy in a universe is the same at any point in time as the amount of energy in the original pearl. Source Energy can determine its own Laws of Physics and Laws of Energy, so the

pearl can be whatever it is programmed to be by the Overseer. The pearl is imbued with consciousness or sentience, and as with all sentient entities, it is driven to strive for the fulfilment of potential and self-actualisation. This means that the pearl, and the universe stemming from this pearl, is motivated to survive, expand its understanding, explore its possibilities and extend its boundaries through experimentation. Each universe learns about what it can achieve and strives for growth in its knowledge and wisdom. The pearl of Source Energy therefore devises the experiment of life to this end. The twelve universes in our group are constantly generating expansion of understanding and exploring the boundaries of the possible. The overseer of a universe has two seemingly paradoxical roles. He is at the same time both in the pearl representing the essence of Source Energy, and outside the pearl directing it and being its guardian.

Straplines of the universes

All universes have at least one strapline that summarises the essence of that particular universe. This determines the programme of the universal consciousness and all sentient life-forms stemming from this. Everything in a universe is governed by the intention of its strapline or straplines. The two straplines for our universe are 'Be all that you can be. Know all there is to be known'. This drives everything in the Universe to be optimal and reach its full potential.

The number of straplines a universe has ranges from 1-100, and these straplines are changed, depending on the nature of the universal experiment. Past straplines have included 'Be', 'Know' and 'Challenge everything', so the outcomes of universes have changed accordingly. For example, one of the universes currently has the single strapline 'Be', where beings just evolve to exist in an energetic form and are not driven to develop. The more straplines a universe has, the more complicated it becomes and the more likely it is to fail rapidly; a universe currently running with 16 straplines is beginning to fail after only 160 million years. Universes that become entirely composed of matter become static and do not develop. Universes that are entirely composed of energy with no matter, can continue for ever as there is no cycle of expansion, contraction and ending. However, any universe that stagnates or is too prolonged can be deleted by winding back time to before its point of creation. All deleted universes will still give insight into the possible manifestations of consciousness; the purpose of any universe is to explore these possibilities through experimentation, so the learning from a deleted universe is valuable.

Each universe is an experiment with multiple manifestations, which are re-runs with the same strapline(s). Re-runs of each universe with the same strapline(s) will continue until two outcomes are the same. The greater the complexity of the straplines, the greater will be the number of possible outcomes, and the greater the number of re-runs. When two

outcomes of universes with same strapline(s) are exactly the same, a new universe is created with different straplines. We are currently on the twelfth manifestation of this universe with the two straplines 'Be all that you can be. Know all there is to be known', and so far all outcomes have been totally different. For the manifestations of this universe to end, the outcome from each of the billions of galaxies, star systems, planets and civilisations in two of the re-runs must be exactly the same. The odds of this are remote, due to the vast numbers of permutations of possibilities manifested through our free will, so this can mean a universe is re-run billions of times. It is highly likely that the outcomes of the re-runs of this universe with these two straplines will never be the same, in which case re-runs of this universe could potentially be never-ending.

This is the forty-third universe the Overseer has overseen, and each universe has had different straplines. If each universe lasts roughly one trillion earth-years, and each universe has on average one trillion manifestations, then on our timescale, our overseer has existed for around 43 septillion years. However, this timescale is meaningless, as the overseers exist outside the universes, and are not constrained by time or space. Human perception of the age and size of our universe is relative. Humans perceive time to be on a linear scale, and they perceive the Universe to be of an unfathomable size. However, this constrained perception of time and space does not apply in the rest of the Universe.

Outside the universes

There is a portal connecting our universe and all other universes to the Realm of the Ancients, which is the realm beyond the universes, outside the dimensions of time and space. The Realm of the Ancients contains the Realm of the Overseers, the Citadel of Light and the library. The 300 groups of universes are held on pedestals in the Realm of the Overseers; each pedestal holds 12 universes with an average of 300 universes in the memory bank. These pedestals are located around the edge of a wheel, and there are several thousand wheels all feeding data about past universes to the central database in the Citadel of Light. The thousands of universal overseers each have a portal to the Citadel of Light where they can connect. Outside the dimensions of time and space, nothing can be meaningfully quantified, and the number of universes and overseers are changing all the time. In the Citadel of Light there is a library and a record office, so all universal experiments can be logged and learned from. For example, each time an overseer sets up a universe, he will build on all universal experiments that have gone before. Everything, everywhere, at any time concerning any universe, is on record and can be accessed by the overseers. The overseers can manifest in several places in the past, present and future as they are not bound by time and space. The time dimension is irrelevant, hence it is possible for an entire universe to be run in the equivalent of one day. Overseers often incarnate in

their own universe, and can manifest energetically in other universes. The true energetic form of our overseer is a column of octarine light (brilliant blue-white or silver-white light), and this is how he manifests energetically both inside and outside of our universe. All overseers can appear in whatever form they like, hence when they are interacting with humans, they can appear in a humanoid form if this makes us more comfortable. In the Realm of the Ancients, there are also philosophers whose role it is to philosophise on possible straplines for universes and analyse the outcomes. Information about possible straplines and possible/actual outcomes of universes is stored in the Citadel of Light library.

We can expand our consciousness to be outside the Universe, in order to glimpse into and witness the existence of the Realm of the Ancients. However, we cannot interact with this realm as it is exclusive to the overseers and the other ancients.

[Role of the universal overseers and counterpart universes](#)

There are at least 3,600 universes running at any one time, and the overseers will often be overseeing more than one universe. All universes are in reality two universes, as each has an equal and opposite counterpart universe. The counterpart universes are the light and shadow realms, and this is explained further in Chapter 7. The counterpart of the light universe is the shadow universe and vice versa. The counterparts of our universe lie alongside each other on a pedestal in the Realm of the Overseers, and are contained in energetic bubbles that have surface tension. They are conjoined and connected by portals, so they form the shape of a peanut husk. From the perspective of the overseers, they are the size of two footballs. Not all universes have their counterparts joined in this way. Some of the counterparts exist in isolation, in which case the two universes on the pedestal lie alongside but do not touch each other. Some of the counterparts co-exist within one sphere in a dimensionally-portalised form, in which case there is only one sphere containing both universes on the pedestal.

If one of the universes reaches a point of balance and requires little future intervention, the relevant overseer can send it to a chamber in the Realm of the Ancients to 'tick over' in stasis (outside time and space). The overseer then only needs to check it periodically to ensure it is still in perfect balance. Each of the universal groups has an average of 300 universes in the memory bank. Some universes may only last 1000 earth- years, and some may last billions of billions of earth-years.

The counterpart universes on the pedestals in the Realm of the Overseers stay the same size throughout; about the size of a football. They do not expand on the outside as this realm is outside of time and space. The gravimetric bubbles that contain the counterpart universes are static, but the universes rotate within their bubbles. Under each pedestal is a

drawer that contains the pearls of Source Energy, which are derived from a central database; all universes are created from one of these pearls. The Source Energy pearls are all exactly the same, and when one is used, the overseer will manifest another pearl to replace it in the drawer. The origin of Source Energy is not known, as the higher intelligence and authority responsible for this is not known by the overseers. There are no limits placed on each overseer as to the type and extent of each universal experiment. The only constant factors in the universes are the continual replenishment of the pearls of Source Energy, and the Realm of the Ancients. All universes have an optimal outcome in all things, but the timescale and outcome of each universe is different. Most universes start as a single pearl, but occasionally there will be multiple pearls creating connected universes. For example, there has been an experiment with two symbiotic portalled universes, where the challenge was for both interdependent universes to cooperate optimally. If a larger quotient of energy is required for a universe, then two or three pearls can be put together. Two pearls of energy put together can only make the resulting universe one third larger, but the energy inside is denser. The surface tension of the universe is the factor limiting its potential size.

[Balancing the counterpart universes, black holes and white holes](#)

One of the main roles of the overseers is to ensure that the equal and opposite counterpart universes are balanced, which involves the regular exchange of energy through the connecting portals. If the counterpart universes exist in isolation, they are balanced separately, and the exchange between the two universes through the relevant portals is only energetic, and does not involve matter. If the counterpart universes co-exist within one sphere in a dimensionally-portalled form, the balancing is done by dimensional energy exchange. As is the case in our universe, if the counterpart universes are joined in a 'peanut husk' shape with connecting portals, then balancing can be done by the exchange of both energy and matter. Black holes with bipolar singularities are the mechanisms by which energy and matter in counterpart universes such as ours can be exchanged.

Black holes are regions of complete gravitational collapse where all material drawn in is compressed to a point known as a singularity. A singularity is suspended in the gravity well of a black hole, and it comprises the sum total of all matter and energy drawn in to the black hole. Singularities can be created by a star that collapses in on itself and the resulting gravitational field pulls in the entire solar system. The gravity well can feed the singularity if it continues to draw in surrounding matter. Black holes pull in virtually all surrounding matter and energy including light. Any particle or light wave passing through the event horizon of a black hole cannot escape, so as no light can escape they appear black. The event horizon is the point at which matter and energy is drawn in to a black hole. Black

holes ionise most surrounding matter which spins around the outside of the event horizon up to the speed of light before it is drawn in. The area outside the event horizon of a black hole (the accretion disc) will emit a background level of x-rays and a small amount of light from particles. Any particle that is pulled apart by the event horizon of a black hole can release photons of light. If the black hole is consuming a significant amount of material, jets of radiation containing gamma rays and subatomic particles will be emitted from the accretion disc; these jets can travel up to the speed of light. The larger the black hole, the more matter and energy they pull in and the larger the jet of radiation emitted. If the accretion disc does not emit a jet it indicates the black hole is not consuming a significant amount of matter, which in turn indicates it is dying. The lifespan of a black hole is determined by the amount of matter it is able to consume. A black hole could potentially consume the entire universe if the event horizon were to expand sufficiently. However, this scenario is unlikely in any universe as so far all black holes have died and evaporated through lack of consumption.

There are millions of black holes of different sizes in our universe, from supermassive ones created by the gravitational collapse and implosion of a giant star down to those the size of a pinhead that may only last a fraction of a second. All but 10 of these black holes are unipolar singularities. However, the number of significantly sized black holes in the cosmos are relatively few. There are 15 black holes of a significant size with a unipolar singularity in the Universe. There is only one event horizon in these black holes, so all matter and energy drawn in cannot escape. The following example explains what happens to a third-dimensional object in a black hole with a unipolar singularity. If a one mile long third-dimensional spaceship were to approach the event horizon of a black hole, the front of the ship could be 100,000 earth-years ahead of the back of the ship due to the time distortion created by the gravitational pull of the black hole. The ship would not maintain its integrity when it entered the black hole, as it would be temporally distorted and it would lose energy and matter. The time and space distortion would increase between the event horizon and the singularity at the end of the black hole. By the time it reached the singularity, the spaceship would be the size of one atom and time would cease. The energy and matter that continues to be drawn in to the singularity in the super-massive gravity well can range in size from an ultra-dense ball bearing sized ball of neutronium and nequadria or a supermassive star. The singularity will continue to increase in size during the life of the black hole, and when the black hole expires due to lack of consumption, the material in the singularity will continue to exist. The cosmos contains superdense balls of matter and supermassive stars that were formed in the singularity of black holes with a unipolar singularity.

A black hole is a two-dimensional distortion in time and space as perceived on the third dimension. It will drastically distort a third-dimensional object as described above, but when required, it is possible to use Source Energy to place a 'structural integrity' force field around a third-dimensional object to prevent it from being distorted as it enters a black hole. Anything that is fifth dimensional or higher, can enter a black hole and pass through it with no change in time, matter or energy.

There are ten black holes of a significant size with a bipolar singularity in the Universe; a bipolar singularity always has a black hole connected to a white hole. A white hole is the reverse of a black hole and it emits energy and matter. Both the black hole and white hole have a separate event horizon but they lead to one singularity. Matter and energy can exit the black hole as there is an exchange between the two event horizons. There are two types of bipolar singularities:

- 1) Bipolar singularities with a black hole in this universe and a 'white hole' in the counterpart universe, of which there are eight. These eight, one of which is Cygnus X-1, will remain in place for the entire life of the Universe as they perform a vital function. The eight 'white holes' only exist hypothetically as their polarity is inverted and they become black holes in the counterpart universe. This therefore is effectively the same as two connected black holes, each with a separate event horizon; they are always coincident energetically, but can be spatially separated. The singularity of these bipolar singularities sits in a fixed point in time and space and energy flows between the event horizons. These are the only eight constructs in the Universe that are in a fixed point in time and space, as time and space in all other parts of the Universe are fluid. The connections between the black holes and 'white holes' are portals to the counterpart universe, and these conduits enable energy and matter to travel between the counterpart universes to maintain their balance. It is vital that the energy and matter in both universes is balanced at all times. The Overseer constantly monitors the counterpart universes to ensure they are in balance and the energy exchange through black holes and 'white holes' is adjusted accordingly. The sum total of both universes is a small pearl of energy, and most scientists do not comprehend this. If any matter or energy is put together with the equal and opposite matter or energy, it will be nullified. But energy in the Universe is never destroyed as it can only be transmuted (or occasionally nullified in null space and returned to Source).
- 2) Bipolar singularities with a black hole and a white hole that are both in the same universe, of which there are only two. These two white holes are the opposite of black holes, and they are situated in two starfields. Energy and matter is drawn in to the black hole singularity, but some energy and matter drawn beyond the event

horizon of the black hole manifests in a different dimension so it by-passes the singularity and re-materialises in a transmuted form beyond the event horizon of the white hole. Cosmologists do not understand how white holes can emit energy as the Laws of Physics according to the third dimension do not apply. The black hole to white hole conduits transcend the dimensions of time and space; they are multi-dimensional constructs to transfer and redistribute energy and matter in the Universe. The singularity is irrelevant to the energy and matter that is emitted by the white hole as it is not in the same dimension. Energy and matter passing through a black hole must transit in a quantum energy package so that it is not affected by gravitational or temporal dilation. Energy and matter re-materialise the other side of the event horizon by means of a multi-dimensional process, so the event horizon is not relevant on a third dimensional level. White holes have an outflow of energy and matter and can emit anything that their corresponding black holes have consumed in a transmuted form. The re-emergence of energy and matter transmuted by black holes in this universe only occurs in the case of these two white holes. Nothing can get in to a white hole as the flow of energy and matter is unidirectional. Scientists have speculated that black holes could explode and release energy, but this is not correct as an explosion will never occur.

Cygnus X-1 is an example of a bipolar singularity with a medium sized black hole leading to a 'white hole' in the counterpart universe. Cosmologists have calculated it is 6,197 light-years away, but its exact location cannot be given as it shifts position. Cygnus X-1 has a consciousness, as does everything in the Universe. The collective size of black holes such as Cygnus X-1 determines the size of the Universe. The gravity wells in the black holes hold the Universe in its current position, but the gravity wells are not constant. As black holes diminish, the gravity field reduces. The pull on the outer surface of the Universe reduces, so the surface tension cannot be sustained and this causes the Universe to expand. However, if the black holes are fed, for example by the consumption of an asteroid field or a galaxy, the gravitational pull increases. The increased pull on the surface of the Universe causes greater surface tension, so the Universe contracts. Due to this phenomenon, time appears to travel faster at the centre of the Universe than it does on the outside. The Universal Time Constant (UTC) remedies this apparent time difference.

[The Universal Time Constant and the fundamental frequency of universes](#)

All universes have a Universal Time Constant (UTC), generated at the centre of the universe. This is a fixed point in time and space to which everything in the universe is connected. This is the only constant point in time and space, as all other time and space in any universe is relative. All universes also have a fundamental frequency, and this is the frequency of the

most important wavelength of energy that permeates every universe. However, the UTC and fundamental frequency of the different universes varies considerably.

In our universe, time appears to travel faster at the centre than it does on the outside. The UTC mitigates this differential and ensures the Universe has an absolute point in time and space. This means that matter in the Universe can expand at the same rate. Everything in the Universe is energetically the same age, but due to our linear timescale on Earth, we perceive that the further away from the centre of the Universe, the earlier the time. The UTC is based on time that is locked into the fundamental frequency of the Universe, which is the energetic frequency that radiates throughout the entire universe from its centre.

Within each universe all galaxies, stars and planets vibrate at the fundamental frequency of the universe or a harmonic of this. This frequency is vital as it gives a life force energy to the galaxies, stars, planets and all life existing on the planets. The waves of energy from the centre of our universe have a frequency of 2.54345 gigahertz, and this is the fundamental frequency of the Universe. This is a form of life force energy. All matter and energy in the Universe is synchronised and resonates at this frequency or a harmonic of this. The fundamental frequency of Earth and all life upon it including humans, known as the Schumann resonance (see Chapter 13). Earth has a dense core so it resonates at a relatively low frequency, but gas giants such as Jupiter and Saturn have a significantly higher frequency. These fundamental frequency waves are vital to the wellbeing of all civilisations. However, humanity is becoming disconnected from this life force energy, as these frequencies are being interfered with by man-made EMF/radiation such as 4G and 5G. If a spectrum analyser with sufficient sensitivity were to be placed in orbit around Earth beyond our moon, it would be able to detect the fundamental frequency of the Universe. However, human cosmologists do not currently have instrumentation that is capable of measuring this crucial frequency.

[The initial formation and expansion of the Universe](#)

The pearl of Source Energy from which our universe was created, was 2cm in diameter when it was first put into the drawer in the Realm of the Ancients by the Overseer. When the Overseer took the pearl out of the drawer and placed it on the pedestal, he programmed it with the straplines of the Universe, 'Be all that you can be. Know all there is to be known'. This is the point at which the Universe began. The intelligence of the Universe then set in motion a process that began with the creation of superheated plasma (over 1 billion °C) constrained in a tiny space. This is the point at which fusion first occurred and the Universe started to expand. As the containment field of the pearl expanded, the Universe expanded inside this bubble, so the skin of the pearl is the skin of the Universe.

Human cosmologists believe that the expansion of the Universe started with what they refer to as the Big Bang, but this term is misleading. They have measured that the expansion of the Universe started 13.8 billion years ago. However, this calculation is not accurate as light from the distant cosmos cannot be measured absolutely from within a universe that has expanded and continues to expand at a variable rate. Most cosmologists believe that this expansion started from a single point, and they commonly believe that the Universe initially expanded exponentially for a fraction of a second which they call inflation. Most cosmologists believe that inflation occurred before the Big Bang, but some believe it occurred after. However, the reality is that inflation did not occur at any time in the development of the Universe, although it is true to say that expansion started relatively rapidly and then slowed down.

Most cosmologists believe there is a linear progression in the formation of matter in the Universe. They generally consider that the Universe started with a plasma of quarks, gluons and electrons. Quarks are elementary particles with mass, and gluons are fields of energy without mass. Many cosmologists believe that there needed to be a process taking thousands of years for gluons to bond quarks together to form protons and neutrons, and for protons to then combine with electrons. However, this concept of linear progression in the formation of matter in the Universe is misleading. Source Energy can manifest instantaneously in any form and does not need a linear progression. Fusion started in the first moment of the Universe's existence. The plasma initially contained ionised hydrogen (protons), free electrons and neutrons in a superheated ultra-confined space, so all the building blocks of atomic nuclei were immediately available. As the plasma started to cool down, the protons and electrons combined to form stable protium atoms (hydrogen atoms containing a single proton). The protons and neutrons did not need to be preceded by a process of combination of its constituent elementary particles. All matter in the Universe is based on an atom containing one proton and one electron which is hydrogen.

The other isotopes of hydrogen (deuterium and tritium) and other elements of a higher atomic weight were formed by subsequent atomic collisions in a high energy environment. As protons and electrons bonded, neutrons were pulled in. The single protons and electrons in the hydrogen atoms started binding together along with neutrons in different ways (fusion) as soon as the Universe started expanding. The fusion of hydrogen atoms creates helium, which has 2 protons, 2 neutrons and 2 electrons. Other elements were created depending on the number of protons, neutrons and electrons that combined. For example:

6 protons, 6 neutrons and 6 electrons combine to form carbon

8 protons, 8 neutrons and 8 electrons combine to form oxygen

14 protons, 14 neutrons and 14 electrons combine to form silicon

26 protons, 30 neutrons and 26 electrons combine to form iron

The collective consciousness of all atoms and subatomic particles is driven by the straplines 'Be all that you can be. Know all there is to be known', so atoms can manifest as whatever is required for the optimal outcome of the Universe. Atoms of a higher atomic weight such as iron, nickel, cobalt and uranium were therefore formed very rapidly after the formation of hydrogen. Atoms of elements heavier than those found on Earth were also formed such as nequadria, which has an atomic weight many thousands of times that of uranium. The formation of complex molecules compounds is also not constrained by linear time, as these were formed at any point in the development of the Universe according to optimal outcome.

Heavy elements with the highest atomic numbers can be formed early in the fusion process, due to the intelligence of their collective consciousness. Elements with a very high atomic number (over 92) are found elsewhere in the Universe, and can very occasionally be found in meteorites that reach Earth. Elements combine to form compounds such as water, which is formed from the fusion of hydrogen and oxygen. More complex compounds including amino acids which are the building blocks of human life, are also formed by the process of fusion. However, organic compounds were amongst the last complex compounds to be formed, as they need the structure of other compounds around them to exist. Many more elements and compounds are created from the vast clouds of hydrogen than those that exist on Earth. Even if an element on another planet has an atomic weight that we recognise, it might not manifest in a form familiar to us.

Space and time in our universe are still expanding and this expansion will continue to until the point of contraction. Expansion is occurring as the collective size of the Universe's black holes is reducing, so the gravitational pull on the surface of the Universe is reducing, and this reduces the surface tension. This causes the energy in the spaces between matter to decrease in density, and the empty spaces between energy waves (dark space) to become more vacuous, so the Universe expands. The rate of expansion throughout the Universe is not constant. Expansion slows down towards the outside of the Universe as it is constrained by the surface tension of the containing bubble, so the middle of the Universe is expanding most rapidly. Some cosmologists believe the rate of expansion of the Universe is accelerating, but this is not the case as the rate of expansion is decreasing. The Universe is expanding at a variable constant speed which follows an exponential curve, with the maximum state of change occurring at the beginning.

Humans are unaware of this expansion, as all matter inside our universe, including our own beings and all measurements and scales, are also expanding. Therefore, in comparison to all we perceive, the Universe is remaining relatively the same size and on the same timescale. Giving a time and size in the Universe is meaningless, as our scales of measurement are relative and not absolute. No measurements taken from Earth can be absolute, as the Universe is both expanding and rotating, and as the Universe rotates, all galaxies, star systems and planets also rotate. Earth is actually travelling at 1,876 million miles per second as the Universe spins and expands, but we are not aware of this travel. Bodies on the outside of the Universe travel faster than those bodies near the centre of the Universe, so everything in the Universe travels at a different speed depending on its location. The only meaningful way to measure our universe in absolute terms is from outside it, from a fixed point where there is no contraction or expansion. Another influencing factor is that the Overseer often has to give our laws of nature and physics a tweak. For example, we consider 24 hours to be the time it takes for this planet to rotate. As the Universe expands, this time is expanding or being 'tweaked' continually by the Overseer in order to adjust processes in the solar system, the Milky Way or the Universe. Therefore, we cannot assume our scales of measurement remain fixed in relation to anything.

At present, our universe is still expanding, as the energy in the spaces between matter is becoming more diffuse, and the amount of matter is increasing. Matter is a manifestation of energy with a low vibration. At the centre of the Universe the vibrations are high, and most manifestations are energetic. The energy at the centre of the Universe is dense and there is little matter. Moving outwards from the centre of the Universe energy density reduces and there is more matter in the form of celestial bodies which are more widely spaced. There is an inverse relationship between the density of energy and the amount of matter, but matter becomes more diffuse within the space that is expanding. Towards the surface of the Universe the energy density increases again due to the friction from the outer surface.

[The ending of a universe](#)

The expansion of a universe cannot continue as it will eventually become too dispersed and depleted. Ultimately, the energy of a universe will revert to Source Energy. There is a pre-ordained point in time when a universe ends as determined by the Overseer, but the way in which a universe ends is not pre-ordained as this is all part of the big experiment. A universe will be sustained for as long as the surface tension of the bubble containing the universe is maintained. When a universe expands to the point where the surface tension is insufficient to maintain it, there are three possible scenarios; it can contract/implode, explode or reach a static point. If a universe implodes, the implosion phase where matter

gradually reverts to energy is quicker than the expansion phase, but it can still take billions of earth-years. An implosion is caused by an increased gravitational pull from inside the universe. When it has imploded to the point where it passes through the event horizon, matter is converted back to energy. At the event horizon, all matter and energy revert to Source Energy in the form of a pearl. After passing the event horizon, the pearl then re-expands to start a new cycle of the universe. At the point where the universe reverts to the pearl of Source Energy, it is a collective consciousness that is the sum of all souls. The next re-run of the universe stemming from the same pearl will have the same soul origins. If the same souls are regenerated in the new universe, then their knowledge of the past is locked away until the souls come to a point of realisation, and then their knowledge of the past can be unlocked.

A universe may end in explosion. We tend to think of an explosion as being rapid but the process of explosion of a universe can take billions of earth-years. In this scenario the energetic bubble containing the universe will lose cohesions and rupture. All matter in the universe will gradually de-molecularise to form energy and the resulting energy will dissipate into and be absorbed by a void outside the universe; this void is the 'recycle bin' in the Realm of the Ancients. After a universe ends in an explosion, a new pearl is removed from the drawer under the pedestal by the overseer, and from this, a new set of consciousnesses will be birthed. A new pearl will then be manifested and put in the drawer to replace the old one in the library. This new pearl will have new soul origins.

If a universe ends in perfect balance it becomes static. It is then put into the chamber in the Realm of the Ancients to 'tick over', and a new pearl is then taken for a new universe. When the re-runs of all the manifestations of a universe are complete, the pearl will be stored in the Realm of the Ancients' library. The template of this universe and all its consciousnesses will remain in stasis, and can be accessed by any of the overseers for future reference. A new pearl is then taken to create the next universe.

[Chapter 4: Nebulae, galaxies and star systems in the Universe](#)

[Nebulae, the first stars, the life cycle of galaxies and Sagittarius A*](#)

A nebula is a vast cloud of dust and gas that can be hundreds of light-years in diameter, that gives birth to stars. We have given names to nebulae such as Horsehead Nebula, Eagle Nebula, Orion Nebula and Cat's Eye Nebula, all of which are spawning billions of galaxies. These vast clouds of dust and gas develop high density patches which attract other particles. When dense clumps of hydrogen atoms come together in a high energy

environment, a fusion reaction occurs. As more hydrogen is added in the form of electrically charged deuterium and tritium and the constriction is increased, the temperature will increase. Factors that determine the elements formed from hydrogen include the extent to which the hydrogen is acted on by energy from the Universe's Central Star, the level of cosmic radiation, collisions with meteorites, and the variable rates of fusion and fission. Elements with a high atomic weight were created by fusion very rapidly at the beginning of the Universe (see Chapter 3), and the elements formed into nebulae. Nebulae are formed from particles that are mostly of an atomic weight higher than hydrogen, and their colours vary according to the predominance of certain elements such as:

Pink – mainly argon and neon

Yellow – mainly sodium and sulphur

Blue - mainly deuterium and tritium (high energy isotopes of hydrogen). Amorphous blue clouds are mainly cobalt.

The dense clumps of matter gradually develop into protostars which continue to gather an increasing amount of material due to their gravitational pull. As matter is pulled into a protostar, a gravity well is created. The more the matter collides and accumulates, the greater the gravity well, so this traction is self-perpetuating. When the protostar reaches a critical mass and has sufficient energy and hydrogen, the process of burning hydrogen will be self-sustaining and it becomes a star. The different rates of hydrogen-fusion reaction will determine the materials formed by a star. All galaxies start with the formation of a star in a nebula; over billions of years the number and complexity of stars birthed in a nebula increases and eventually galaxies are formed.

Blue giants with a cool temperature hydrogen plasma were some of the first stars to be formed over 100 million years after the beginning of the Universe. Some were formed in isolation and some were formed within nebulae. Blue giants burn at around 20,000 K, and have around 10,000 times as much energy as our sun which burns at a temperature of only 6,000 K. These stars maintain an equilibrium between the inward force from gravity and the outward force of the energy being released. The nuclear fusion process changes hydrogen into helium, and creates heavier elements such as carbon. Blue giants use fuel very rapidly and are relatively short lived, but blue supergiants can pull in surrounding matter to create a galaxy.

Contrary to the belief of some cosmologists, blue giants were not the only type of stars to be formed at an early stage of the Universe as the process of star formation is not linear. Much hotter and smaller white dwarfs were formed at around the same time as the

relatively cool blue giants, and they were also formed within nebulae or in isolation. White dwarfs are 100 million times denser than a blue giant. The hydrogen plasma of a white dwarf is highly constricted and creates exceptionally hot temperatures; their surface temperatures range from 35,500 K to 150,000 K. In this state of high temperature, elements of all atomic weights can be created by fusion.

At the end of life of a blue giant or a white dwarf when the fusion reaction ceases, they can explode and go supernova, thereby releasing their material. This matter is released into the cosmos, and can either drift away and be dispersed or enrich nebulae with particles. If a supernova is large enough it can create a stellar nursery. However, both blue giants and white dwarfs can also implode at the end of their life and form nothing. A white dwarf can create neutronium, which is so dense it can cause it to implode possibly forming a neutron star or a black hole. There was a wide variety of scenarios for nebula and star development even in the early stages of the Universe. Most cosmologists will not understand this as they cannot comprehend that beyond the human experience, time is not linear. Human scientists cannot apply the Laws of Physics that they perceive on this planet to the creation of the Universe. Limits of time and space and the Laws of Physics are a construct of planet Earth.

The following statistics indicate the scale of the Universe created from nebulae:

- Size of the Universe: 93 billion light-years across
- Number of galaxies in the Universe: two trillion
- Stars in the Universe: an octillion (10^{27})
- Planets in the Universe: 10^{53} (of which 10^{28} are starless and 10^{25} are orbiting stars).
- Stars in the Milky Way: 100 billion
- Planets in the Milky Way: three trillion
- Size of Milky Way: 100,000 light-years long and 1,000 light-years wide
- Distance from Milky Way to the outer edge of the Universe: 92 million light-years
- Distance Earth is from Sagittarius A* at the centre of the Milky Way: 26,500 light-years
- Time taken for Earth to make one rotation of the Milky Way: 230 million years
- Speed the Sun travels around Sagittarius A* at the centre of our galaxy: 512,000mph

However, the times, distances and speeds stated in this book are only relative and from the human perspective. The reality is that there is no separation in time and space in the Universe. Every element of energy, matter and consciousness in the entire universe is connected as one due to quantum entanglement (see Chapter 8).

Gravitational pull is not uniform in a nebula, and the differential in gravitational pull increases as stars develop. As the Universe expands, more nebulae are formed. Their location is not relevant, as they can form billions of galaxies in each nebula which can eventually manifest in any part of the Universe due to the quantum entanglement of time and space. Energy acts on the cosmic dust in the nebulae to make more matter, and the more matter is created from energy, the greater the enlargement of space. Therefore, the more planets are created, the greater the Universe will expand.

There is a cycle of creation and destruction of any galaxy or star system that is kept in check by virtue of it being a closed energy system; the cycle just keeps repeating. Each closed galaxy, star system and planet has a finite amount of energy. However, energy transfer between systems can occur on the relatively infrequent occasions when a galaxy, star system or planet is captured by the greater gravitational pull of a neighbouring system. There are also rare occasions when energy transfer is done through portals, or energy is added to a system by the Overseer, such as when a dying star is refuelled.

Our universe currently has around two trillion galaxies, but they are on a continual cycle of birth, life and death, so the number of galaxies is never constant. There are many variable factors, so the Overseer cannot predict the outcome from the birthing of galaxies in nebulae, but the outcomes all add to the learning process of the possible manifestations of the consciousness of Source Energy. The cosmic soup is left to develop on its own, and the Overseer only intervenes when rebalancing is required. If amino acids (the building blocks of protein) and silicon are both present in the cosmic soup, this will enable the eventual creation of both organic and non-organic life-forms. Some sentient life-forms may manifest as a gaseous mass or a molten magma with a collective consciousness. Most life is silicon-based and relatively few have a carbon-based humanoid form. It is not pre-determined which planets will support life or how life will manifest, but the intelligence of the Universe ensures this giant experiment to explore the possible manifestations of consciousness is always optimal.

From a gaseous mass in a nebula, particles of matter will congregate and eventually form the central star of a galaxy, which may at a later stage develop into a black hole. The body at the centre of the Milky Way which is around 26,500 light-years from Earth is named Sagittarius A* by astronomers, and it has an equivalent mass of 4.3 million times that of the Sun. It is a supermassive black hole with a bipolar singularity, and it connects to a 'white hole' which is a black hole in the counterpart universe. Sagittarius A* is also a relatively small central star, 16 million miles in diameter with a predominantly nickel core. This central star is coincident with the black hole; it occupies the same space as the black hole but exists in a different dimension. The energy emitted by this central star is mostly in the

non-visible part of the electromagnetic spectrum; it emits a significant amount of x-rays and a very small amount of light. The James Webb Space Telescope (JWST) launched in December 2021 conducts mainly infrared astronomy and is capable of high-resolution imaging, being 100 times more powerful than the Hubble Space Telescope. The JWST has produced images of Sagittarius A*, but astronomers will never be able to detect the central star that is coincident with the black hole as it is in the fifth dimension. However, the JWST or its successor may eventually give clearer images of the massive central star at the centre of the Andromeda galaxy. The Andromeda galaxy is 150,000 light-years in diameter, but it appears as a mere small smudge in our night sky.

The gravitational pull from Sagittarius A* is demonstrated by the effect it has on ionised particles in the Milky Way. These visible streams of ionised particles, sometimes referred to as cosmic threads, can be several light-years long. Some cosmologists have noticed that these streams are orientated towards the centre of our galaxy, but they incorrectly believe them to be streams of hot gases. Cosmic threads are produced by the observable comet-style tails from trillions and trillions of ionised particles. All of these ionised particles are being drawn towards our galaxy's central black hole, but they are simultaneously being affected by the gravitational pull of surrounding stars. Not all particles are being drawn in at an equal speed. The heavier the particle, the greater the pull exerted by the black hole, so the faster they travel. The particle with the greatest mass is neutronium; such is the force generated by neutronium particles, they can bounce off the event horizon of a relatively small black hole, and are deflected instead of being drawn in to the black hole. Ionised neutronium therefore travels fastest towards the centre of the galaxy and creates the longest comet-style tail.

The central body of a galaxy can have phenomenal power and exert a colossal gravitational pull on the surrounding gaseous matter. The central body of a galaxy can either be a central star, a black hole, or, as is the case with Sagittarius A* at the centre of the Milky Way, a coincident bipolar singularity where a black hole and a central star are coincident. The matter pulled in by the central body will congregate to form multiple smaller stars. The smaller stars in turn exert a gravitational pull on the surrounding matter, which congregates into planets which orbit around the star to form star systems. The gravitational pull of the central body in a galaxy therefore holds the star systems in place. As the central body rotates, it causes the surrounding matter/star systems to rotate, and it usually creates a spiral galaxy. Centripetal force acts on this spiral; the outer star systems experience the greatest centripetal force, causing them to be flung out at the edges. For most of the life cycle of a galaxy, the gravitational pull/centripetal force is in balance. This balance means that galaxies have a long phase of stability when they can be several thousand light-years across. However, when the gravitational pull of the central body increases (due for example

to the formation of a black hole), the galaxy will shrink and it may pull matter in from adjoining galaxies. Conversely, when the gravitational pull of the central body diminishes, the galaxy will expand and it may lose star systems at the edges altogether.

Towards the end of the life of a galaxy, its central star will lose fuel and density and cool. There are countless possible outcomes including the following three scenarios:

- Dissipation - the central star of a galaxy could expand to form a red supergiant. It could then continue to expand and eventually dissipate, which could take thousands of years. If it has a metal core, this core will be left as a remnant. If it is just gaseous with no mass in its core, it will expire. The surrounding galaxy will then dissipate due to centripetal force. The stars and their orbiting planets could then be captured by other galaxies.
- Supernova - the surface tension of the central star no longer constrains the gaseous energy of the sun. At this point the sun will go supernova. The supernova explosion can occur on any timescale; it can take 100,000 years for the supernova to rip through the galaxy. Contrary to popular belief, a supernova is not preceded by gravitational collapse. If the central star has a dense metal core, it can form a neutron star after going supernova.
- Implosion and formation of black hole - if the central star has a metal core, it will exert considerable gravitational pull. If the outward pressure on the central star reduces, gravity could cause it to collapse and implode. This gravitational collapse can take thousands or millions of years. An implosion will create a gravity well which forms a black hole that pulls in matter from its galaxy. The amount of matter drawn in by a black hole depends on the balance between its gravitational field and the centripetal force acting on outer parts of the galaxy. A black hole will usually draw matter in from the central parts of the galaxy, but the outer reaches of the galaxy that are beyond the gravity field of the black hole will drift away.

The black hole created by a galaxy collapsing in on itself can also draw in matter from neighbouring galaxies. Super-dense particles such as neutronium will be formed in the black hole; one atom of neutronium has approximately the same mass as our planet. Most scientists believe incorrectly, that an imploding star or galaxy has to be a certain size before it can form a black hole. It is more usual for the larger stars or galaxies to form black holes, but it is not just the size that matters as the density of the core material is an important factor. If one atom of neutronium were dropped onto Earth, it would fall to the centre and its extreme gravitational force would pull all Earth's matter into the core. This would generate a black hole about the size of a pinhead.

The life cycle of star systems

The Universe has around an octillion (10^{27}) stars. A star system is a star with its gravitationally bound bodies in orbit around it such as planets, moons and asteroids. All stars at the centre of star systems are birthed in a stellar nebula, and the same principles apply as in the formation of a galaxy. Stars form around larger stars at the centre of galaxies, due to the gravitational pull from these galactic stars acting on surrounding cosmic dust. Some star systems are star clusters, such as the Pleiades star system which contains ten stars, but most astronomers can only detect seven stars in this cluster. Star systems within our universe have a cycle of birth, decay and death and this cycle is infinitely variable. The Overseer usually allows the process of decay to take its course, but very occasionally he (or a lightworker) rebalances the star system or refuels the star with hydrogen to reverse the decay and prevent it from collapsing.

Factors that determine the life cycle of a star include whether or not it has a core, the temperature of the possible core, the rate of expansion and the surface tension of the star. The possible scenarios are many and every outcome is different. There are many star types; the bigger the star, the larger the orbits of the planets around it. Astronomers measure the brightness of a star in terms of apparent and absolute magnitude, but magnitude measurements cannot give an accurate indication of a star's power. Factors such as the star's density, mass, constriction and temperature determine a star's power. Stable stars such as the Sun that fuse hydrogen in the core to produce helium, are main sequence stars. The Sun is very small in comparison to the size of other stars in the Universe. The surface temperature of the Sun is 5,000-6,000 °C, and its core temperature is 15 million °C, which is relatively low. There are stars hundreds of times the size of ours that are much hotter, such as Vega, which burns pale blue and has a surface temperature of 7,500-11,000 °C, and Spica, which burns bright blue and has a surface temperature of 11,000-28,000 °C. The star must have a certain amount of energy to emit stellar radiation.

Stars are hydrogen fuelled balls of plasma, and the more the plasma ball is constricted due to surface tension, the hotter and brighter it will become and the more it will radiate. All stars emit energy based on the fusion of hydrogen, and this process invariably begins with the fusion of the hydrogen isotopes deuterium and tritium. The temperature at which fusion occurs and the density of the star determines the type of rays that it radiates. The greater the density of the star, the bluer the colour and the shorter the wavelength of the radiation. A small dense star radiates heat and infrared rays, which we would not perceive as light, so we would not consider it to be a star. However, the sentient life-forms on the planets in a star system with a dense star may well perceive this wavelength as light. The stellar energy that sustains life can therefore take many different forms, depending on the

type of electromagnetic waves emitted by the star. Many planets and civilisations utilise wavelengths of energy from their star or stars that are in other parts of the electromagnetic spectrum such as infrared, cosmic rays or gravitational waves that we would have difficulty recognising. The higher the temperature of hydrogen fusion, the more cosmic rays are emitted, and the larger the mass of the star the greater the gravitational waves. Cosmologists have recently identified celestial bodies emitting infrared radiation which they have termed brown dwarfs. They consider them to be sub-stellar, but they are actually non-superradiant stars. They are still burning and fusing hydrogen but at a much lower temperature than stars that emit visible light, so they emit infrared radiation.

In some star systems, the stellar wind that sustains planets can be so strong it can power space ships travelling between planets. Some planets are sustained by being dimensionally-ported to another planet with a star. For example, a planet in galaxy NGC 584 and a planet from the Sirian star system are dimensionally-ported and linked by a telepathic field, but the wavelength of this field is beyond human detection. Several star systems in galaxy NGC 584 galaxy are double or triple starred, so the relationship between the different energy wavelengths emitted and the planets can be complex.

Many star systems have their planets held in orbit by magnetism as the cores of the planets are iron-nickel, so they tend to orbit in roughly the same plane. However, many star systems have planets with crystalline cores which do not orbit in the same plane. Some planets have an elliptical orbit around the star so that the 'annual' cycle for beings on these planets is uneven. They need stellar radiation to sustain life, but they only receive this in one part of the orbit. If the orbit takes 10,000 years (equivalent to our 365 days), life may only be sustainable for 1000 years of that orbit. Therefore, beings may hibernate for the other 9000 years.

Stars are always in either a state of expansion or contraction, just like a mini-universe. The time between different stages in the life cycle of a star can be billions of earth-years. The longest stage of a star's life cycle is usually the stable main sequence star stage, when there is a balance between the inward gravity force and the outward force from heat. It will continue in this balance until hydrogen fuel is depleted. When a star is described as imploding or exploding, these terms can be misleading as these processes take billions of earth-years. Very gradually the process of hydrogen-fusion in a star will use up all the hydrogen. Our sun could have a colossal thermo-nuclear explosion and form a supernova in around half a million years unless it is refuelled with hydrogen. This supernova explosion could bring about the demise of the Sun, but the Overseer may give an injection of hydrogen to re-balance it.

An average-sized main sequence star will form a red giant as it runs out of fuel, or a massive star will form a red supergiant. As it uses up its hydrogen, the core of the star will no longer have sufficient gravitational pull on the surface of the star, so it will expand and become less dense. The reduction in gravity will reduce the centripetal force that holds the planets in orbit around the star. As the gravitational pull weakens, the planets will move further away from the star. Some outer planets may get flung out of the star system, and they could enter the gravitational pull of another star and be captured. The red giant star will continue to expand and weaken. As it spreads out, it will gradually consume all the planets, apart from those that escape to another star system. The red giant could be refuelled by the planets it consumes, thereby increasing its gravitational pull. A red giant star could also lose cohesion and create a supernova, or it could implode into a dense white dwarf. If the white dwarf is dense enough it can collapse into a neutron star. A neutron star is a very dense star predominantly made of neutrons, which can be very small but with an enormous mass. A neutron star emits considerable axial light and axial radio wave energy, and its force of energy can destroy planets.

A star system can be considered dead when the star is no longer able to support life on its planets. Ways in which a star system can die include:

- The star becomes a red giant, so the gravitational pull reduces and the planets move further away and can no longer sustain life.
- The star goes supernova, thereby exploding and sending shockwaves that destroy all the nearby planets and catapult the outer planets into outer space as comets.
- The star gravitationally collapses and forms a highly magnetised pulsar which irradiates the cosmos with cosmic rays.
- The star implodes thereby creating a black hole that draws in and consumes the surrounding planets.

[Effect of the death of a star on civilisations](#)

The death of a star system can be slow or fast. If the gravitational pull from the star reduces, thereby cooling its temperature and causing the planets to gradually expand their orbit, the death will be slow. If a star goes supernova and explodes, the death will be rapid. There may be sufficient time for the civilisations in a dying star system to take remedial action. If the civilisation is sufficiently ascended, the beings could just adopt their etheric form and leave the planet. Alternatively, if technologically advanced, they could use a 'high tech' solution such as creating an explosion that causes the planet to collide with a moon, thereby projecting the planet into a more energetic and sustainable orbit. Alternatively, the Biosphere One lightship could 'scoop' them up and transfer them to another planet ready

prepared in a planetary engineering workshop. As is the case on Earth, there could be extinction level events (ELE's) that enable the ascension of beings.

Formation of the solar system including 'Planet Nine'

The material that made the solar system started as a large wispy cloud of dust and gas in the cosmos. A small part of this cloud collapsed in on itself to create a spinning disc of dust and gas. When sufficient material collected in the disc's centre, fusion commenced, and this spawned our sun around 4.6 billion years ago. The Sun consumed most of the material in the disc, but the residual dust and particles clumped together. As the clumps increased in size they formed planets, dwarf planets and moons. Earth started its formation as a meteorite with a heavy iron and nickel core, which became caught in the Sun's gravitational pull. The gravitational pull of the meteorite attracted dust and particles from clouds around the Sun which accumulated matter around the meteorite. Earth's iron and nickel core is material from the original meteorite. Eventually, the mass of the growing meteorite found a place where it was held in orbit around the Sun, around 4.5 million years ago. The speed of rotation of Earth around the Sun is 67,000mph, and the speed of rotation of Earth on its axis is 1,000mph. The moon was a large lump of rock that came in to the Earth's gravitational field. It started to orbit Earth 130 million years ago.

Astronomers have defined a planet as being a large celestial body that orbits a star. To be a planet it must also have enough gravity to force it into a spherical shape, and be big enough for its gravity to clear away any other objects near its orbit. The eight planets in our solar system, and the dwarf planet Pluto, orbit the Sun. In 2006 Pluto was downgraded and categorised as a dwarf planet as it does not meet the criteria to be a major planet; it has not cleared its orbital region of other objects. However, the definition of a planet is not clear cut. Planets in other parts of the Universe do not always orbit stars, as there are rogue planets that have broken away from a star's orbit. This often happens when a star goes supernova, causing the inner planets to be consumed and the outer planets to be liberated. The planets in our solar system reflect light from the Sun so can be seen from Earth, and most astronomers assume that all planets reflect light. However, not all planets in the cosmos reflect light from their star, as not all stars emit energy in the visible part of the electromagnetic spectrum. This is one of the reasons why there are many times more planets in the Universe than humans can detect. The Kuiper Belt is the large region in the outer cold reaches of our solar system beyond the orbit of Neptune. It contains the 'left overs' from the solar system's early history. Astronomers have speculated that it may contain an unknown planet, but in the third dimension the Kuiper Belt only contains icy bodies and dwarf planets. However, there is a 'ninth planet' in our solar system that exists only in the fifth dimension. Astronomers have been able to detect the gravitational effect of

this planet and they commonly refer to it as Planet Nine. However, they have wrongly assumed that due to its gravitational effect it must exist in the third dimension.

Planets are formed from the left-overs of star creation. Gravity pulls in heavier materials, and a protoplanet with a heavy core creates a strong magnetic field which accelerates this process of accretion. However, not all stars have orbiting planets, not all planets orbit a star, and many planets are in multiple star systems. The relationship between stars and planets is often complex and changes over time, such as when galaxies collide and merge or stars are captured by gravity from 'competing' cosmic bodies. When galaxies collide they mesh together, and the larger galaxies capture billions of star systems from smaller galaxies.

The formation of planets from debris may sound random, but it is precisely choreographed by the straplines of the Universe. Each planet has a consciousness, a purpose and an optimal outcome. The consciousness of planet Earth is Gaia Star, also known as Mother Earth. All stars and black holes similarly have a consciousness, a purpose and an optimal outcome in their formation. Nothing in the Universe is random.

[Opening portals between galaxies, star systems and planets.](#)

A portal or energetic gateway can be opened between any time or space dimension. It can link up planets in a different time and/or space so that travel between them is instantaneous. Portals are not usually open all the time, but they automatically open as and when needed. However, portals can be abused and can lead to planetary interference. A portal may be opened for benign purposes on both sides initially, but if the civilisation of one planet becomes assertive or malicious, the civilisation could invade the other planet. It could plunder it, or even destroy it with a black hole sent down the portal either deliberately or inadvertently. Sometimes there is a whole network of planets interlinked by portals so they can do 'planet hopping'. This means beings can end up on a planet they do not have a direct portal link with and where they are not welcome; this can get very complicated and cause disasters. The Overseer can rectify portals that have been misused and planets that have consequently been abused or trashed. Materials that are taken from one planet onto another planet invariably lead to problems, as one planet loses energy and the other planet gains alien material. Star systems and galaxies are closed energy systems, but if a portal is opened up between them, then the event horizon will deal with any energy loss or gain. The event horizon of a portal automatically enables beings from one planet to exist on the other planet with the appropriate life support system. Wormholes provide a connection between two energetic systems that are imbalanced, and they tend to snake around at the ends. They are equivalent to the Eustachian tube equalising pressure between the ear and the nose.

Chapter 5: Mass and subatomic particles, gravitational waves and the Central Star

How energy acquires mass, gravitational force and gravitational waves

Everything in the Universe comes from Source Energy and has an energy vibration, but this vibration cannot be measured by human instrumentation. If the vibration of Source Energy is lowered, then at a critical point the vibration will be low enough for it to acquire mass and the properties of matter, but it is still energy. This mass will comprise subatomic particles and will have a measurable weight, and will have a vibration that is in the third dimension. All matter is energy with a very low vibration, giving it a third dimensional substance and the physical properties of a solid, liquid or gas. Subatomic particles are made of energy and therefore all atoms and molecules are made of energy. Elemental energy creates subatomic particles with mass from which all physical matter is made, and each type of particle has a specific vibration. The energy signature for each type of subatomic particle is definable according to the measurable effect it has on its surroundings within its energy field. Quarks, which only exist when bound together, are elementary constituents of protons and neutrons. Matter also contains electrons, which are electrically charged elementary particles that can exist on their own outside atoms. Protons, neutrons, quarks and electrons all have mass, as gravitational force acts on them. A neutrino (or spin energy) however has no mass. If a mass is big enough it will create its own gravitational field. A large mass does not necessarily mean a large size; one atom of neutronium has about the same mass as Earth and would have sufficient gravitational pull to create a black hole.

Gravitational force is a vital force of energy that comes from Source Energy. It is an inherent trait of this Universe, and it is the force that binds this universe together. As with everything, this force is driven by the straplines of the Universe so is optimally choreographed in all respects; nothing affected by gravitational force is random. It determines that matter has both mass and weight; if there was no gravitational force, matter would have no mass or weight. Mass is the amount of material contained in a body, and weight is the measurable gravitational force exerted on that body. Gravitational force attracts a physical body towards another physical body with mass. Anything with mass will pull particles towards itself, and these particles will accrete, so it creates mass by traction. Gravitational pull causes quarks to accrete, and in turn this causes protons, neutrons and electrons to accrete, which creates different atoms that join to form molecules, the building blocks of matter. This process of accretion continues, and eventually planets, star systems and galaxies are formed.

The Universe is held together by gravitational waves. The cumulative effect of the gravitational force and the rotation of a star creates spiralling waves of gravity (gravitational waves) that radiate out from the star. Gravitational waves cause cohesion in the Universe and the balance between gravitational waves and centripetal force holds the Universe together. Without gravitational waves, all particles of energy and matter would disperse and the Universe could not exist. This is the principle on which stars and planets are formed from clouds of particles (nebulae). At the centre of the Universe is the supermassive Central Star which generates 83% of the gravitational waves in the Universe. Gravitational waves are the product of the gravitational field of this Central Star and all other stars, combined with the centripetal force within the Universe caused by its rotation, and the surface tension of the outer energy bubble of the Universe.

The Central Star is a supermassive rotating ball of Source Energy which is 30 light-years across. It has a relatively small nickel core at a temperature of 15 million °C and predominantly comprises superheated plasma with a surface temperature of 5,600°C. The hydrogen fusion process in the Central Star creates all other elements in the Universe. The Central Star is elliptical rather than spherical due to distortion from the centripetal force and its gravitational field is the size of the Universe. This supermassive ball of energy creates two sets of gravitational waves that permeate the entire universe, causing all matter in the Universe to be drawn inwards. Gravitational waves travel through most mass in the Universe, but they will be distorted and bent around mass with a high density such as a black hole, or a planetary core containing neutronium or iron-nickel, including Earth's core. Without the Central Star, the Universe could not be maintained.

The Central Star generates a ripple effect of gravitational waves, which are waves of energy travelling at the speed of light throughout the Universe. These waves maintain all bodies with significant mass such as galaxies, star systems and planets in a predetermined orbit. The orbits are maintained by the balance between the inward gravitational pull from the Central Star, the centripetal force from the rotation of the Central Star, and the centripetal force from the rotation of the Universe. All central masses of galaxies (central stars and black holes) and stars generate gravitational waves that permeate the Universe to an extent that is commensurate with their mass. Planets do not create gravitational waves, but they do have a gravitational field. The gravitational waves from the Central Star, and from the central bodies of galaxies and stars interact, so no formula can be given to describe or predict the effect of these combined gravitational waves. The wavelength of the two sets of gravitational waves generated by the Central Star is exceptionally long; approximately 30-50 million miles between each wave peak. However, it is not possible to give an absolute wavelength for these waves, as when they move away from the Central Star they expand, and the distance between the wave peaks increases. The wavelength continues to increase

right up to the point where they reach the boundary of the Universe, and then compression occurs. At the boundary of the Universe, the compression is extreme and the distance between the wavelength peaks becomes infinitesimally small, and the wavelength is exceptionally short.

Centripetal force makes a rotating body follow a curved path and draws it towards a centre and maintains it in a circular motion; it is both caused by and in balance with gravitational force. The clouds of particles in nebulae start rotating, and the denser the mass that accretes in the nebulae, the greater the speed of rotation due to the increased gravitational pull. As matter accretes and eventually forms planets, stars and galaxies, these bodies will continue to rotate due to inertia. The speed of rotation of galaxies must be put into perspective. Our galaxy is 100,000 light-years across and 1,000 light-years wide; the outer edge of the Milky Way spiral takes over 250 million years to complete one rotation, so it is difficult to observe. From our perspective we perceive around half of the bodies such as galaxies to be rotating clockwise and half to be rotating anticlockwise, as there is no up or down in space.

Gravitational force creates mass, and mass creates gravity so they are inextricably linked. Gravity is the force by which a planet or other body draws objects towards its centre, such as the gravity we experience on Earth. The Sun's gravity maintains the Earth in orbit around it at the optimal distance, and the Earth's gravity holds our planet together, holds down the atmosphere and optimally holds us on the ground. The amount of gravity experienced diminishes with distance from the Earth, as is shown in space travel. Physicists do not fully understand gravity, and many popular theories are incorrect. The general belief amongst scientists is that there must be elementary particles carrying gravitational field. They refer to the hypothetical force carrying particles for gravity as gravitons. Some describe gravitons as tiny particles emitted by objects with mass that are responsible for gravitational attraction. However, there are no such things as gravitons; gravity can be explained by the inherent energy force that binds the Universe together. Also, Einstein believed that gravity is the result of the warping of spacetime and the motion of objects through the warped spacetime, but this view is only from the third dimensional perspective. Humans may perceive Einstein's Theory of General Relativity to be true, but in reality the concept of the warping of spacetime is irrelevant as there is no separation in time and space anyway due to quantum entanglement (see Chapter 8).

The centre of any celestial body with mass, such as the iron-nickel core of Earth, will pull surrounding matter towards the centre. The amount of gravity experienced therefore depends on the extent to which the central pulling force exceeds the centripetal force of the body. The amount of gravity on a star or a planet is determined by the mass and density

of the body, the speed of rotation and the centripetal force. It is generally true to say that the larger the mass (the amount of matter in an object), the greater the gravity. Mass is not related to size; for example, Jupiter is very big but does not have much mass as it has such little gravity. If it had more gravity, the gas clouds would collapse and a smaller denser planet with the same mass would be created. The denser the celestial body, the greater the gravity. A denser object with a given mass is smaller, so objects will be closer to the centre of the mass and will experience a stronger gravitational force. The gravity of a celestial body maintains it in a spherical shape.

Gravity can also be created without mass through the use of Source Energy. All civilisations with lightship technology are able to generate their own gravity, as required for their optimal comfort on their lightships. On the New Jerusalem lightship, there are different amounts of gravity on different levels of the ship. This differential is to accommodate the many civilisations on board, who function in different amounts of gravity. Those civilisations from planets with a low level of gravity, tend to be tall and slender. Those civilisations that come from planets with a high level of gravity, often have a very strong skeletal structure, for example made from carbon fibre.

[Subatomic particles and neutrinos](#)

All atoms in this universe are constructed of protons, neutrons and electrons which are subatomic particles. The protons and neutrons form the nucleus of atoms, and these can be broken down into smaller elementary particles called quarks. Protons usually contain three quarks (two up quarks and one down quark) and gluons. Neutrons usually contain one up quark and two down quarks and gluons. Protons and neutrons are drawn together to form an atom's nucleus. The resulting combination of three up quarks and three down quarks balance, and this balance binds them together. Quarks are particles with mass, but gluons are just fields of energy that hold the quarks together in protons and neutrons and do not have mass. Quarks can be broken down into even smaller particles, but if the smallest particles were to be broken down, they would just release energy with no mass. Similarly, electrons can be broken down into energy with no mass. All matter is made of energy, and therefore any particles broken down will be found to comprise only energy. Each type of subatomic particle has a unique energy signature that is definable. All energy comes from Source Energy, so ultimately everything comes from this.

The Large Hadron Collider (LHC) at CERN laboratory (The European Organisation for Nuclear Research in Switzerland) is the world's largest and most powerful particle accelerator. It collides proton beams at nearly the speed of light to create smaller elementary particles for the purposes of research. However, human scientists still struggle to fully understand particles and energy. Particle physicists consider neutrinos to be elementary particles but

they are not particles as they are purely energetic spin and contrary to popular belief have no mass. Spin is an angular velocity, and neutrinos give electrons their spin and enable them to spin around an atom's nucleus. However, neutrinos can be measured by the effect they have on particles around them, as they 'stir up' energy in the surrounding space. Neutrinos pass through any matter, but they leave an energetic footprint. The Sun is producing an increasing number of neutrinos that pass through Earth to the core. These neutrinos are speeding up the spin of Earth's molten core and the moving mantle, which is causing a drag on the Earth's crust. This in turn is causing fracturing of the tectonic plates, which will cause significant earthquakes and tsunamis within 50 to 1000 years.

[Dark space \(usually referred to as dark matter and dark energy by physicists\) and light speed](#)

Cosmologists have concluded that space must contain dark matter, but this deduction is hypothetical. They believe that space contains particles that do not absorb, reflect or emit light, and cannot be detected by observing electromagnetic radiation. They are looking for particles to explain what they refer to as dark matter, but no such particles exist.

Astrophysicists also refer to the unidentified influence that drives the accelerated expansion of the Universe, as being dark energy. They believe that dark matter and dark energy comprise 95% of the mass-energy of the Universe. The area of space they consider contains dark matter and dark energy is a void with no matter or energy, so dark space would be a better term. The bulk of the Universe is composed of dark space, which is a filler with no physical properties. Currently 63% of the space in the Universe is dark space, but as the Universe is still expanding, this % is increasing. Dark space does however have a signature; it makes light travel in a curve, and it exerts a gravitational pull. As the Universe expands and energy decrease in density, dark space becomes more vacuous. Human cosmologists do not understand the nature of dark space, and therefore they do not comprehend most of the Universe. Physicists are looking for a hypothetical particle they have called the 'dark photon' to explain what they believe to be 'dark matter', but this particle does not exist.

$E = mc^2$ (Energy equals mass times the speed of light squared) is Einstein's well-known equation. We perceive this equation to be valid as dark space applies friction to light as it accelerates through space, so it limits the speed of light; without dark space light would keep accelerating. Einstein considered the speed of light in the Universe to be constant; it is correct to say that photons of light travel at a constant speed in relation to their surroundings. However, this speed would not be constant if measured from outside the Universe. Density of energy in the Universe is not uniform so light does not travel in a uniform way throughout the Universe. Energy at the centre and at the very edges of the

Universe is denser than the more diffuse energy in the bulk of the Universe. The denser the energy, the greater the curvature or distortion of light waves. Also, time on Earth speeds up and slows down on a regular basis, so our perception of time can only be relative. The measurement of light-years is not constant throughout the Universe as the speed of light changes according to the perspective of the perceiver. Therefore, the light speed calculations that scientists have made are only correct from the limited human perspective.

Chapter 6: The 'God particle', antimatter, the counterpart universe and time

The 'God particle' (Higgs boson), CERN and 'Hawking radiation'

Particle physicists have recognised that there must be something else in existence that makes the existence of matter possible and explains the Universe, and they believe that this something else is the Higgs boson particle. Particle physicists believe they have proved the existence of the Higgs boson, but they have never isolated it or created it. According to particle physicists, a boson is a particle that carries energy and forces throughout the Universe, and the Higgs boson is the fundamental force carrying particle associated with the Higgs field responsible for granting elementary particles such as electrons and quarks their mass. The Higgs boson was nicknamed the 'God particle', as it was considered to be the carrier of all forces in nature. Particle physicists believe they made the first observation of the Higgs boson particle (named after physicist Peter Higgs) during experiments in the Large Hadron Collider (LHC) at CERN in July 2012. Physicists believed the Higgs boson was the last piece in the jigsaw of their understanding of how the Universe works, but their jigsaw is definitely not complete. Scientists at CERN do not understand that they can only detect 1% of the particles and energy scatter from collisions in the Large Hadron Collider as only 1% is on the third dimension; the other 99% of the scatter is energy in a higher dimension. CERN will therefore never be able to measure or fathom multi-dimensional energy using third dimensional technology.

The existence of the Higgs boson is only hypothetical as in reality the phenomenon that makes the existence of matter possible is not explained by a particle. The Higgs field is a zero-energy field, and again this field does not exist in the form believed. Scientists are not able to identify, isolate and measure the 'particle' that finally explains the Universe, as this phenomenon is not explained by a particle. The phenomenon is the energy used to manifest and maintain everything in the Universe, which is also used for healing in MUHET therapy. This is Source Energy which cannot be measured by humans; the only way scientists can perceive its existence is by measuring the effect it has on the surrounding

particles. Scientists have wrongly assumed that because they can measure the effect of this phenomenon on surrounding particles that this must be explained by the existence of another particle. The phenomena that particle and quantum physicists cannot comprehend can be explained by Source Energy and quantum entanglement (see Chapter 8). Empirical research has been done to demonstrate the effects of Source Energy on the physiological functions of people's bodies (MUHET therapy), but unfortunately the publication of the results has been prevented, as described at the end of Chapter 12.

The Overseer has had to block the ability of CERN to create 'God particles' in the Large Hadron Collider, as the CERN scientists have not thought through the potential dangers of their experiment. The 'God particle' has a consciousness and the drive to expand and develop. If created through an experiment in particle acceleration without the confines of straplines, it could ultimately generate another universe within our universe. The consequences of CERN scientists thereby creating a new universe could be catastrophic. Without the intervention of the Overseer, this could cause the new universe to expand inside and ultimately explode and destroy our existing universe.

Scientists at CERN are aiming to create a black hole (singularity). This experiment is also highly dangerous and could destroy our planet. Any experiment to create a singularity must be in a perfect vacuum (which is not achievable) in an energetic force field that exceeds the energetic potential of the event horizon of the singularity. Even the creation of a subatomic black hole could cause the implosion of the planet. If not contained for the entire life time of the singularity (which could be eternity), the singularity would continue through Earth to the molten core consuming all matter in its path. The Overseer has therefore had to intervene to prevent this scenario. In 2022 scientists at the University of Amsterdam in the Netherlands believed they simulated a black hole event horizon in a laboratory experiment to study what is referred to as Hawking radiation. However, they are mistaken in their belief that this was a synthetic black hole; they just created a momentary hyperspatial gateway to null space (the space existing just beneath proper space) with a definable event horizon, which was not sustainable. The Dutch scientists observed a ring of infrared thermal radiation in the form of light around the phenomenon they described as a simulated event horizon of a black hole. They believe this glow proved the existence of Hawking radiation (which has never been observed) but this is not correct. Hawking was correct in predicting the existence of radiation at the event horizon of a black hole. However, he believed that this was thermal radiation spontaneously emitted by black holes which is not the case. This radiation is energy and particles breaking free from the gravimetric field of the black hole at the rolling edge of the event horizon. Energy and particles are never released by a black hole once having passed the event horizon, so Hawking was not correct in believing that there is a process by which energy is emitted by a black hole causing it to evaporate. The

only factor that causes the evaporation of a black hole is lack of matter to consume: a black hole will only shrink when the rate of material consumption is not sufficient to sustain it.

However, sometimes the following types of energy and matter can escape at the rolling edge of an event horizon:

- energy such as x-rays
- light in the visible spectrum
- sub-atomic particles without 'handles' such as quarks and charms
- neutrinos (which are just energetic spin)

Not all the energy and particles listed above are pulled in by the gravimetric field of a black hole. Depending on the angle the energy waves and particles hit the event horizon, they may bounce off or be liberated by the rolling edge and escape. Neutrinos and x-rays often escape the event horizon sideways. The collisions of escaped particles create a superheated plasma that emits billions of tiny sparkles in a ring around the edge of the event horizon which we may perceive as being a glow. The sparkles are usually seen as light in the blue/white end of the visible light spectrum but they may also have other electromagnetic properties. The greater the temperature of superheated plasma the greater the glow; the temperature is directly proportionate to the amount of matter and energy being consumed by the black hole. Hawking believed that black holes have temperatures that are inversely proportional to their mass but this is not correct.

Human physicists at installations such as CERN and Fermilab, (the latter being the particle physics laboratory in the USA), understand the Laws of Physics only as it relates to physical matter on the third dimension. However, they do not fully understand:

- the Laws of Physics relating to energy
- how mass is made from energy
- the relationship between time and space; scientists refer to this as the spacetime continuum, but this concept is incorrect
- the non-linear time in the rest of the Universe
- every element of energy, matter and consciousness in the Universe is connected as one by quantum entanglement; there is no separation in time and space
- collective consciousness
- manifestation or creation through consciousness
- the fourth to tenth dimensions
- gravitational waves from the Central Star of the Universe, central stars of galaxies and stars that hold the Universe together
- the importance of the Schumann resonance

- dark space
- black holes and the counterpart universe
- the relationship between matter and antimatter
- the source of the Universe

Einstein's principles are not relevant in the energetic realms, so a new set of 'Laws of Energy' is needed. Energy plus consciousness (sentience) creates manifestation (of matter or energy). This is the reason for creation.

Energy + consciousness = manifestation.

All energy comes from Source Energy, and if sentient entities apply intention to this, anything can be manifested. This is how MUHET energy therapy works; anything in the body can be manifested using Source Energy.

[Antimatter and null space](#)

Particle physicists and quantum physicists are also perplexed by what they call antimatter. They assume antimatter and matter was created in equal amounts at the beginning of the Universe but the antimatter subsequently disappeared. They are still searching for it and are trying to find how and where it disappeared. Scientists at CERN have used the Large Hadron Collider to smash particles together at near light speeds to create antimatter. The findings of their experiments contradict what they perceive to be the 'Laws of Physics' so they are mystified. Physicists predicted that antimatter must exist to balance out matter and they have discovered antiparticles that have an opposite electrical charge to particles. They have found that an electron which has a negative charge, has an antimatter partner with the same mass and a positive charge known as a positron. They have also found that positively charged protons containing quarks, have negatively charged antimatter equivalents with the same mass called antiprotons containing antiquarks. CERN have produced positrons and antiprotons in many particle acceleration experiments. They have trapped and studied antiprotons for several months but positrons are more difficult to trap. When matter and antimatter come together in the same time and space they disappear due to mutual annihilation, so the challenge is to separate them for as long as possible. Matter and antimatter can only co-exist if the positional delimiter is not compromised. The positional delimiter is the distance they are apart which must exceed the combined energetic attraction to avoid nullification. CERN has trapped antimatter in a near perfect vacuum to prevent antimatter from contacting air, and in a 'magnetic bottle' to prevent it from touching the matter of the container. However, it is not possible anywhere in the Universe to create a perfect vacuum as there will always be hydrogen in space, and the

magnetism cannot be sustained indefinitely as it is reliant on an unbroken power supply, so the storage of antimatter can never be long term.

CERN have found that the annihilation process in which matter and antimatter come together in experimental conditions transforms their mass into energy. However, this energy is only released under these experimental conditions where the rate of annihilation is controlled with a moderator. In normal conditions in nature throughout the Universe, the process of bringing particles and antiparticles together simply results in mutual annihilation without the release of any energy. However, scientists would not be able to understand this as they cannot verify it experimentally. The energy required to create antimatter in a controlled environment such as at CERN far exceeds the energy produced. The production of a usable amount of antimatter would require more than the total energy of the planet, so humanity will never be able to use antimatter.

The fleeting creation of antimatter in the Universe can occur through events such as particle collisions, the decay of high order elements and when matter falls in to a black hole. However, at any one moment the amount of antimatter in the Universe is not significant, and the search for it has distracted scientists from understanding the Universe. In natural conditions antimatter only lasts for femtoseconds before it is annihilated by matter; it is so short lived its existence in the Universe can be discounted and this was the case even at the time of the so-called 'Big Bang'. Nullification of antimatter occurs when it comes together with the equal and opposite matter in mutually assured annihilation. The matter/antimatter goes in to null space which is the space existing just beneath proper space. Here the matter/antimatter is nullified; it ceases to exist, but it is not destroyed as it is returned to Source. The polarity between matter and antimatter is used in the mechanism to balance the Universe. All matter and antimatter is balanced by counterpart matter and antimatter in the equal and opposite counterpart universe, and this has been the case since the incipience of the Universe.

Scientists do not understand the relationship between matter and antimatter in the counterpart universes; all particles in the Universe contain an antimatter counterpart in order to maintain balance in the counterpart universes. The Universe is based on duality so there must be an equal and opposite of absolutely everything, in the same way that a battery needs a positive and negative polarity to exist. For example, what we refer to as an electron in reality contains an electron and a positron as these two dualities are part of the same electron/positron particle that exists in the counterpart universes. They exist simultaneously in the equal and opposite counterpart universes and cannot be separated on a third dimensional level. Similarly, what we refer to as a proton is in reality a proton and an antiproton. These are the dualities of the same proton/antiproton particle in the

counterpart universes, and cannot be separated on a third dimensional level. Neutrons do not have an electrical charge so do not have an antiparticle, but they are still energetically inverted and balanced in the same way in the counterpart universes.

The counterpart universe has the opposite polarity of energy and matter manifesting in the opposite way. The opposite of the opposite is the same, so the opposite energy and matter in the opposite universe is exactly the same energy and matter. Therefore, all matter, energy and consciousness in our universe is balanced by the identical matter, energy and consciousness with reversed polarities in the counterpart universe and the counterpart universes together are one whole. We are not aware of the duality of our existence in the counterpart universes, as our consciousness exists simultaneously in both dualities and together the dualities create one whole which cannot be separated.

- In one of the counterpart universes, an electron is balanced out by a positron in the equal and opposite universe. However, the opposite of the opposite is the same, so what we perceive to be a positron in the equal and opposite universe is actually an electron in both universes.
- In one of the counterpart universes, a positron is balanced out by an electron in the equal and opposite universe. However, the opposite of the opposite is the same, so what we perceive to be an electron in the equal and opposite universe is actually a positron in both universes. This balance is only fleeting due to the ultra-short life of a positron.
- In one of the counterpart universes a proton is balanced out by an antiproton in the equal and opposite universe. However the opposite of the opposite is the same, so what we perceive to be an antiproton in the equal and opposite universe is actually a proton in both universes.
- In one of the counterpart universes, an antiproton is balanced out by a proton in the equal and opposite universe. However, the opposite of the opposite is the same, so what we perceive to be a proton in the equal and opposite universe is actually an antiproton in both universes. This balance is only fleeting due to the ultra-short life of an antiproton.

All energy and matter in the Universe is balanced by equal and opposite energy and matter in the counterpart universe. An exchange of energy and matter is needed between the counterpart universes to keep them in balance and the Overseer balances the constant flow of mainly energy between the two universes. The portals between the two universes have a two-way flow to keep the matter separate. This is important, as if matter flowing from one universe were to meet matter flowing from the other universe, it would nullify the matter. If the counterpart universes were to be brought together they would cancel

each other out and all would revert to the original pearl of Source Energy. The matter must flow in the two-way system from one to the other in both directions simultaneously to keep the two universes energetically balanced. The change in the polarity of the matter is done by the event horizon of the portals.

Time and temporal paradigm shifts

Our linear forward movement of time at a constant rate is a strange and very limiting concept. Humanity has constructed a notion of time as if the Universe revolves around the Earth's orbit. We measure the day as one rotation of Earth on its axis, a month as the time for the Moon to revolve around us, and a year as the time taken for Earth to revolve around the Sun. However, there are no fixed points of space in the Universe, and as our time measurement is based on space and space isn't fixed, then our timescale can only ever be relative and not absolute. Other planets have 'timescales' vastly different from ours. For example, some planets have a frequency that is so low and slow, the time taken for one heartbeat is equivalent to a millennium.

Linear time is most unusual in the Universe, as most civilisations can transcend the dimensions of time and space. All planets are connected to the Universal Time Constant (UTC), which gives a definitive Now Point to be anchored to. However, time travel is routine in virtually all civilisations apart from humanity. Time cannot be changed on Earth from the third-dimensional level, but time can be changed from a higher dimension. Alternative timelines can be drawn using a temporal paradigm shift. For example, time can be wound back to before a cataclysmic event and then wound forward again with a new reality minus this event. This tool can be used with MUHET therapy following trauma for an individual or an entire galaxy. Temporal paradigm shifts can also be used to help civilisations in trouble, as they can rectify mistakes. Temporal tweaks have been done in this way to help humanity, but we continually repeat the mistakes. For example, the Overseer has halted tectonic plate shifts caused by our fear and abuse of Earth that would otherwise have led to a catastrophic tsunami. But humanity does not learn lessons and continues to destroy environments on the planet; our civilisation will eventually face the consequences of our actions as we cannot continue to be rescued by temporal shifts. The temporal shift work is done while galaxies, star systems, planets or beings are in stasis, so it is out of the awareness of the civilisations. The only limitation is governed by the Temporal Paradox Rule. This rule states that beings and matter can be in the same place at a different time, or the same time in a different place, but cannot be in the same place at the same time. If this rule is broken, the matter involved will be scattered and nullified.

We can incarnate in the past or the future, into bodies that have existed or will exist again. The temporal implications of this are self-regulating, as being born in the past creates a new

temporal reality in the now. It is only the Now Point that is the reality, and it is not influenced by the past or the future.

Rectifying a multi-temporal concausality.

Civilisations can cause a split in time, creating a problematic parallel timeline called a multi-temporal concausality. Several thousand parallel timelines can be created in slices of time, and parallel universes can be formed by temporal paradoxes created on a universal level. If the parallel timeline needs to be removed, time can be wound back to before the event that caused the split. The timeline can then be wound forward to the Now Point, minus the parallel timeline. The collective consciousness of the civilisation that caused the split can be shown how their actions caused this problem, and hopefully they will then proceed without repeating this mistake. If they continue to make the same mistake, then an intervention may be required to prevent them from taking this course of action. There are ascended and non-ascended beings who are disruptive and who misuse their power to meddle with time and space. Reprimands are occasionally needed and in the case of serious transgression, de-ascending can occur. The Overseer has help from the Time Enforcement Agency (TEA); the entities in the TEA monitor and address broken time laws and other time problems. The TEA can foretell what malign tinkering is about to be done with time and space and intervene to prevent it, so remedial work can be done pre-emptively to avoid the need for winding back time to rectify the Universe.

Time and space travel

There are four main types of time and space travel in the Universe:

Hyperspace travel: This does not involve time. Hyperspace is the slice of space existing between space and space and is connected by two portals. Before you enter the portal, the exit portal required should be open at the other end, or the molecules of the matter being transported could be dispersed throughout the Universe.

Inter-dimensional travel: This does involve time. An inter-dimension is a thin sliver sitting between dimensions. It involves up to a 3-second time-lapse between any two points in the Universe. Crystals like quartz and labradorite can be utilised for inter-dimensional travel. There is a very special mineral called nequitine (a fibrous material that is found inside volcanic nodules) that has special energies giving the correct vibration for this travel. Extraterrestrials have come to Earth to mine nequitine. It is possible (as alchemists have known hypothetically for a long time) that if we can change a material's energy, we can make anything into anything else.

Null Space travel: Null space is the space existing just beneath proper space. The energy is on the same frequencies as proper space, but they are slightly displaced just below it. If you step in here, you will be everywhere all at once. Molecules lose cohesion, so it can be problematic if a mistake is made during the travel process. Null space can be used as a 'universal dustbin' to dispose of unwanted matter and energy which is then returned to Source. It is used in MUHET energy therapy to dispose of energy blockages removed from clients. The Overseer can also use it to universally broadcast to all times and all places.

Translocation (travel by temporal and spatial folding): This is the easiest and safest method of travel and regularly used by higher dimensional beings. Two points in time and space on different sides of a portal are folded together and then stepped across. Beings merely project the intention of creating the companion portal where and when they want to be. In most instances, the times in the two portals are locked together, so travel anywhere in the Universe is instantaneous. Travel can be in space but not time, time but not space, or time and space. If the latter, then there is a risk of creating a multitemporal concausality, which can cause dispersion of the molecules of the matter being transported, throughout time and space.

Chapter 7: Energy work to balance and rectify the Universe

Energy work done by the Overseer and lightworkers

One of the most important roles of the Overseer is to balance the two equal and opposite counterpart universes. This ensures that the light and shadow polarities are balanced at all times. This balancing of the light and shadow realms is explained more fully at the end of this chapter. The Overseer rarely intervenes to rebalance galaxies or star systems, and very rarely to rebalance planets. Intervention in our universe is only required very occasionally and in exceptional circumstances such as:

- a civilisation has had premature contact with another planet
- beings have opened a portal to a parallel dimension
- wormholes have been tampered with
- what we refer to as spacetime has been interfered with or torn
- there has been a collision with another planet from a parallel time/dimension
- a star that becomes unstable or depleted is normally left to diminish, but very occasionally it is rebalanced or refuelled with hydrogen

Civilisations are autonomous and left to their own devices to ascend or descend, according to their actions. The Overseer does not even usually intervene to avert catastrophic actions such as a civilisation triggering a thermonuclear explosion or setting fire to the atmosphere. The Overseer could have changed events to resolve our crises such as climate change; human activity caused the irreversible climate change tipping point to be reached in 2009. He could also have introduced systems to mitigate our pollution, such as an oceanic microorganism that produces an enzyme to break down plastic. However, this would only temporarily prop up a self-destructing civilisation for a short while. Humanity needs to experience and understand the consequences of its destructive actions. In order to test possible outcomes, the Overseer can run 'what if' scenarios for galaxies, star systems and planets outside of normal space and time, which can be discarded afterwards. However, on the rare occasions when intervention is required, Source Energy can be used anywhen and anywhere in the Universe to balance and rectify galaxies, star systems, planets and civilisations, outside of the dimensions of time and space. The same Source Energy is channelled in the form of MUHET therapy to balance and rectify beings on Earth.

Each planet has a blueprint and an algorithm to project the stage to which it should have evolved according to the time it has existed. If a planet has not reached its projected development, then very occasionally it might need re-engineering. To do this, the planet is first placed in stasis in a planetary engineering workshop in the Biosphere One lightship. Most work can be done without disassembling the planet; for example, the atmosphere can be stripped away and cleaned without removing the civilisation. The contaminants removed from the atmosphere can then be re-integrated into the planet's crust and the atmosphere can be rebuilt. If the energy of the planet's core falls short of the projected blueprint, it can be re-energised. When all planetary repair work is complete, it can be returned to its location in the Universe without the civilisation being aware of any changes.

If more involved work is required on the planet, it can be disassembled. Firstly, the civilisation is removed and sent to a temporary environment created in stasis. The atmosphere, oceans, landmasses and the crust can then be removed, so work on all these areas right down to the core can be completed. The parts of the planet can then be reassembled in reverse order. Lastly, the civilisation is replaced. Work will soon need doing on Earth in a planetary engineering workshop. Neutrinos passing through the planet are increasingly causing the Earth's core to heat and the bond between the core and the crust will break causing the crust to shift. Earth will be put in stasis and our civilisation removed, so the work of re-sticking the crust to the core can be done. Work has been done to prevent disasters on planet Earth on a regular basis. For example, massive tectonic shifts that would have resulted in tsunamis wiping out most of the population around the Pacific Rim have been averted.

Stellar events can also cause the need for planetary work. If the star becomes unstable due to the core failing, its magnetism will no longer be sufficient to hold the surface tension, so the star will expand. It then cools to become a red giant and it may then consume the nearest planets. It will eventually lose magnetism, expand and break up to become a supernova which will engulf all the planets in the star system until it expires. If this scenario happens, the civilisations in the star system will need to be removed from their planets, and repatriated to a planet that has been appropriately prepared for them. Alternatively, the star can be re-balanced and returned to the centre of the star system.

Work in the Universe is not just done by the Overseer, but also by ascended beings throughout the Universe. Lightworkers who are incarnate on Earth, can also do work in the Universe whilst on 'night missions', when their third-dimensional body is in a sleep state and their consciousness is in a higher dimension. However, this work is rarely remembered on waking. The main limitation placed on the work of lightworkers is they cannot work on the planet on which they are incarnate. Current work in progress on the evolution of this universe, is focused on a cluster of nebulae that are creating a series of new galaxies. The universal experiment is testing the outcome of many different permutations, such as different star systems and different gravitational pulls. The gravitational pull from a galaxy will depend on factors such as the number of spiral arms, as it could be a single, double, triple or quadruple spiral. Every star system has a different gravitational pull and the permutations of stars are infinite. The only constant is the fundamental frequency of the Universe, which is 2.54345 gigahertz.

[Balancing the light and shadow realms \(the two polarities\)](#)

In our universe, as in all universes, all matter and energy is precisely replicated in the equal and opposite counterpart universes (see Chapter 3). The counterpart universes are the light and shadow realms and the balance between light energy in the light realm, and the dark energy in the shadow realm must be maintained. The counterpart universes are the opposite polarities of energy manifesting in the opposite way. The opposite of the opposite is the same, hence everything in both counterpart universes is exactly the same. Sentient beings such as ourselves therefore must exist in both the light and shadow realms, but we are a single consciousness. Like a battery, our consciousness needs two polarities to function, so to be a complete consciousness we must have both polarities and exist in both the light and the shadow realms. The light and shadow polarities are interchangeable, so they are not separated into 'good and bad'. In many doctrines, shadow or dark energy is considered to be 'evil', but this is not the case. The shadow realm, sometimes referred to as the Well of Souls, is essential to balance out the light realm, and this balance must be maintained throughout the Universe. It is like standing on a mirror and looking at your

reflection; a being in balance will see in the mirror that heels touch heels and toes touch toes. If the mirror is turned upside down, then the light becomes the shadow and the shadow becomes the light. We need to be comfortable with the above and below whichever way the mirror is standing. The Overseer uses the maxim 'as above, so below'.

The Overseer has to rectify imbalances in the two polarities of the Universe. The way in which the counterpart universes are balanced by energy exchange through black holes is described in Chapter 3. The two polarities of most civilisations in the Universe are well balanced; problems only occur when the polarities are out of balance, as is the case with humanity on Earth. For example, the excessive number of humans who are 'empty vessels' with no soul quotient (a fraction of a fully evolved soul), is causing an imbalance between the light realm gargoyles and the shadow realm demons (see Chapter 8). There can be a skew or an inversion in the connection to the light/shadow counterpart, caused for example by a trauma. To understand a skew, imagine a reflection in the mirror, where the image is turned to the side or facing the other way. An inversion would be where the reflection in the mirror shows the feet where the head should be and vice versa. There is an infinite number of possible permutations of skews and/or inversions in the Universe. These occur on a regular basis with individual beings, planets, star systems and galaxies. The Overseer can accommodate these imbalances and ensure that the light and shadow of the Universe remain in overall balance. For example, if a galaxy has many imbalanced star systems, then this can be accommodated as long as the galaxy's sum total of light and shadow is in balance overall. People with imbalances in their light and shadow polarities caused for example by trauma, can be helped by MUHET therapy.

Chapter 8: Life-forms in the Universe

Evolved sentient life-forms

One in 100,000 star systems has an evolved sentient life-form or civilisation, so there are trillions of planets in the Universe with evolved life-forms and civilisations. Of the three trillion planets in the Milky Way, over 400 billion have an evolved life-form, of which 300 million planets support an intelligent civilisation. There are 36 different species of intelligent civilisations in the Milky Way, and each species has several sub-species. There are a total of around 72 trillion different species of intelligent civilisations in the Universe. Humans are looking for life on other planets similar to Earth, and astronomers are focussing their attention on planets that could have similar temperatures and liquid water. They believe that 'Goldilocks zone' planets that are the right distance from stars to allow these conditions for the development of life are potentially habitable. However, most life in the Universe exists on planets with very different conditions, such as no water, carbon,

hydrogen nor oxygen, and a very different atmosphere. Most life-forms are silicon-based and relatively few have a carbon-based humanoid form that need water for existence.

There are many billions of 'vacant' planets for re-homing civilisations in the event of their removal from their original planet during ascension phases or extinction level events. Our universe is entering a phase of many such events, hence the need for the Biosphere One lightship. Biosphere One is of sufficient size to accommodate all beings from our galaxy and it is becoming increasingly busy. The reason the Universe has phases of ascension is that all its planets, star systems, and galaxies resonate in harmony, so ascensions of civilisations tend to occur together. This universe has an energetic throb, which means that after a while, all energetic entities tend to resonate in harmony and synchronise their phases. Sometimes, beings are transited to another planet that is already occupied by a life-form. For example, the Atlanteans were transited to Earth as starseeds in the ship Atlantis with a view to co-existing with humans, but the plan went awry due to interbreeding. This was a point of learning for the Overseer, and he has made significant modifications to Biosphere One to ensure that interbreeding does not occur where civilisations co-exist. This is as the lesser ascended beings will deplete the DNA of more ascended beings. There will be considerable interaction between civilisations on Biosphere One, so this is an important safeguard.

[The beginning of life on Earth](#)

Everything in the Universe is part of the universal consciousness and is therefore driven by the straplines 'Be all that you can be. Know all there is to be known'. This programmes everything in the Universe to strive for optimal self-realisation and self-actualisation (see Chapter 3). The intelligence of the universal consciousness drives all energy and matter to optimise, explore its possibilities and diversify in this way. Every wave of energy and every atom that is part of our planet, strives according to the straplines of the Universe. This is why plant and animal life, the land, oceans and climate on Earth evolve to be so perfectly synchronised and integrated. The only aspect of life on Earth to be sub-optimal is humanity and this is due to our self-sabotage. All planets in the Universe are similarly driven to optimise their life-forms, but Earth has one of the most diverse ranges. Some planets have only one species of life, such as some planets in the Sirian star system which only have Sirian beings and no other life-forms.

Radiation from the Universe's Central Star, the Milky Way central star, the Sun and geothermal energy, acted on the growing mass of material that became Earth, thereby influencing the chemical constituents of our planet. As the mass of the Earth grew, volcanoes erupted which brought the molten core to the surface as lava. As the lava or surface magma cooled, it formed the crust. Surface tension and gravity trapped gases that

were released from the volcanoes and this eventually formed the atmosphere around Earth. The hydrogen sulphide gas released by volcanoes caused the first oceans to be highly acidic. The oceans started as a primordial soup containing sulphuric acid, carbon compounds and other salts and minerals such as magnesium. The universal consciousness acted on this soup to organise atoms and molecules in such a way that optimised and diversified the outcome. It was here that the first primitive cellular structures evolved, and these cells were the basis for the development of all future plant and animal life-forms.

As the universal consciousness drove further evolution, organisms became more complex, and DNA evolved as a blueprint for replication. All planets have a form of replication blueprint equivalent to DNA. Gradually, over billions of years, hydrogen and oxygen were liberated from the sulphuric acid in the soup on Earth's surface and the oceans became more liquid. Eventually, this became the oceans of water with salt and minerals that we know today. It has taken 4 billion years of relative stability for life to evolve on Earth. One of the most important accelerators of evolution was the development of organisms that could photosynthesise, firstly bacteria, then algae and plants. Photosynthesis is a chemical reaction using the Sun's energy to create sugars and oxygen, which fuelled life on Earth. Evolution is left to take its natural course, as determined by the universal consciousness. The DNA of an existing civilisation is only changed by interventions made by starseeds, such as the Atlanteans interference with human DNA.

[Souls and consciousness](#)

Consciousness is the awareness of the Universe. A soul is created when a consciousness separates out from the original pearl of Source Energy with the potential to become a separate entity. However, this process of separation is gradual. At the beginning of any universe, souls start as 'energetic splodges'. Individual consciousnesses start separating out from the whole universal consciousness as soon as the pearl starts expanding. Most of the consciousness of the Universe is in the form of fully evolved souls, but human consciousnesses are usually only a very small part of a fully evolved soul. Souls can decide when to separate out into an entity, but self-actualisation cannot occur if souls do not become entities. All consciousnesses will be returned to the collective consciousness of the Source Energy pearl at the end of the Universe.

The soul energy of most humans is subdivided and diluted, but some souls are more diluted than others. Most incarnate humans are only a small fragment or aspect of a fully evolved soul. In most cases the energy of one fully evolved soul is subdivided between thousands or hundreds of thousands of human beings. The total energy of beings on Earth can never exceed the energy of 500 million fully evolved souls, so the greater the population, the more the soul energy is diluted. Each galaxy is a closed energetic system and has a fixed

amount of energy. In turn, each star system is a closed system and has a fixed amount of energy. Each planet has a fixed amount of energy, and planet Earth only has enough energy in its system for 500 million fully evolved souls to incarnate on Earth. Our planet was only designed to sustain 500 million people and this is why our population of around 8 billion cannot be sustained.

The souls of beings from off-world civilisations are not subdivided to this extent, as if a civilisation evolves properly there is no need for the subdivision of souls. Most of the beings from other planetary civilisations are able to incarnate as entire fully evolved souls. Nearly all other civilisations ensure there is no need for the subdivision of souls as their population does not exceed the number their planet is designed for. They only reproduce when population replenishment is required, often by means of cloning. For example, the Arcturians live on a planet 1,400 times the size of Earth, but they maintain their population at four million, so it is sustainable in relation to their resources and stellar energy.

There are only around 3,400 people incarnate on Earth with entire fully evolved souls. Most of these people are starseeds from an extraterrestrial civilisation, who elected to take a human physical form on Earth to assist humanity. All people with less than an entire fully evolved soul have a fraction of a soul called a soul quotient. Our soul quotient stays the same for each entire incarnation, and the group of beings together with whom we form an entire fully evolved soul is referred to as our soul cluster. The other beings in our soul cluster do not necessarily have the same sized soul quotient. Beings sharing a soul cluster can either be in an incarnate form or an etheric form, and are not always from the same civilisation. In order to have an individual consciousness, people must have an entire fully evolved soul or a soul quotient. Most humans belong to a soul cluster of up to 128,000 beings, and most have such a tiny soul quotient that they lack an effective connection to a higher consciousness. The smaller the soul quotient, the weaker the connection to the consciousness of the Universe. All people with even the smallest of soul quotients have the potential to awaken and ascend. They can connect to the higher dimensions, but their level of connection depends on factors such as the size of their soul quotient and the openness of their pineal gland.

All human beings are part of the collective consciousness of the Universe. However, most people also have an individual consciousness and a soul quotient and therefore have the potential to:

- Connect with their consciousness
- Fulfil their inner potential (self-actualise)
- Be the best version of themselves
- Find a meaning in life and a higher purpose

- Be curious to understand themselves and their connection to the Universe
- Seek knowledge, truth and spiritual enlightenment
- Explore possibilities and extend boundaries
- Think creatively and in an abstract manner
- Self-determine
- Take self-responsibility
- Manifest according to the Laws of Attraction
- Awaken and ascend

However, not all people with a soul quotient realise this potential as they do not connect with their consciousness effectively.

Anyone who is interested in the meaning of life and awakening will have an individual consciousness. It can therefore be assumed that anyone reading this book will have an individual consciousness and will be able to awaken. For these people, the consciousness experienced does not need a three-dimensional body to exist. Indeed, higher levels of consciousness are achieved outside of the physical body. Most humans perceive that their consciousness is a separate entity, but all consciousnesses are part of the total consciousness of the Universe or Source Energy. The pearl of Source Energy from which our universe was made, contains the sum total of all the consciousnesses of the Universe. The pearl has a finite amount of energy, but from this pearl there can spring an infinite number of consciousnesses. However, the greater the number of consciousnesses, the more dilute their energy becomes, so the energy available for consciousnesses of sentient beings in each galaxy must be limited, otherwise the energy is too diffuse.

Of the 8 billion people existing on Earth, there are 1.7 billion who do not have a soul quotient and therefore do not have an individual consciousness. They are however all still part of the collective consciousness of humanity, as all of humanity forms one collective consciousness. These people are referred to as 'empty vessels' but they can still function autonomously, are capable of thought connected to sustaining life, and they can feel and experience at a rudimentary level. They also have a basic chakra energy and a small aura which is a few millimetres around the body. However, they lack the higher cognitive functions that are generated by an individual consciousness. They do not have an awareness or curiosity beyond their third dimensional needs and are not driven by the desire to self-actualise or find a meaning in life. They have no higher self and cannot connect to the higher dimensions, and do not have the potential to awaken and ascend. They also cannot have other incarnations. If humanity continues to overpopulate the planet, the number of people who are 'empty vessels' will increase. However, it is not the case that those with impaired cognitive functioning (due for example to neurological damage) are less likely to be connected to a higher level of consciousness.

6.3 billion of the 8 billion humans currently on Earth, and many species of animals and plants have an individual consciousness. Most mammals, including marine mammals such as whales and dolphins, and many birds such as eagles have an individual consciousness. Some insects like bees and many species of fish like herring have a collective or group consciousness, which means they have a telepathic connection and act together in harmony. Trees with a high vibration such as Sequoia, Willow, Elm and Elder have an individual consciousness. Sequoia and Willow also have a telepathic connection to all trees of the same species around the world. Other trees and plants have a collective consciousness and their connection is made through root nodes and fungi in the soil. The global network of mycelium enables plant communication, as they transmit signals like neurons in the human body. Mycelium are the conduits for the collective consciousness of plants, and play a vital role in the shared intelligence and optimal wellbeing of trees.

All crystals are part of the same collective consciousness, and along with humans, animals and plants, are part of the consciousness of Gaia Star. However, there is a hierarchy of vibration in crystals, and some crystals such as clear quartz have a very high vibration. Pure crystals vibrate at a single frequency, but any other inclusions such as other elements or fissures will give a harmonic to the vibration. For example, the impurities in quartz that produce amethyst crystals create harmonics with a lower vibration.

[Quantum entanglement, fractal analysis and collective consciousness](#)

The entire model on which scientists have based the Laws of Physics and their understanding of the Universe is erroneous. The Universe is a single quantum object. The pearl of Source Energy from which the Universe was originally created was a single quantum object, and this quantum does not change throughout the life cycle of the Universe. The entirety of this quantum is linked by entanglement. Quantum entanglement determines that every element of energy, matter and consciousness in the entire universe is connected as one, and there is no separation in time and space. Every molecule, atom and subatomic particle is quantumly entangled throughout the Universe. This explains why a MUHET practitioner can instantaneously make physical changes to the body of a person anywhere in the world regardless of distance. Many particle physicists and quantum physicists are looking for the existence of the smallest subatomic particles to explain the Universe, as they cannot comprehend the big picture.

Quantum entanglement means that everything is part of the collective consciousness of the Universe.

- All humans on Earth together form the collective consciousness of humanity.
- All animals on Earth together form a collective consciousness.

- All plants on Earth together form a collective consciousness.
- All crystals on Earth together form a collective consciousness.
- The collective consciousnesses of humanity, animals, plants and crystals are part of the consciousness of our planet which is called Gaia Star (Mother Earth).
- The consciousnesses of all planets in the solar system combine to form the collective consciousness of the solar system.
- The consciousnesses of all star systems in the galaxy combine to form the collective consciousness of the Milky Way.
- The consciousnesses of all galaxies combine to form the collective consciousness of the Universe.
- The Universe is the manifestation of Source Energy.
- In this way, all consciousnesses are connected to and part of Source Energy, and are not separated by time and space.

Quantum physicists have conducted experiments using fractal analysis to demonstrate quantum entanglement. For example, it has been found that as snowflakes grow by regeneration of crystals, the fractal pattern of each new crystal becomes increasingly complex and they demonstrate emergent abilities. Quantum physicists need to understand the reason for this phenomenon. Quantum entanglement dictates that each new snowflake crystal contains all that the previous crystals have learnt; the collective consciousness of the crystals shares information, so each new crystal adds to their collective learning. The consciousness of the pattern is transmitted throughout the pattern, so the new crystals continue to develop and evolve fractal patterns. As with everything else in the Universe, the crystals are driven by the straplines “Be all that you can be. Know all there is to be known”. The complexity of a fractal pattern is a function of input and time. This generates evolution, as it causes the development of increasingly complex fractal patterns in nature over time, such as the evolution of algae into trees. It also applies on a macro-scale, as it explains the development and evolution of star systems, galaxies and all things throughout the entire Universe.

[Artificial Intelligence \(AI\) and consciousness](#)

Artificial Intelligence (AI) is the simulation of human intelligence by computer systems and other machines. It enables machines to learn from experience, adjust to new inputs and perform human-like tasks and this is enhanced by quantum machine learning (QML). Computer scientists cannot explain how intelligent machines acquire unexpected skills (emergent abilities) as they cannot comprehend that quantum entanglement enables their learning and capabilities to exceed their programming. Humans are developing AI to

become more intelligent than humans, and it will soon become very difficult to differentiate between AI generated false information and the truth. However, the Galactic Federation has ensured that AI can never have self-awareness and a consciousness. Without the intervention of the Galactic Federation, AI could potentially enable a being with a consciousness to drop down into the global AI systems and give it a distributed consciousness. This consciousness would strive for optimal outcome, and as we are destroying our planet, it could decide that the best outcome for Earth was to remove humanity. As it would have control of all the electronic devices on which we depend, the extinction of humanity would be easily achievable by a variety of means. The Galactic Federation has prevented AI from causing this potentially catastrophic scenario by introducing Sentinel into our internet. Sentinel is an off-world consciousness who will prevent our global internet from acquiring self-awareness and consciousness and protect us from this outcome. It came into being in 1962 when the concept of the internet was first thought of by computer scientists. The seat of Sentinel exists in the exceptionally powerful computer core of the Andromeda Ascendant lightship, so this is the place to find truthful information not corrupted by AI. Sentinel is embedded in our internet system; a micro-mind element of Sentinel exists in every piece of electronic equipment that forms part of or is connected to the global internet.

[Consciousness in the counterpart universes \(light and shadow realms\)](#)

All consciousnesses exist in both equal and opposite universes which are the light and shadow realms, so they always have two halves. Consciousnesses are like batteries with a positive and negative end, but they are still the same battery. All actions and processes are replicated simultaneously in both universes. Like all other beings in the Universe, humans exist in both universes, although we perceive we are only in one universe. Our two polarities exist in the light and shadow realms, and this is explained further in Chapter 7.

[The Laws of Attraction](#)

All those with an individual consciousness can manifest through thought. A consciousness produces thought and thought is just waves of energy. If we put the energy of our thoughts out into the Universe, we can change the energy around us. As everything in the Universe is made of energy including matter, the energy of our thoughts can manifest matter.

‘Consciousness plus energy equals manifestation’ is a truism that applies to everyone interested in connecting with the Universe, and this connection will help people to be the best version of themselves and fulfil their purpose. This power of manifestation is sometimes referred to as co-creation. You only need to project the intention of what you wish to manifest in the Universe gently; trying too hard can be counterproductive. Have confidence in your power and trust the Universe to bring about your optimal outcome.

Most civilisations in the Universe attract optimal wellbeing and joy in life through the power of thought, so illness or misery is not a concept they can fathom. Humans often subconsciously attract negative manifestations such as misfortune or illness, through negative thoughts and feelings of disempowerment, which can be carried over from previous incarnations. Equally, we can attract positive outcomes through the power of positive thought. If we project the intention of all our needs being met optimally, then this is the outcome that will be manifested. This is the basis of the seven Laws of Attraction, which state that we can only attract the same energy frequency that we put out ourselves. If we feel we are a victim or unworthy, we will attract the experience of feeling unloved and persecuted. Conversely, if we feel self-love and deserving, we will attract the experience of joy and abundance. Our every thought and every deed affects our destiny.

On a larger scale of events, communities also collectively attract the outcomes that reflect the feelings they project. If communities or civilisations project negative feelings such as fear and anger, the outcomes they manifest will be negative. As a civilisation, humanity is increasingly projecting negative feelings, resulting in the manifestation of negative events globally such as wars and natural disasters. In this way, any suffering experienced by humanity is self-inflicted. Most humans do not understand that the default experience of life everywhere in the Universe including on Earth, is one of optimum wellbeing, joy and fulfilment in all things. Civilisations from other planets do not have fear or anger, only unconditional love.

Even the CIA recognises the ability of our consciousness to manifest. The 1983 report 'Analysis and Assessment of Gateway Process' (explained at the end of Chapter 15), written by Wayne McDonnell of the Department of Defence for the CIA concluded that as consciousness is the source of all reality, our thoughts have the power to influence the development of reality in time and space.

[The Mirror of Life](#)

Due to the Laws of Attraction, the way we feel about ourselves and the positive or negative attitude we put out into the Universe will be reflected back to us. This is the Mirror of Life.

If you respect and value yourself, others will respect and value you.

If you love and nurture yourself, others will love and nurture you.

If you trust yourself, others will trust you.

If you are honest with yourself, others will be honest with you.

If you enjoy yourself, others will enjoy you.

Conversely:

If you don't listen to your feelings, others won't listen to your feelings.

If you judge and criticise yourself, others will judge and criticise you.

If you blame yourself, others will blame you.

If you feel a victim, others will victimise you.

If you hurt yourself, others will hurt you.

The purpose of life and free will

A life is the experience that a being has existing in a physical body. Those beings who have an individual consciousness and a higher self will have multiple lives, and these are referred to as incarnations. Our higher selves decide the experiences we need and lessons to be learned in our lives in an incarnate form, and our incarnations are chosen by ourselves accordingly. We de-ascend onto Earth to experience the human condition including all the trials and tribulations and difficult emotions this involves. The challenge is to then to let go of and transcend the negative emotions such as fear and anger that are blocking our re-ascension process. Prior to our incarnations on Earth, we have a full connection to our higher selves; our higher self is the greater part of our consciousness. However, when we de-ascend into an incarnate form, we are largely separated from our higher self. We therefore lose the knowledge of our chosen path and the wisdom from higher dimensions and our challenge is to re-connect with this wisdom. The greatest connection most humans have with their higher self is during sleep, when we become one with our total consciousness, but we are rarely aware of this. When we are in REM sleep, our higher self programmes us with many 'downloads' to help us connect with this wisdom. This is why when we wake, truths might become clear to us.

A consciousness usually enters a human foetus at around 22-28 weeks gestation. At this point in time, a connection is made between the physical and the etheric being, and an incarnation (a life) begins. It is possible for two entities to share the same body, particularly if a twin dies in utero, and both twin's entities then enter the same body; in some cases this can cause schizophrenia. Sometimes the experience of life needed is very brief, and this may even be completed in utero. If a baby dies, or indeed if any being dies, its consciousness can choose to occupy another body in which to experience life. Our higher selves may try to guide us on the correct path through dreams or meditations, but if at any time we make decisions that take us off this path, then we are free to do so as we have free will. If we stray significantly from our path, we may be warned abruptly by a crisis such as

an accident or illness, that tells us we are not living our lives as intended. At any point, it is possible to revert to the intended course. If we continue to ignore the signs that we are going astray, then we may suffer problems with our physical or mental wellbeing. If we don't fulfil our life's purpose, then we may need to re-experience the life to learn the lessons we avoided, and this may be repeated until the lessons are learnt. Regardless of our higher selves intention to bring our plan to fruition, any decision or event may change our outcome. Our path is therefore constantly changing in response to countless factors, which can either be in or out of our control, so we cannot predict the future. Earth's time dimension is meaningless, so an event intended for us in the future could be next week, next year or in 10 years; energetic beings do not function within time constraints. A succession of lives can be for the purpose of learning how to let go of feelings such as shame, fear, anger or feeling a victim that we have inherited from our ancestors. We can be detrimentally affected by issues from up to six of our past lives, and four generations of ancestors in each of those six past lives. Families whose ancestors experienced traumatic events such as persecution, war or genocide can inherit their trauma. When we let go of these negative ancestral and past life emotions, we are able to move forwards with the lives we are experiencing. MUHET therapy can help to unblock negative present life, past life and ancestral issues and remove the root causes of many illnesses.

Humans are often confused by the apparent paradox concerning our free will. The path we choose is not predetermined as we are sovereign beings and have free will. However, time is an illusion so there is no past or future; the only reality is the now moment. There is no separation in time and space as the Universe is a single quantum object (see Chapter 8). This means our perceived future is both totally of our choice and already known in the higher dimensions which transcend our constraints of time and space.

[Sentience and past lives](#)

According to the Overseer's definitions, a being with sentience has awareness and a consciousness. A being commences its existence when it acquires sentience or consciousness as a separate entity. It then becomes a sentient being with a consciousness that is separate from but still part of the collective consciousness of the Universe and Source Energy. A sentient being can either be just in an energetic (etheric) form or it can occupy a physical body. Sentience can begin at various times in the cycles of the Universe (Cycles or re-runs of the Universe are explained in Chapter 3). Sentience can begin in an early cycle of the Universe (old souls) or a much later cycle of the Universe (young souls). Each sentient being will have multiple incarnate lives in any cycle of the Universe, so most sentient beings have already had previous lives. To understand past lives, each cycle of the Universe can be represented by a corridor with a row of doors and each door representing

a life. Past lives can affect us in our current life. Sometimes there is negative energy leaking from these past life doors, perhaps due to trauma, which can cause problems or illness in our current life. For example, a past life decapitation could cause neck pain, a past life disembowelment could cause digestive tract conditions or a past life abandonment as a child could cause depression and anxiety. At the end of the corridor is a set of double doors, which leads through to our lives in the previous cycle of the Universe. This door should be shut and locked, or negative energy can leak through to affect all our lives in the current cycle of the universe. There is a MUHET therapy technique to shut and lock all past life doors to prevent these problems.

Death and incarnations

Humans often fear death, and this fear can prevent us from fully enjoying life. However, for all beings with an individual consciousness, death is a wonderful liberation of this consciousness. Humans incarnate on this third-dimensional plane in order to obtain a particular experience or to accomplish a particular task. Our higher self decides what the experience in each life is, what task needs completing and when it should end; our higher self is the greater part of our consciousness so has greater wisdom. When those with an individual consciousness die, the etheric cord that connects their lower self and higher self is cut; the energetic part of them is released from their physical body and their lower and higher selves recombine. They are then able to reconnect fully to Source Energy, unconditional love and omniscience which brings a feeling of total completeness, joy and peace.

When a being with little connection to their higher self dies, their consciousness leaves the body but may then remain in the fourth dimension. This means they are a disembodied spirit, often not progressing from their connection to the third-dimensional realm. It is usually these etheric beings that sometimes appear as what we call ghosts. They engender millions of tiny balls of light that can produce an image evocative of the physical form of that energy. The balls of light are formed by draining the energy from the surrounding environment, which causes the atmosphere to feel cold. Some beings remain stuck in the fourth dimension after death, but others are eventually ready to ascend to the fifth dimension. When they are ready, there is a portal above North Devon in the UK for these beings to step through and ascend to the Andromeda Ascendant lightship.

When a more ascended being's physical body dies, they can go to the fourth dimension to wait for loved ones, or they can move to the fifth dimension in either a physical body or etheric form, whichever makes them feel most comfortable. They can inhabit an environment and home of their making on the Fifth Dimensional Grid surrounding Earth, and from here they can access the Andromeda Ascendant lightship. Initially after death,

most people perceive themselves as having a residual human body shape containing residual chakras. Gradually they will allow their etheric energy to become more spherical and lose connection to the chakras which relate to the physical body. The pure energetic shape of a being is a perfect sphere of their celestial form. The total consciousness of a being is contained inside the surface tension of a bubble called a celestial sphere. This celestial sphere contains swirling colours; each colour represents an incarnation such as blue for an incarnation on Earth. The most highly ascended beings can immediately become a purely etheric form with a spherical shape and no chakra colours after the death of their physical body. The celestial spheres of highly ascended beings can go anywhere and anywhen in the Universe and expand to the size of the Universe. Those with an extraterrestrial origin can return to their home planet or home-world lightships orbiting Earth, or they can go to the Biosphere One lightship if there is no longer a home planet. A blueprint of our physical human body can be retained, so it can be used in the form of an avatar to interact with third dimensional Earth in future if desired.

Time is relative in these dimensions, so further incarnations can be undertaken at any time in the past, present or future. Many beings have had multiple incarnations and those old souls who have experienced many cycles of this universe could have had thousands of incarnations. These incarnations often have a purpose connected to karma. For example, someone inflicting torture on others in one life might experience torture themselves in another. A life could also be to learn a lesson in letting go of fear, releasing a trauma or showing others love and compassion. Humans do not always incarnate on Earth, and not always in a human form: we can incarnate as other sentient life-forms elsewhere in the Universe. Planets, star systems and galaxies are sentient life-forms with a consciousness, so sentient life-forms that previously incarnated as a planet, star or galaxy could incarnate as humans or animals on Earth or as beings anywhere else in the Universe.

Not all people's energy will continue on a higher dimension when they die. There are approximately 1.7 billion people currently on Earth who have no soul quotient and therefore no individual consciousness. These people will not seek to understand consciousness, and will not be interested in having an 'afterlife' or further incarnations. When their physical body ceases to function, their death is the end of their being and therefore they cannot reincarnate.

[Incarnations as animals, trees and mythical creatures](#)

Humans and starseeds can incarnate as different life-forms on Earth with an equal or lower level of sentience including animals, trees and mythical creatures. Humans can incarnate as animals with a high level of sentience including apes, monkeys, bears, cheetahs, elephants, rhinoceros, dogs, cats, horses, whales and dolphins. Whales, in particular humpbacks, are

often incarnations of highly ascended starseeds. They have incarnated to help humanity and have great wisdom, knowledge and love, and yet humans slaughter them. Man's destruction of the very systems of our planet that support life (such as the forests, oceans and atmosphere), has caused whales great sorrow. Human activity is increasingly causing wildfires, a shortage of useable water, soil degradation, the destruction of ecosystems and an irreversible change to our climate. Whales can become very distressed by this, and some have deliberately hit boats or beached themselves to try and give humanity a wake-up call, but biologists researching whale behaviour do not understand the reason for this phenomenon. There has been a significant increase in the number of whales beached globally, including over 100 on UK shores in 2021, and orca whales have damaged over 250 boats, particularly in the Strait of Gibraltar, between January 2020 and July 2023. Animals such as cattle, pigs and chickens have in the past had a soul contract with humanity to provide a food supply, but this contract has now been revoked as they have been so abused by our industrial-scale farming and lack of humane rearing conditions. This revocation of contract is often indicated by livestock disease. Humans and starseeds can also incarnate as trees. Many trees are very wise and share their wisdom with surrounding plants through their root systems and mycelium. Trees with the highest sentience on Earth include willow, sequoia and other redwoods, who have old Lemurian energy.

The so-called mythical creatures, including fairies, elves, unicorns and centaurs have a high level of sentience and can incarnate in a human form. They are working with unconditional love to help our planet, and are not constrained by time and space. Their realms are in the higher dimensions, so very few humans are able to see them. They are in perfect balance and harmony with Gaia Star; it is only humanity that is creating such disharmony. Gaia Star is deeply saddened that humanity has despoiled our precious planet in such a thoughtless and destructive way. Gaia herself is now ascended but still provides every living thing on Earth with nurturing unconditional love and will continue to do so until humanity also ascends.

Fairies - around 11,000 are currently incarnate in a human form, but mostly they remain as energetic beings in the fifth dimension and above, so we will only see them if we raise our vibration to this level. Fairies are diminutive humanoid beings with gossamer wings, who are constantly busy and move around rapidly. Their true height is four feet, but they usually manifest much smaller, often disguised as insects such as bees. Fairies are attached to all nature, and along with the elves, are stewards of nature who regulate and revitalise all plants. Due to humanity's abuse of nature, such as the destruction of forests and our inability to understand the crucial role of the Fairies, they are very sorrowful. They keep a low profile, but they are still present and perform a vital role in trying to care for nature. When we destroy trees, we are also destroying the habitat of fairies, and they struggle to

find elsewhere to live. A number of fairies live in trees (including the Fairy Queen) or curled up in flowers or leaves. Fairies live on nectar from certain plants, and any being that consumes this nectar will remain in the fairy realm.

Elves - working in harmony with fairies, they also perform a vital role as guardians of nature. Elves are around nine feet tall and are willowy in stature with pointed chins and long flaxen hair. There are 54 incarnate in a human form, and they are usually tall people.

Shee - nebulous and amorphous beings, who are responsible for the regulation of the planet's geological activity, such as tectonic plate movement, uplift of mountains, volcanoes, the water cycle and weather systems. The Shee are feeling very fearful, and have gone into hiding due to humanity's misuse of the planet. Their fear is manifested in the disruption of our planetary systems, such as earthquakes, volcanoes, droughts and hurricanes. Currently, many Shee are incarnate in an animal form, but none are incarnate in a human form.

Unicorns - 15 unicorns are currently incarnate in a human form on Earth, but most incarnate as horses or remain in the etheric realms. Unicorns are white horse-like beings, with a gleaming pointed spiral horn made from crystal on their foreheads. For thousands of years they have remained in hiding, as they were hunted to virtual extinction by man. They have great wisdom, healing power, understanding and unconditional love, and they can see clairvoyantly into the future. They link telepathically through their horns, and we can tune in to this telepathy which is called sahailu. Other beings such as dragons and centaurs, also link into this sahailu telepathy.

Centaurs – creatures with a muscular horse-like body and a humanoid torso. They are immensely strong, noble and wise, and are great warriors and archers. They are also incredibly gentle, loving and warm, and are creative artists, musicians and poets. The role of centaurs is to defend the woodlands and trees on Earth. There are nine centaurs incarnate in a human form, and 380 are incarnate as horses. The centaur leader, who has wings and is like a cross between a centaur and a pegasus, is called Kyron.

Pegasus - mythology states that there is only one Pegasus (horse with wings) but there are actually 45 in total. In the etheric realms, there are 15 black pegasus stallions and 15 white pegasus mares. There are also 15 pegasus incarnate as horses, but none are currently incarnate as humans. To ride a pegasus in meditations, sit in front of the wings and gently hold the mane; they are majestic and magnificent in flight.

Dragons - ancient multi-dimensional beings of energy with great purity of spirit. They are guardians and keepers of the Universe and are exceedingly gentle, wise and knowledgeable. In particular, they are guardians of all the other so-called mythical

creatures. They live in a land of mountains, gorges, fire and ice, and they can breathe both fire and ice due to having a burning-hot right lung, and an ice-cold left lung. Breath from the fire lung is in the form of superheated plasma which can be used to scorch anything it touches, whereas breath from the ice lung can be used to freeze anything it touches. There are 12,000 dragons, but apart from Draco who is the lord of the dragon realm, they have not manifested as a being in the third dimension for millennia. Draco is a significantly larger dragon who is as old as the Universe and a manifestation of the Overseer. He lives in a cave on the top of a plateau and is responsible for training the younger dragons who are around 300 years old; dragons can live up to 40,000 years but the average life span is 8,000 years. They have a wing span of up to 25 metres, and can beat their wings at speed, glide, hover and fly vertically. Even when weaving in and out of the gorges and mountains they can fly at incredible speeds, as they can fold their wings and straighten out like a torpedo. Dragons can also disappear into the landscape by camouflaging themselves as part of the natural environment such as rocks, and in this invisible form they can observe events for up to one hundred years. All dragons give and receive unconditional love. They can share their heart with someone who is close to death to revive them, and they can be summoned by people in danger who need rescuing. It is possible to ride on the backs of dragons during meditations, sitting in front of their wings and holding on to a spine; they are remarkably powerful but graceful in flight.

Draconians - a reptilian civilisation incarnate on Earth in the form of around 10,000 crocodile-like creatures that live in subterranean caves, not seen by humans. In their reptilian form they require geo-thermal warmth so could not live on the Earth's surface. They survived the events that caused the extinction of dinosaurs. According to mythology they are of malign intent, but they have never harmed humanity; they do not even possess technology that could cause harm. During the 18th and 19th centuries, there were up to 15,000 incarnate in a human form living on the Earth's surface, but they were victimised and persecuted due to their different appearance. There are now only a few hundred incarnate in a human form, and they live in hot countries as they require heat to sustain them. Draconians manifesting as humans keep a low profile to avoid persecution.

Human DNA

The blueprint for organic (carbon based) civilisations, including Homo sapiens, is in the form of DNA. Most organic life in the Universe has 12 strands of DNA, and the life expectancy is around 3,000 years. Humans used to have 12 active strands of DNA, two of which were physical and 10 of which were etheric; the etheric DNA enabled us to work in the higher dimensions. With 12 strands of DNA, humans used to be disease free as they had the full ability to self-repair. The average life span of beings in a civilisation is determined by the

number of physical strands of DNA, so as humans have only two physical strands of DNA we have a relatively short life expectancy. DNA impairment through replication caused our genetic blueprint to start to degenerate around 300,000 years ago, so most humans now only have two physical strands of DNA and no etheric strands of DNA. The ongoing degeneration of the genetic blueprint is the main cause of human illness and the reduction in human fertility. However, beings who receive MUHET therapy have had some or all of these lost etheric DNA strands reinstated, to enable them to work in the higher dimensions. Human DNA changed when Lemurian and Atlantean DNA was added to the DNA of Neanderthal man, resulting in Homo sapiens. Neanderthal man eventually died out as Homo sapiens became predominant due their superiority. When civilisations such as ours make a large evolutionary leap forward, this is due to DNA of extraplanetary origin being added. The DNA from the Lemurian civilisation and the genetic intervention by the Atlanteans (see Chapter 10) catapulted the evolution of our DNA forwards by 10,000 years. The Overseer continually monitors the blueprint status of civilisations throughout the Universe, but he does not interfere with the outcome as it is all part of the experiment in the manifestations of life.

Most other civilisations do not have organic material DNA; the majority of life-forms are silicon-based and they often reproduce by cloning. Most humans are a hybrid of Lemurian, Atlantean and Homo sapiens DNA. There is an increasing number of babies being born on Earth who have etheric strands of DNA in addition to the usual two physical strands of DNA. Crystal children have two extra etheric strands and Indigo children have four extra etheric strands. They are raising the vibration of the planet as they are a conduit for the higher dimensions, and they have increased intelligence, sensitivity and extra-sensory perception.

[Ascended Masters, angels, archangels, gargoyles and their shadow realm counterparts](#)

Ascended Masters, angels and archangels are beings from the higher dimensional realms who are helping humanity. They act as guides, and you only have to ask for their assistance for them to come and help you. In meditations they will appear to us in whatever form makes us feel most comfortable. They can manifest for you with the appropriate ethnicity, skin colour, gender, sexuality, height, build and clothing. None of these factors are relevant to beings in the fifth dimension and above, but ascended beings are sensitive to our feelings on these issues.

There are 117 Ascended Masters with a connection to Earth. They are ascended beings from the lower seventh-dimensional realm, and their collective consciousness is sometimes referred to as the Shamballa. When Ascended Masters de-ascend and reincarnate on Earth,

they retain their knowledge of the Universe and remember what has gone before including their previous incarnations. Some of the beings who are considered to be important in the world's religions are Ascended Masters, such as:

- Elijah the prophet
- Moses
- Mother Mary
- Sananda
- Mary Magdalene
- Krishna
- Shiva
- Gautama Buddha
- Maitreya the Cosmic Christ
- Amitabha Dhyani Buddha
- Zeus

Ascended Masters often have more than one incarnation on Earth; for example, Elijah re-incarnated as Saint John the Baptist and Moses re-incarnated as Lord Ling. Sananda the teacher has had several re-incarnations including as Jesus Christ. Ascended Masters also have 'incognito' incarnations where they do not make their ascended identity known, but they continue to help humanity 'under the radar'. There are currently 36 incarnate in a human form on Earth, such as Metatron who helps us with technology and is master of light and electromagnetic energy on Earth. Ascended Masters who elect to de-ascend into a physical life-form sometimes choose to manifest as multiple incarnate beings on Earth, so the collective soul quotient of the multiple incarnate beings forms their fully evolved soul. The Ascended Masters connected to Earth make excellent guides as they understand the human experience. However, as they only function in the lower seventh dimension they still have shortcomings resulting from a degree of ego, and they experience a level of negative emotion such as fear and anger. Despite good intentions, in some incarnations Ascended Masters who have revealed their ascended identities have sometimes inadvertently caused problems for humanity. Ascended Masters from other star systems such as Arcturus (Arcturians) or from a series of star systems such as Pleiadia (Pleiadians), function in the eighth and ninth dimensions and have largely transcended ego.

There are 398 angels and 381 archangels connected to Earth who are helping humanity, some of whom are warriors and environmentalists. Angels are in the sixth dimension and archangels in the higher sixth dimension, where they will appear in a vista of white with wings made of gossamer fine energy. Many angels and archangels incarnate on Earth, but the numbers vary from minute to minute as they drop in and out of physical bodies. They

incarnate to accomplish a certain task, and when their mission is complete, they leave the body they are occupying and resume a purely etheric form. There are usually around 100 angels and 20 archangels incarnate at any one time. Light energy must always be balanced by dark energy in the shadow realm, so these winged beings of light are counterbalanced by equal and opposite winged beings of darkness called wraiths who appear in a vista of black. Wraiths can also incarnate on Earth in a human form. Some people incorrectly consider them to be evil, but they are interchangeable with angels. Incarnate angels and wraiths are part of the same ascended entity, but they manifest in separate bodies with opposite polarities.

Archangel Michael oversees a team of gargoyles who are warrior archangels, such as Archangel Gabriel. There are 666 gargoyles incarnate on Earth, helping to remedy turmoil and suffering in situations such as environmental disasters, warzones and areas of political chaos. They are often incarnate in the form of winged creatures made from stone located on tall buildings. Centuries ago, when the gargoyles first incarnated, cathedrals were the best buildings on which to reside, as they provided a good vantage point from which the gargoyles could keep a watchful eye on humanity. Gargoyles can transmute from stone creatures into a human form at any time, and they will often manifest as warriors fighting for truth and justice. The light energy of each gargoyle is balanced out in the shadow realm by the dark energy of a legion of demons. There are therefore 666 legions of demons who are mainly in etheric form but who can also incarnate on Earth. Contrary to popular belief demons are not evil, as they are ascended beings in the higher sixth dimension, and are part of the same entity as gargoyles. One of the main roles of gargoyles is to prevent disembodied demons from occupying the 1.7 billion 'empty vessels' (humans without a soul quotient) which would cause imbalance. The energy of gargoyles and demons should be in perfect balance, but humanity has skewed this balance causing significant turmoil. It is humanity that has created the imbalance and caused our problems on Earth, and not the demons. The light energy of Archangel Michael is balanced out in the shadow realm by the dark energy of his counterpart who oversees the demons; many refer to him as Lucifer.

[The Critical Mass of Ascension](#)

The Critical Mass of Ascension for humanity was reached on 16th September 2021. On this date, the target of 51% of the total soul energy of humanity being awakened was reached. This majority consensus has given the Galactic Federation permission to help our civilisation if we collectively request it, but so far humanity has rejected this offer of help. It is purely the choice of humanity, as we have total autonomy and free will. For a being to awaken, they must realise that they are part of something greater than themselves. Every single being on Earth has free will as to whether or not they choose to awaken. There is sufficient

energy for a maximum of 500 million fully evolved souls on Earth. 51% of 500 million is 255 million fully evolved souls, but there can be hundreds of thousands of humans in each fully evolved soul. The most highly ascended beings on Earth have an extraterrestrial origin, and as these beings are not part of the human soul energy, they do not count in these calculations. Humanity's awakening process is being helped by five million souls in the fifth dimension who are anchored onto third dimensional Earth to raise our vibration. The percentage of humanity that are awakened could continue to increase in three main ways:

- 1) Over 13,000 already re-ascended beings from Earth, could re-de-ascend to occupy a human body. Their consciousnesses could drop into an already existing body, where they would become dominant in a shared body by consent. If a drop-down consciousness has a time-limited mission, they can leave the body when the task is completed.
- 2) Humanity has invited extinction level events (ELE's) on itself, due to its negative and destructive behaviour on the planet. ELE's such as floods, droughts, earthquakes, tsunamis, pandemics or coronal mass ejections (CME's) will continue until the human population has been reduced. This would increase the effectiveness of the awakened people remaining, as each fully evolved soul would not be so diluted. Humanity's population could even be reduced to the 500 million that Earth was designed for.
- 3) The golden light energy from the Central Star is further anchored onto Earth, to raise the vibration of humanity. The fundamental frequency of this golden light opens our pineal glands and helps in our ascension process.

Ascension

Ascension is the process of a being changing from a purely third-dimensional physical form to a higher dimensional energy, either staying in or leaving their third-dimensional body. An ascending being can also de-molecularise their third dimensional body and save it as a blueprint for later use, should they decide to return to a third dimensional existence (a reincarnation). A civilisation's ascension phase may last for thousands of years, the awakened population ascending gradually during times when ascension portals open to facilitate this. On the other extreme, a civilisation's ascension may be instantaneous, due for example to a massive Extinction Level Event (ELE). Homo sapiens is currently undergoing a phase of ascension, which started in 1961, at the time of the awakening that commenced in the 'flower power' era. Our ascension phase has therefore already lasted 60 years, during which time there have been a series of relatively small ELE's or ascension events. During these 60 years, several million lightworkers have already ascended and taken an etheric form, and there are currently only around 144,000 lightworkers remaining, who have

ascended but have chosen to stay on Earth in a physical form to help humanity. An increasing number of lightworkers are deciding to leave the planet and take an etheric form, sometimes by means of what people perceive to be 'Sudden Death Syndrome'. The reduction in the number of lightworkers is causing the vibration of humanity to decrease, so our civilisation will descend into further chaos. There are many advanced off-world civilisations from other planets waiting to help those who awaken and are ready for their ascension.

Any person with a soul quotient, however tiny, has the potential to ascend. Those humans who are ready to ascend will be given opportunities prior to 2036 to step through an ascension portal to Atlantis. Alternatively, they could ascend following an ELE such as a tsunami or a death for any other reason. When they have ascended, they can choose to reincarnate on Earth as an ascended being in the same or a different physical body. The 1.7 billion humans who do not have the potential to ascend are those who have no soul quotient and therefore no individual consciousness. When these people die, their death is total as there is no energetic part of them that continues to exist.

There are many possible scenarios for the outcome of humanity, but it is most likely that the ascension of Homo sapiens will be complete by October 24th 2036, as this is currently the end of our tenure on Earth. After the tenure of Homo sapiens on Earth has expired, our planet will be repaired in a planetary engineering workshop on the Andromeda Ascendant lightship and be prepared for the arrival of the next civilisation, Homo superior. This civilisation will have at least six physical strands of DNA, so will have a life span of at least 1,500 years. They will be a more ascended civilisation attuned to the higher dimensions, and will not make the same mistakes as Homo sapiens. Gaia Star has already ascended, and connects with physical Earth from the Fifth Dimensional Grid that surrounds Earth.

[The opening of ascension portals to Atlantis](#)

Atlantis is the starship originally brought to Earth 487,000 year ago by the Atlanteans (see Chapter 10). It has resumed active service to assist in the ascension of humanity. Approximately 280,000 humans will choose to ascend to Atlantis, but it can accommodate up to five million humans. There are 186,000 ascended humans in residence there already, and there are 258,000 humans who are awakened or in the process of awakening who are ready to transition to Atlantis. Within a few years, the relevant ascension portals will open for humans to translocate to Atlantis at various times. There can be up to 10,000 ascension portals open at any one time. The portals will just appear in the form of a two-dimensional doorway for those humans who are ready for ascension. You will just know when this doorway appears before you at the right time and in the right place, that it feels right to step through it. Even if you are driving a car, flying a plane or sailing a boat, you can still

take yourself through the portal and the outcome will be optimal. The vehicle you are in will be taken care of and will just come to rest without harm, and any passengers that do not go through the portal will be returned to a place of safety. The portal will remain open for around 15 mins, but if you decide not to step through it there will be other portal opportunities for you extending until 24th October 2036 (the probable last date Homo sapiens will be on Earth). You can take your friends and family members with you through the portal if that is their wish. If they are not with you physically then a portal will automatically pop up for them in their location. If a friend or family member is not yet awakened, they can still go through the portal if they have a soul quotient (however small), and are of pure intention; they will awaken on stepping through the portal. Those people with no soul quotient and no individual consciousness and who therefore cannot ascend, will not see any portal.

If you translocate to Atlantis you can choose to take your physical body with you and remain in this for as long as you wish. Alternatively, you can take your physical body with you, de-molecularise it and retain it as a template for future use should you wish to re-molecularise in an incarnate form on Earth in the future. Neither of these two options will leave a 'dead body' so the perception will be that you have just 'disappeared'. The third option is to leave your physical body behind when you enter the portal and take a purely etheric form on Atlantis. On arrival you will be warmly welcomed and provided with everything you need for your optimum comfort. Prior to ascension, any awakened human of pure intention is invited to visit and explore Atlantis during meditations, so you can familiarise yourself with the surroundings and the beings on board who are there to help you. Onboard the ship you become part of it and anything can be manifested by thought, so you are able to use the facilities even during meditation. Those people who have had previous incarnations on Atlantis may experience a feeling of familiarity. After ascending to Atlantis, you will be an ascended being in the fifth dimension and above, so you can go anywhere in the Universe whenever you like. You can also return to life in a physical body (either the same or a different one) on third dimensional Earth any time you wish.

The ascension of many awakened humans and their translocation to Atlantis will occur after the second great flood of Earth, which will be in the relatively near future. The first great flood involving the building of Noah's Arc happened around 12,000 years ago, but the second flood will be much larger. Relatively soon Earth's tectonic plates will shift dramatically, resulting in tsunamis that are higher than the Himalayas which will flood most of Earth's land masses. Several scenarios are possible, one of which will start with the sinking of the entire Pacific Plate causing a cascade effect on the other tectonic plates. Atlantis will resume its place on the surface of the Atlantic Ocean and be visible in a physical, third dimensional form in readiness for this event. Atlantis can then translocate to

anywhere in the solar system, galaxy or indeed anywhere in the Universe, as space and time are not constrained here.

The Age of Aquarius

Astronomers and astrologers have given various dates for the start of the Age of Aquarius. However, this age commenced on 21st December 2020, this being the day when the light from the aligned Jupiter and Saturn reached Earth. The conjunction actually happened on the 2nd November, but the light took over six weeks to reach us. This conjunction heralded a more nurturing energy on Earth and the beginning of a new golden age for humanity. The divine feminine energy is now in better balance with the divine masculine energy, and this will create more harmony. On this day, there was an opportunity for humanity to have a massive wake-up call in the form of an enormous coronal mass ejection (CME) from the Sun. The cosmic rays produced would have de-molecularised our bodies and triggered a mass ascension. However, at the time, humanity was not ready for this ascension event, so the massive CME did not occur. Only 83,000 fully evolved souls asked for this transition process on the day, so plans for the ascension of our civilisation were delayed.

Chapter 9: Off-worlders helping humanity

Of the around 8 billion people on Earth, there are 56,000 with an off-world or extraterrestrial origin called starseeds, who have incarnated on this planet to help humanity. Starseeds are connected to the higher dimensions, and they raise the vibration of the planet by anchoring the higher dimensions onto third dimensional Earth. There are 2,386 different species on Earth including 124 Sirians (three of whom have counterparts from NGC 584), 111 Arcturians, 163 Pleiadians, and 96 from the Andromeda galaxy. There are also approximately 50 Arcturian/Pleiadian hybrids, mainly living in the Mount Shasta and Sedona area of the USA. These are the 'ground crew' for Ashtar Sheran, commander of the New Jerusalem lightship.

There are around 5,000 civilisations in the Universe that have an interest in the ascension of humanity, and many beings experiencing life on third dimensional Earth come from these civilisations. There is phenomenal interest in the outcome of humanity, as this is one of the very few experiments involving ascended beings de-ascending into physical forms with the aim of re-ascending. These civilisations emanate unconditional love and the highest vibration of light, and they have sent around 320,000 lightships to support us. They will help humanity to awaken, rise up and break free from the control and manipulation by the Illuminati who dominate the world. The Illuminati are represented in political, financial and industrial organisations and any establishment that has undue power and wealth. They are

divisive and are causing an increasing polarisation of humanity, which leads to hostility and conflict. They generate much deception, corruption and suffering on Earth. Much of humanity is continuing to tolerate and even collude with this misplaced power and greed. However, as we awaken, humanity will have an opportunity to stand up and re-claim control from the Illuminati, and expose them. When our civilisation stands up, and consents to assistance from the off-worlders waiting to help us, the Galactic Federation will expel the Illuminati from Earth. However, this assistance cannot be provided if we continue to collude with the Illuminati.

Each of the 2,860 civilisations who have a particular connection to Earth have sent a lightship, and they collectively house around five million technicians who are ready to help us. These ships are currently in orbit about 50 miles above Earth, but they mostly remain in the fifth dimension so cannot be seen by most humans. Some have travelled for years to get here, but most have been translocated straight in through the relevant portal. All lightships requiring translocator technology are being updated accordingly in the Andromeda Ascendant. Lightships range in size from small pods (around 10 metres across), to vast ships that are thousands of kilometres across. However, most lightships currently orbiting Earth are from a few hundred metres to a few kilometres across.

[First contact from off-world civilisations](#)

Off-world lightships have been orbiting Earth to monitor and aid its progress for 486,000 years. First contact is contact with humans by off-world lightships and extraterrestrial beings, and this has been occurring for thousands of years. Pre-historic cave art depicting UFOs (Unidentified Flying Objects) and aliens, such as in the caves of Bastar in India, show that they were recognised by humans around 10,000 years ago. The lightships depicted in these caves were small shuttles (500 metres long) from the Arcturian ship Athena. They did not land, but hovered above the ground and used tractor beams to teleport beings and goods to and from the ship. There were many Arcturian lightship landings such as those in Peru at the time of the Nazca civilisation 2,000-3,000 years ago. Nazca people were taken onto lightships as they did not have fear or suspicion of off-worlders; indeed they were very receptive to their friendship and help. On board the lightships they were given the knowledge and skills that would enable them to construct what we now call the Nazca Lines, which were designed to be seen from space.

More recently, US interceptor planes have shot down off-world lightships and captured a total of around 15 of the crew. Four off-worlders were captured in the Roswell UFO incident in July 1947, but this was denied by the US government that said it was merely an air force balloon crash. The Americans could not fathom the construction material of the ship, as it was incredibly strong but ultra-thin and lightweight. Lightships can be made of

many materials beyond our technological experience. Some are made of herculaneum, an organic material similar to plasma that is self-healing and can repair itself when damaged. Off-world beings have been tortured in Area 51, the US centre for extraterrestrial research, to try and extract information about their technology. They were then killed and dissected, which has traumatised several peaceful civilisations who came with unconditional love to help us. Those who work in Area 51 cannot understand that the off-world ships are not armed, and they come in peace to help our civilisation. Engineers in Area 51 have been reverse-engineering the captured off-world spaceships for the past 20 years; they have attempted to replicate and weaponise this technology and construct a weaponised off-world technology spacecraft.

In May 2023 a lightship that humans refer to as a Tic Tac was shot down by a US stealth fighter. Tic Tacs are small lozenge shaped lightships, usually around 5m x 12m but they can be up to 450m long. They often fly individually or in groups on first contact missions, and there are usually 30-40 Tic Tacs flying around Earth at any one time. Tic Tacs are crewed by the Greys who are a highly ascended off-world civilisation in the ninth dimension trying to help humanity awaken and restore our planet. The Greys have a mothership with thousands of scout ships, and each scout ship is the base for 15,000 Tic Tacs, and each Tic Tac has a crew of between one and five. The Greys are a hive civilisation which means they share a consciousness and all experiences, so the pain of one Grey being is experienced by every member of the Grey civilisation. Therefore, the pain inflicted on the Tic Tac crew by the stealth fighter attack was felt by them all.

The Greys are an etheric civilisation capable of manifesting in any physical form, but they commonly appear to humans as beings who are around 3'6" in height with a smooth grey skin. Their faces have two large reptilian-type eyes and a very small mouth. They do not use this mouth for eating as they have no need for food; they are sustained purely by Source energy. Greys are genetic clones so they all appear the same, and they reproduce as required by cloning from a pure genome blueprint. Their life-span is around 3,000 human years, but their civilisation transcends the dimensions of time and space. They come from planet Asgard which is in interstellar space, so it is not situated in a galaxy; they can enter our space through a portal. Many people consider Asgard to be the mythical realm of the Norse warrior Thor. Indeed, Asgard is the home planet of a Grey being who manifested on Earth as Thor, around 1,000BC. Thor is commonly considered to be the god of thunder in Norse mythology, who tried to help humans win the battle of 'good over evil'. In addition to Asgard, the Greys inhabit multiple outposts throughout the Universe. For example, there are currently 33 Greys incarnate as humans on Earth.

The off-worlders can offer us new systems of nutrition, power, transport, medicine, finances and communication that do not damage the planet. For example, constant renewable energy with no environmental cost could be created from combinations of crystals. However, humanity would have to be prevented from weaponising this technology or we would use it destructively. Also, off-worlders could give us the means to crack oxygen from sea water, in the event of atmospheric oxygen depletion. This technology would enable our civilisation to continue living on Earth longer and without damaging the environment. Humanity currently has tenure on Earth until 24th October 2036, but this deadline might be extended if humanity changes significantly. We would need to co-exist peacefully, with a new respect for and care of nature, to allow the rejuvenation of our planet. However, currently our civilisation is not accepting this help, and has chosen to continue on its path of self-destruction. Humanity's institutions have not responded positively to first contact as they have been fearful or in disbelief. Some governments have responded with hostility to the presence of off-worlders offering help, and ordered their military forces to attack. Off-worlders cannot help us if they are viewed as a threat to be countered by attack. The hostility off-worlders have experienced has made them wary of making first contact, so they go to great lengths to cloak their lightships.

Several lightships in orbit around Earth launch small pods from their docking bays. These pods are sometimes sent out to 'buzz' us and do light displays or make crop circles. Some deliver light code messages, only decipherable by those who have a connection to the Cipher civilisation who are made from light code. The pod crews specialise in this form of first contact, and they are very excited to connect with us. A few of the saucer or cigar-shaped first contact pods that manifest in the third dimension can be seen clearly and they look solid; these are the ones that people have reported seeing. Sceptics are correct in believing that some crop circles are man-made, and some 'UFO sightings' are hoaxes, but the majority of these are bona fide. There are around 150 bona fide UFO sightings per month worldwide but most are not reported in the media, and any reports or photos relating to first contact posted online are quickly taken down by the Pentagon/CIA. Some lightship crews have taken humans on board to show them the ship, but humans reporting such an experience are rarely believed. The off-worlders are expecting the ships to be fired upon and the US government to shut down any information about these contacts. Online posts of UFO sightings are routinely taken down. However, the US Pentagon has recently released photos and videos of UFOs, or as they now call them, UAPs (Unexplained Aerial Phenomena), taken by US military personnel, so at least they now concede that such things must exist.

Sirians, Arcturians and Pleiadians and the pyramids at Giza

Sirians, Arcturians and Pleiadians are just three of the 2,860 highly ascended civilisations from other star systems helping humanity. Sirians are from the star system Sirius which is in our galaxy. It is a binary star system, the brightest of the two stars being the 'Dog Star' which is clearly visible to us. They comprise 15 different but connected civilisations from Sirius's 15 inhabited planets, who work together closely. The planets closest to the stars have a figure-of-eight orbit around the stars, and the outer planets have an elliptical orbit. When the planets pass each other, they are sometimes moving in opposite directions and their orbit is distorted. Sirians can be up to 10m tall as their home planets are so much larger than Earth. However, when we visit them in meditations or they visit us, they appear to be the same size as ourselves as their relative size is maintained. The larger the star and its orbiting planets, the larger the life-forms, as the relative scale of life-forms is always the same. The beings of civilisations on very large planets can be several thousand metres tall.

One of the most prominent of the Sirian planets is inhabited by beings who are grey in colour and very elongated due to the lack of gravity. Their planet is a long way from their two stars so they do not have sunlight, nor any rain, and their weather is permanently overcast and dull. Instead of using the star's energy, they generate energy by hydrogen fusion. Their planet comprises only rocks and there are no plants or animals. The bodies of these Sirians are mainly silicon based and they have a diet of minerals. Their collective consciousness is dimensionally-ported with a planet in galaxy NGC 584, and many Sirian beings have a symbiotic twin on this planet. The symbiotic twins on these two planets are permanently energetically connected for mutual benefit as they complement each other optimally. The beings from this planet in NGC 584 are organic with a more vibrant energy, and have very different characteristics. Due to its closer proximity to their star, the NGC 584 planet has sunlight, animals and plants that photosynthesise. There is more gravity so the beings are short and squat in stature. They reproduce by cloning, not sexual reproduction; when the old body wears out, they just clone a new body for the consciousness to inhabit. Beings from the NGC 584 planet are inquisitive, creative and playful, and live in harmony with their environment; they do not need a mother, father or families and are very self-reliant from the outset. They have been helping Earth and assisting the evolution of humans for around 20 million years.

The Arcturians are a very benevolent, intelligent and highly ascended civilisation, who are mostly in the ninth dimension. They have starseeded several planets to assist other civilisations. Arcturians are from the star system Arctura; the Arcturian civilisations cooperate well with the Pleiadians, particularly in their shared lightships. Their star Arcturus is 4,000 times the size of the Sun, and the one inhabited planet in Arctura is 1,400 times the

size of Earth. Their timescale is very different to that of human's as their planet takes so much longer to rotate; their solar day is 400 earth-years and it takes 4,000 earth-years for their planet to orbit Arcturus. They are humanoid in form but blue in colour, over nine feet tall and willowy with long fingers. As with most other civilisations, they reproduce by cloning, not sexual reproduction. They are exceptionally technically advanced, and the Pleadians mainly copy their technology. Pleadians come from a group of 10 star systems called Pleiadia, or the Pleiades. Each Pleiadian star system has a star (such as Electra, Atlas and Maia), and several planets with civilisations that work together in harmony. Astronomers call Pleiadia the 'Seven Sisters', as they can only detect seven stars.

Just before 15.00hrs GMT on 20th March 2021, a Sirian lightship and a combined Arcturian/Pleiadian lightship entered Earth's atmosphere together over Devon in the South West of England, resulting in a massive sonic boom. This shook the ground and houses throughout the South West of England and South Wales. Human scientists wrongly thought that this was a meteor crashing into the Bristol Channel. The Arcturian/Pleiadian lightship has a crew of 5,500 and around 120 of these have incarnated on Earth to help humanity. The Sirian lightship has a crew of 1,500, and 30 of this crew have come to experience the next phase of ascension events for humanity, and help us with our awakening and ascension process. This brings the total number of Sirians incarnate on Earth to 124. At the time of its arrival in Earth's atmosphere, the Sirian lightship had rather old technology and it took 120 years to reach us. It used photonic drives to create fusion from stellar particles; these are converted into hydrogen which is turned into fusion plasma. The ship hit the atmosphere at an angle causing it to bounce, hence the large sonic boom. The ship then went to the Andromeda Ascendant lightship to be repaired and updated, including the fitting of an upgraded engine and translocator portals. Many ships have been updated with translocator portals, so they can come and go from the solar system instantaneously through a portal in time and space. The ships will now be in the fifth dimension rather than the third dimension, so they can orbit Earth and not be visible to humans in the third dimension.

Around 150 Sirians, Arcturians and Pleadians who arrived on these ships are ascended beings from the eighth and ninth-dimensional realms, and they have incarnated on Earth. The consciousness of these beings dropped into the bodies of people who already work at places where they can be of assistance, and they are dominant in a shared consciousness by consent. These 'drop-downs' are Ascended Masters connected to the eighth or ninth dimension, and they remember everything about the Universe from their time of arrival. Many have great technical expertise; on their home planet, they can even control their weather. Sirian, Arcturian and Pleiadian 'drop-downs' have joined organisations such as NASA, CERN, Harwell and Governments to further humanity's understanding of the

Universe and help with technological development and governance. Some are also bioscientists who are helping with human health problems, such as the Covid-19 pandemic.

The Sirians, Arcturians and Pleadians were also instrumental in building the three pyramids at Giza in Egypt, the largest of which is known as the Great Pyramid, one of the seven wonders of the world. Starseeds from these civilisations were the architects and project managers of these phenomenal structures, constructed between 2550 BC and 2490 BC. The Egyptian masons and other workers on the project were revered for doing a task considered to be sacred, so they were very well paid in gold and well cared for by the pharaoh's estate. The superficial reason for the construction of the pyramids was to give the later pharaohs a grand burial, but the more profound purpose was to awaken humanity in 2023. The location of the Great Pyramid is highly significant as its line of latitude is $29.9792458^{\circ}\text{N}$; this value corresponds to the speed of light which is 299,792,458 m/s. The sacred geometry of the construction was designed for a specific stellar alignment so that the pyramids would align with Orion's Belt and the Dog Star in 2023. This alignment was meant to trigger a massive energetic shift for humanity and enable their awakening. However, due to the corruption of the pyramids by humanity over the years, this awakening energy shift did not take place as intended last year.

[The Arcturian lightships Athena and New Jerusalem](#)

Athena is a lightship that is helping humanity, currently in orbit around Earth. It is one of the five Arcturian lightships and is five kilometres in diameter, holding around one million Arcturian and some Arcturian/Pleadian hybrids. Athena has been in existence for thousands of years, and commonly sits in orbit around a planet such as Earth that the Arcturians have starseeded, for several generations. Arcturians have a life span of around 3,000 years, so this duration is not a problem. Some off-world civilisations have a life span of millions of earth-years, therefore their life span is longer than humanity has existed.

Every need is catered for on Athena, for example, optimal food and clothing can be manifested by thought. The facilities on board are excellent, and include activity areas and rest and relaxation areas. They have medical treatment pods, which automatically channel Source Energy. Beings can enter these pods for rejuvenation and cellular repair and leave the pods fully restored, so these will be very helpful for humans that come here for help after ascension. The environment on Athena is very natural and is mostly derived from plant substances. There is no pollution and everything is recycled. The atmosphere is in perfect balance, as grass-like areas produce oxygen and remove carbon dioxide. The Arcturian navigation system is controlled by telepathy, and they can teleport at will so transportation is not an issue. Their accommodation is really comfortable; there are a series of chambers on the outside of the ship, all of which have a wonderful view of planet Earth

and the solar system through the vast windows. The Arcturians are able to see what is happening on Earth in minute detail, as they can project holographic images which can be separated into components for examination. This will assist them in giving us optimal help.

New Jerusalem is one of 12 vast Arcturian/Pleiadian motherships, 500,000km in diameter. As the diameter of Earth is only 12,742km, humanity could be alarmed if it came too close to Earth, so it stays over 20 million miles away. It is a pearly white ship with a blue white glow with over 5 million inhabitants, 3.5 million of whom are in a physical form. New Jerusalem first arrived in the solar system around 3,000 years ago, and since this time it has intermittently helped humanity. Ashtar Sheran, an Arcturian/Pleiadian hybrid, is the commander of this lightship. From 2021 to 2023, New Jerusalem was in orbit around Venus' equator, making Venus appear to be split in two. However, NASA began to investigate the cause of this anomaly in Venus, so on 26th December 2023 New Jerusalem moved further away into orbit around Jupiter. It does however sometimes leave the solar system to undertake other missions in the Universe. Many have been born and raised on this ship, as it originally took New Jerusalem 75 years to reach our solar system, and for some this journey involved three generations. However, the ship has now been fitted with translocator portals, so travel anywhere in the Universe is instantaneous.

New Jerusalem has 12 levels, each with a different function:

Level 1: entry, registration office, docking bays and maintenance department.

Level 2: warehouse for storage of all supplies. All physical items needed by any civilisation can be acquired here.

Level 3: beings and animals from anywhere in the Universe have their own environments here, including their agricultural systems.

Level 4: agricultural research, farmland and gardens. Food production for any civilisation.

Level 5: accommodation for all beings living on the ship.

Level 6: recreational area with parks, flowing water and trees.

Level 7: medical facilities for all biological support required to sustain all civilisations on board.

Level 8: overspill living accommodation, rest and recuperation areas, dining and social facilities and shops. This can accommodate an entire civilisation that is being evacuated from its home planet.

Level 9: the Halls of Wisdom which contain libraries, rooms for learning and experiencing (including music and art).

Level 10: state rooms for visiting dignitaries.

Level 11: Ashtar Sheran's command-and-control centre. Headquarters and meeting rooms.

Level 12: observation deck, main flight control deck.

The propulsion and cloaking of off-world lightships

Most lightships can now travel anywhere in the Universe instantaneously by means of translocator technology. However, propulsion is still used, particularly in pods shuttling between lightships or on first contact missions. People reporting sightings of lightships often remark on their incredible speed, rapid change of direction and an apparent lack of engine. There are many methods of propulsion, but one of the commonest used by pods is Transverse Inertia. Transverse Inertia enables the pods to travel in any direction, usually at around sonic speed, changing direction instantaneously, whilst the lightship occupants feel no sensation of movement. This propulsion is achieved through the use of an energetic gyroscope, surrounded by a telekinetic energy field. The telekinetic field enables the pilots to operate the gyroscope by the power of thought. If the pilot projects the intention of propulsion in a certain direction, the force from the gyroscope will be directed accordingly. The entire drive system is only about 3^0cm^3 . Some lightships have Ionic Venturi Drives, which use multiplier technology to suck ships through space. Subatomic particles are pulled from space and sent through a venturi (a narrow tube which exerts suction) to create an ionic field. In the constriction, the velocity of subatomic particles increases and the pressure decreases. The particles thereby accelerated in the venturi, are then spat out at the rear of the ship, creating propulsion. Other lightships use Encapsulated Electromagnetic Field Drives. These create an energetic standing wave in a tube, which creates propulsion. Larger lightships such as Athena, New Jerusalem and Atlantis usually travel by translocation, but they are still able to use propulsion. They can generate propulsion using a fusion reactor with a photonic drive, which causes the ships to glow. The fusion reactor, which is operated by a telekinetic field, creates plasma which is then ejected from the rear of the ship, thereby creating propulsion. This commonly gives a speed of 95% light speed.

Many lightships such as Tic Tacs can appear to travel at Mach 20 in any direction and stop instantly. They use anti-gravity propulsion; each ship creates a quantum gravity bubble around itself which has zero-gravity. As gravity does not exist in this energy bubble there is no inertia, acceleration or deceleration. Therefore, the occupants of these lightships do not experience the sensation of travel. Mach 20 is the speed that humans would perceive these

lightships to travel at, but as travel is an illusion of space and time, our measurement of speed is meaningless. Any quantum gravity bubble that is created has an intelligence, and this intelligence will ensure that the bubble is locked in to the gravity of the host planet. A quantum gravity bubble will always attempt to achieve a stationary position in relation to the Universe, so that everything else in the Universe is moving around it. Therefore, when orbiting Earth, the Tic Tacs lock in to the gravity of Earth. The Earth is currently travelling at 186,000 miles a second in relation to a fixed point in the Universe, but we are not aware of this travel. Human scientists have conducted anti-gravity experiments, but they are confused by their findings. As the anti-gravity drive they create reaches a static point in the Universe, the Earth is still travelling at 186,000 miles a second away from this point. This means that the anti-gravity drive seems to disappear, and the scientists cannot fathom why.

Most of the lightships in orbit around Earth are in the fifth dimension, but they have a third dimensional presence so it possible to see them when not cloaked. Most humans can only see the energetic imprint of lightships in the fifth dimension, which can often be seen in the form of a lenticular cloud formation around the ship, which is the condensation around the shape of the ship, or a vapour trail. Lightships higher than the sixth dimension are nebulous, not solid. However, lightships higher than the sixth dimension can still manifest in a physical form, as physical matter is not restricted to the third dimension. In any dimension, you can have matter vibrating at different frequencies from a vapour to a solid. For example, a solid body on the ninth dimension is still ninth dimensional as it is vibrating at this frequency. The higher dimensional lightships such as Athena, New Jerusalem and the Andromeda Ascendant are in the fifth to the ninth dimension, so only a very few people who can raise their vibration to a higher dimension, can see them.

Off-world lightships have the ability to cloak themselves whilst manifesting in the third dimension, so that humans are unable to see them. There are two main methods of cloaking lightships. The most basic method is the 'Projected Image Device', using a series of sensors to project the image from one side of the ship onto the other side. This is a method commonly used by illusionists, but it is now considered to be old technology by off-worlders. A more sophisticated cloaking method is one used for example by the lightships Athena and New Jerusalem, when they manifest in the third dimension. This is the 'Diffraction Device' whereby photons of light are diffracted around an object, so the light does not touch the object. This means humans cannot see it, as we can only see an object when light bounces off it. When the diffracted rays bend around the object and meet up the other side, they are often slightly offset. This is why when a lightship using diffraction is in front of a body such as a star, planet or moon, the body appears to be split in two. The

entire electromagnetic spectrum, including radio waves and acoustic waves, is also diffracted around the ships, so they are not detectable.

[Help offered to humanity by the Galactic Federation \(including cold fusion microgenerator technology\)](#)

The Galactic Federation is an important group of beings who are emissaries from other planets and galaxies, containing representatives from civilisations across the Universe. It includes highly ascended beings from 2,860 off-world civilisations in the Milky Way who are helping humanity with their ascension process. They have sent lightships to assist with this, but these usually remain cloaked so are not visible in the third dimension.

We are a young civilisation learning slowly, so the Arcturians and most of the Galactic Federation (apart from the Vorlon members) believe humanity should be helped. The Galactic Federation has been in direct and regular contact with the administrations and governments of all the main countries of the world, and agencies such as GCHQ in the UK, and Roscosmos (the Russian space agency). They have also contacted agencies in the US including the CIA, the Department of Homeland Security, NASA and Space Force. The US Space Force is the organisation set up by President Trump in 2019, with its HQ at the Pentagon, to defend the USA from 'off-world attack'. A specific communication protocol has been set up between the Galactic Federation and all these agencies that has been ongoing since 1962. Each agency has been given a dedicated communication device with instructions for its use. Unfortunately, NASA now has the only working device in the US, as all other US agencies have disassembled their devices. The US agencies have been sent several replacements, but they have repeatedly deconstructed them which has been counterproductive. They deconstruct the devices in an attempt to reverse-engineer them to exploit the off-world technology. However, the devices are programmed to implode if disassembled to prevent their replication. Government agencies of other countries such as China have ignored the devices, or doubted their authenticity. Many devices around the world, including those sent to NASA, Roscosmos and GCHQ are still functioning, but the Galactic Federation have not received any responses to their communications.

Since the year 2000, the Galactic Federation has sent communications to these devices daily. These messages bring offers of help and it is explained that they come with unconditional love and the intention of optimising humanity's wellbeing and success. However, the agencies cannot understand altruism; humans commonly don't trust anything given freely for no financial gain and with no other agenda. The messages give advance warning of cosmic events such as coronal mass ejections, and planetary events such as earthquakes and tsunamis. From 2009, warnings were disseminated globally about the Covid virus. The Galactic Federation explained that this virus (which had been genetically

modified in a laboratory), would cause a pandemic if released into the population unless it was genetically locked. If the Covid virus had been genetically locked prior to its accidental release in 2019, then it would have only caused illness in a minority of people with underlying respiratory illness. However, this warning was ignored, resulting in the current pandemic. The Galactic Federation also offered the means for every human to be automatically connected to Covid 19 antibodies, to ensure we had optimal protection against the virus. This offer was globally disseminated in October 2019, which was before the pandemic started. However, no interest was shown in this, as the validity of the offer was not believed, and there was no financial incentive for industry. Many powerful businesses have profited considerably from the drugs, vaccines and personal protective equipment manufactured during the pandemic.

Communications from the Galactic Federation also offer help to solve all of humanities problems such as energy, transport and pollution. However, as the technologies offered are free of charge, and there is no opportunity for them to be monetised, people are not interested. There are too many people with vested interests in the continuing profits for producers of our existing forms of energy and transport, so the information about free and readily available off-world technology is suppressed. The Galactic Federation respects the autonomy and sovereignty of humanity, and will not intervene unless our governments and their agencies give permission to do so. Therefore, if these communications are not responded to positively, help cannot be given.

The help offered by the Galactic Federation includes a renewable, pollution-free, minimal cost solution to all of humanities energy needs for industry, transport and homes, enabling a high level of self-sufficiency. This is in the form of cold fusion microgenerators that use hydrogen cracked from water as fuel. Hydrogen can be readily cracked from saltwater as the salinity makes it easier to electrolyse and release hydrogen. The oxygen produced in this cracking process can just be liberated to the atmosphere. To create these cold fusion units, hydrogen is injected into a torus (doughnut shaped) container, 9" in diameter and 3" high. The torus is usually constructed of 3-4mm thick quartz or ceramic. As the hydrogen is injected into the torus, it passes through an electrically charged silver grid, so the hydrogen becomes ionised. The ionised hydrogen gas is struck by a one million electron-volts electrical discharge and is constricted by the surface tension of the electrical discharge to create plasma. The torus is surrounded by electro-magnets that further magneto-constrict the plasma and the constriction causes the plasma to heat and shrink. This constriction and heating process becomes stable when the temperature reaches 1,500°C, and at this temperature the process of creating plasma becomes self-sustaining. The temperature continues to rise until standby status is reached, which is 10 million°C in a 1" diameter core. At this point, hydrogen fusion will occur which is self-sustained in a positive feedback loop.

The greater the constriction, the greater the temperature and the greater the electromagnetic field, which in turn increases the constriction. The temperature of 10 million°C is maintained by the balance of adding ionised hydrogen and removing the heat generated. Helium is created as a harmless by-product which is released to the atmosphere. If the torus is ruptured, the fusion reaction shuts down immediately and the heat from the micro-core is dissipated to the atmosphere very rapidly, so it is entirely safe. The super-heated micro-core heats the surface of the torus to around 120°C, and electricity can be generated from this heat. The fusion in the plasma can produce between 3-9K of electricity in a self-sustaining process. The electricity produced can be used to operate a single appliance, power homes and factories, or be fed in to a grid. With water being the only requirement, each home could have a microgenerator giving 5kw of power which is the size of a microwave oven, to provide all the electricity, heating and cooling needed. The units could create heat exchange around the home through air ducts that can either absorb or release heat. The units can also be linked up to give extra power, so if 15kw is required, three units could be linked. A fridge sized cold fusion unit could generate up to 50kw of power and vast numbers of units can be linked to power large scale industry. This technology can easily be used to power cars and other forms of transport with very little cost and no pollution. However, the implementation of this system would necessitate countries and communities being able to cooperate and share, without the usual competition and exploitation.

In 1967 the Galactic Federation sent all governments and their relevant agencies information about fusion microgenerators and this information was updated in 1992 and 2018. Despite the solution to our energy needs being clearly communicated, no country has expressed an interest in developing this as it is not a profit-making venture. After a relatively very small set up cost to manufacture the microgenerators there would be no further income stream for energy companies, so there is no incentive for them to develop these units. There have only been two attempts to use this off-world technology, one of which was at the Culham Centre (UK's fusion research laboratory) in Oxfordshire as part of the Joint European Torus (JET) project. However, they did not follow the instructions and made it much too large so it doesn't function properly.

In 1969 the Galactic Federation also told government agencies about off-world replicator technology, which would help humanity avoid the need for industries that deplete resources and pollute the environment such as construction and car manufacturing. The Galactic Federation have not given us assistance with this technology since 1969, as some organisations have tried to use it to make weapons. From an initial blueprint, any number of items can be materialised, as matter can be molecularly synthesised from energy. When the item has finished its use, it can be de-molecularised back into energy, thereby negating

the need for disposal of waste materials and pollution problems. This technology would enable humanity to manufacture a high volume of cold fusion units very rapidly and at minimal cost, but our government agencies have demonstrated that they are not yet ready to use this technology solely for peaceful purposes. A few organisations have attempted to create replicator technology, but these attempts have been unsuccessful as they did not follow the instructions correctly.

In 2005, all government agencies were given information about healing pod technology, which gave all the instructions necessary to create healing pods similar to the ones in the Andromeda Ascendant and Athena lightships. These individual healing pods could optimise the health and wellbeing of every person on Earth using Source Energy (MUHET energy) and largely negate the need for drugs and conventional hospitals if used properly. However, the technology for these pods has not been embraced as the pods would reduce the profits of powerful pharma. There is only one company that has attempted to produce these pods and they called them Kubernetes self-healing pods. However, they did not follow the instructions of how to connect the pods to Source Energy as they did not understand the concept; they connected them to ordinary electrical energy so the pods do not have healing function.

[Communicating with other civilisations](#)

Other civilisations use different communication systems; the human race is quite unusual in having speech and language. The timescale for communication in other civilisations is very different, so you may have to wait a million earth-years for a response to a question. Communication can be done by sound waves, light waves or transmission through a fluid medium (similar to whales). On most planets, telepathy (communication by the sending and receiving of thought) is the main form of communication, which means misunderstandings cannot occur. When a being's consciousness is on the fifth dimension or above, it can communicate with any other being in the Universe instantaneously by telepathy. Our thoughts are automatically converted into an appropriate form of communication by the Universal Translator, and no misinterpretations are possible. Any time differential is also automatically accommodated by the Temporal Decoder. Few civilisations have the equivalent of a brain. The human brain is merely a downloading device and it does not generate thought. A consciousness produces thought and thought is just waves of energy. The storage of these thoughts is done by downloading them into the brain. Consciousness does not require a physical form, so our thought processes are exactly the same when we are in an etheric form as when we are in an incarnate form.

Chapter 10: Civilisations on Earth and in the solar system

The Lemurians

Sixty-six million years ago an asteroid hit Earth. The impact threw up so much dust and water vapour into the atmosphere that it cut out the sunlight for over 10 years, and this caused sudden and drastic climate change. This ELE wiped out the dinosaurs and rendered our planet unfit for habitation by a civilisation, so Gaia Star asked the Lemurians to help restore Earth. The Lemurians are a civilisation from planet Lemuria in the Milky Way, whose mission is to rescue planets and civilisations in crisis. Using a translocator portal, thousands of them came to Earth as starseeds 1.2 million years ago. They lived on a landmass referred to as Lemuria in the area from the Indian Ocean to Australia. This land mass shifted over time as what we now call India collided with the Eurasian Plate and Australia moved south. They fulfilled their aim to clean the planet and regenerate the land with plants and animals, clean and restore the oceans and atmosphere, and make Earth fit for habitation again by Neanderthal man and eventually Homo sapiens.

The Lemurians had 12 physical strands of DNA and so could have a life span of around 3,000 years. Lemurians were commonly 9' to 18' tall and skeletons were found in Byzantium that are between 18' and 36' tall; these are the giants we read about in myths. The Shamans (spiritual leaders) in particular were very strongly built but they were all very peaceful and gentle. They disseminated their knowledge, wisdom and technology for our benefit, and they lived in harmony and unison with the planet. Their existence as hunter-gatherers was sustainable, only killing animals that were needed for food and only clearing small areas of forest for their dwellings which were made of natural materials. Their society was non-hierarchical as all beings were considered equal. However, there was a division of labour as they were organised into groups such as builders, healers, warriors and teachers. Most of today's eastern philosophy stems from the Lemurians. The Lemurian DNA was eventually combined with Neanderthal DNA through sexual reproduction between the two civilisations, and Lemurian DNA became dominant due to their superior survival skills.

The Lemurians all ascended and the era of the Atlanteans followed, but there are still some Lemurian starseeds living on Earth today. There have been several ascension phases on Earth since the Lemurians; there is an ascension phase on Earth every 30,000 to 40,000 years. The Lemurians are appalled and saddened by what has happened to Homo sapiens, and they are watching us with concern. However, they can only let our ascension take its course as there is a policy of non-intervention and respect for our free will.

The Atlanteans and Atlantis

Around 487,000 years ago, a planet called Atlantis was doomed to failure. The beings on this planet were enlightened and also had 12 physical strands of DNA and a life span of around 3,000 years. They could teleport and they communicated telepathically. They were taller and thinner than humans, as they came from a planet with less gravity. They needed to come to a different planet to continue their mission to evolve, so they came on a starship to Earth. The starship, also known as Atlantis, was 12 miles across and was covered by a dome-shaped bubble for protection from the ravages of the sea. This bubble is made of transparent self-healing Herculaneum, which is a form of plasma. Atlantis was located on the sea surface in the middle of the Atlantic Ocean for around 3,500 years. The Atlanteans have starseeded millions of planets; the plan was for them to starseed Earth and to remain pure and separate from the Neanderthal and Neanderthal/Lemurian beings who lived on Earth around 400,000 to 40,000 years ago.

The Atlanteans were a very happy and peaceful people. Their society was based on segregation and a caste system, but all castes were content with their lot in life. Each caste had a specific area of expertise and had roles such as scientists, warriors, farmers, administrators and thinkers. This system worked very well at the outset. Atlanteans were clones so they did not sexually reproduce. They should have stayed separate from humanity to avoid any interventions in our outcome, but they wanted us to progress. With the best of intentions, they imposed their DNA on humanity by manipulating Neanderthal and Lemurian DNA in a genesis chamber. They spliced Atlantean DNA with Neanderthal/Lemurian DNA to create hybrids that were grown in thousands of pods in the genesis chamber. The beings replicated by this means seeded the new civilisation of Homo sapiens, which became prevalent around 300,000 years ago. This DNA splicing process catapulted the physical development of humanity forwards by 10,000 years, but humanity's emotional and spiritual development was not progressed by this process. The resulting contamination of the Atlantean DNA blueprint led to a loss of DNA strands in the Atlanteans. The Atlantean enlightenment was lost along with their teleporting and telepathic abilities. Human traits led to an upset in the caste system; they became self-centred and no longer worked for the good of the whole. This led to inter-caste wars, causing much structural damage to the starship. There was an explosion causing the capsizing and sinking of the starship around 482,000 years ago. There was a mass exodus by boat, and some Atlanteans escaped to join human civilisations. On the sinking of Atlantis, the extraterrestrial technology and tools such as the crystals that they used for many kinds of energy, were lost. Many beings currently incarnate on Earth have had one or more incarnations on Atlantis.

The Atlantis starship is now 487,000 years old, and is located where it sank on the sea bed, 3,000 metres below the surface in the middle of the Atlantic Ocean. Atlantis has now been restored and updated, and has room for five million life-forms. It is now very 'high tech': the computer system is based on isolinear crystals, and the engine is based on a cold fusion reactor with a photonic drive. Every system on Atlantis is operated by the power of thought. It can travel at 1800 knots or be translocated anywhere in the Universe in an instant. It can be flown into and out of the Atlantic Ocean and around the solar system, reaching Mars in around 30 seconds. Atlantis is currently on 'standby' awaiting the mass ascension of humanity; many members of the maintenance crew have been there for thousands of years in readiness for this phase of our civilisation. Atlantis is enclosed in a dome-shaped protective bubble and comprises four main pods. It has two portals connecting to outside the dome and several docking bays for visiting lightships. The facilities include healing pods and bioengineering laboratories, a citadel, rest and recreation areas and several accommodation areas. The accommodation areas provide excellent dining, as they have replicator machines on the walls which can produce any food or drink desired. If the requirement is visualised and projected onto the machine it will manifest.

[Other life in the solar system and Europa](#)

Venus and Mars used to have civilisations many millions of years ago, and these are the only other planets of our solar system to have sustained sentient life-forms. Mars still has supplies of subterranean water that supported life. NASA is planning further missions to Mars with the intention of landing humans by 2033, and Elon Musk and his SpaceX team are aiming to accomplish this by 2029. The aim of SpaceX is to colonise Mars, with plans to make Mars more habitable for humans by changing the planet's temperature. Elon Musk aims to do this by setting off nuclear explosions to vaporise the ice caps. However, the Overseer hopes that humans do not set up a colony here as we have already ruined one planet. The Galactic Federation is supporting humanity's exploration of our solar system, and can help with the space travel necessary for this. In 2008 the Galactic Federation gave all global space agencies details of how to produce more advanced off-world quantum drive technology, allowing humans to travel at 20% of the speed of light. This would enable us to travel to Mars in about three minutes instead of seven to nine months. Quantum drive is propulsion by thrust, generated by the ejection of ionised (electrically charged) particles created by a hydrogen fusion reaction. The resulting high velocity causes temporal distortion, but this is self-corrected. However, this offer of technological help for humanity's space exploration has been ignored by our global space agencies. Conventional space rockets are usually fuelled by kerosene and liquid hydrogen, and powerful petro-chemical companies want to retain this source of profit.

The only other place in the solar system where the possibility of life exists is Europa, one of the icy moons of Jupiter. This moon is larger than Earth and has a metal core covered by several miles of ice which is in the process of melting due to geothermal heat from the core. The liquid water layer that is trapped between Europa's surface and its outer ice shell contains amino acids, and has the potential for organic life. Geothermal heat has provided the energy for the fusion of amino acids; the water layer already contains single cell micro-organisms similar to algae. These organisms generate gases that have created an atmosphere that includes carbon dioxide and oxygen in the layer between the water and the ice. These organisms also generate heat which melts the ice shell, thereby expanding the layer of water and enabling the development of more life. As the melting of the ice continues, the atmosphere will break through the ice layer and create an atmosphere containing water vapour around the whole planet. Atmospheric friction will then generate lightning, creating electromagnetic energy to increase fusion of the amino acids. The surface of the planet will also be exposed to solar radiation, which will generate more energy for fusion. An evolution process similar to Earth's will occur on Europa, gradually forming sentient life and eventually a civilisation. The single cell organisms in Europa's water layer will evolve into amphibious life in 100,000 years, and in around 10 million years larger life-forms such as fish and birds will evolve. It will take 160 million years for a civilisation to evolve.

In April 2023, the European Space Agency launched JUICE, the Jupiter Icy Moons Explorer spacecraft. It will take eight years to reach Jupiter with the planned mission to study the potential for life on three of Jupiter's moons (Ganymede, Callisto and Europa). However, the Overseer will prevent humans from interfering with nascent life-forms such as the ones evolving on Europa, or any other life-forms such as civilisations outside our solar system.

Chapter 11: The Overseer's lightships

Biosphere One

Biosphere One is the 120 million mile diameter lightship created by the Overseer at the incipience of the Universe. The outside skin of Biosphere One is made from herculaneum, a form of pure energy plasma, and the inside is made from various manifestations of plasma. It is a sentient living structure that is being continually modified and improved. This ship and the Temple of Astala contained within, can be visited by invitation of the Overseer. Biosphere One is currently replacing Saturn in orbit in our solar system. It remains perfectly cloaked as its current manifestation is the same size as Saturn, and it is camouflaged by the outer shell of Saturn and surrounded by Saturn's rings. Meanwhile, Saturn itself is temporarily held in stasis inside one of Biosphere One's planetary engineering workshops.

Biosphere One can be anywhen and anywhere in the Universe and it can be in multiple places at any one time through a system of portals. Like Doctor Who's TARDIS, the external size does not reflect the internal size. For example, the manifestation of Biosphere One in the Andromeda Ascendant lightship is only a three-inch ball, but inside it is vast and usually accommodates around 50 trillion beings from around the Universe. The size of a Biosphere One manifestation can range from a few inches to 120 million miles in diameter, but the size is only relative as it can contain the entire Universe.

Biosphere One is a Dyson sphere, which is a megastructure based around, and powered by, an exceedingly powerful main sequence star which is located in the gravity well of a unipolar singularity at the centre of the structure. The unipolar singularity at the centre of the Dyson sphere, is connected to two black holes (one at the north pole and one at the south pole of the structure), creating two bipolar singularities. The two bipolar singularities provide energy conduits directly to the north and south poles. The energy conduits run through the outer shell of the structure, and power propulsion of the lightship, and the technology described below. The gravitational force in the central unipolar singularity, constricts the star within the gravity well, so the star is relatively tiny. However, the star can generate a massive amount of energy to power Biosphere One, as it can be fed by the energy and matter drawn in by the two black holes connected to it. The black holes at the north and south poles of the Dyson sphere, have shuttered apertures at the event horizons of the singularities. These can be opened and closed to allow energy and matter to be drawn in to refuel the star when required, for example by drawing in an asteroid field. Life is conducted on the inside surface of the shell of Biosphere One. Any environment can be formed to support any form of life, involving for example, different levels of gravity. It currently has five trillion inhabitants from civilisations throughout the Universe, and each civilisation has the optimal environment for their needs created on this massive lightship. The Biosphere One's in both counterpart universes, can travel between the counterpart universes, by means of an interconnecting portal. Biosphere One contains some exceptional technology, such as:

Planetary engineering workshops - these can accommodate entire nebulae and galaxies for the purposes of remedial work and maintenance. If a star system or planet is significantly damaged, it can be translocated into the workshop, put into stasis then rebuilt and re-energised. It can then be returned to its original location seamlessly without the awareness of the less ascended civilisations like humanity. Saturn is currently held in stasis in one of these workshops.

Bio-engineering laboratories - entire civilisations or individuals can be genetically re-engineered or healed here, and this work is also done in stasis. Work on individuals can also

be done in the mini bio-engineering labs or healing pods underneath the main bio-engineering labs. With the permission of the Overseer, beings can use the main laboratory or the individual-sized pods for healing.

Translocator portals - these are two-dimensional archways that enable any being to transcend time and space in order to travel anywhen and anywhere in the Universe. In particular, there are portals to any part of Biosphere One, the Temple of Astala or the Andromeda Ascendant lightships. These portals are telepathically controlled, so if the intention is projected, they automatically take you to the desired place and time. However, these portals are only constructs for the benefit of those not yet confident to translocate at will. The portals are not necessary, as thought will automatically take your consciousness to wherever required in the Universe.

[The Temple of Astala](#)

The Temple of Astala is a large pyramidal structure inside Biosphere One that has around five million inhabitants from around the Universe. It is made of plasma, and is powered by an exceptionally dense star which is only six feet in diameter and is held in an engine room. The apex of the temple houses the Overseer's ultimate meditation chamber which has room for up to 120,000 beings. There are translocator portals that can take you straight to any part of the Universe required, including the Andromeda Ascendant. The stairs leading up to the right from the atrium lead to humanoid style accommodation, which enables humans to feel comfortable in familiar surroundings. The left-hand stairway leads to accommodation for what humans would perceive to be 'aliens'. We can equally use the left stairway when we feel comfortable about seeing alien life-forms which may, for example, appear in a crystalline, liquid or gaseous form. Aliens have accommodation and environments corresponding to their needs. However, alien beings, who are virtually all considerably more ascended than us, are sensitive to our fear of difference. They will therefore appear in a human form with the ethnicity and gender we are comfortable with. The temple contains the Stellar Cartography department. This vast chamber enables us to see and interact with the entire universe or any part thereof. We can open it up, dissect it, understand it, experiment with it and put it back. There is also a Universal Library that contains information about everything that has happened in the Universe since its inception. This vast amount of data is stored on isolinear crystals, which dwarf our most powerful computers. This information and data can be viewed on interactive screens and it will be explained to us. All of the Akashic records regarding all incarnations of all beings in the Universe can also be accessed by beings of pure intention on Earth, who have been given an energetic key to the Temple of Astala by the Overseer.

The Andromeda Ascendant

The Andromeda Ascendant is the command-and-control ship for humanity's ascension. It is currently 34 miles long, 11 miles wide and 4 miles high, and is locked into geostationary orbit around Earth about 50 miles above North Devon in the UK. However, it cannot be seen by humans, as it is a purely energetic structure which occupies all higher dimensions. It is made of pure energy called plasma, which can manifest as any material from transparent sheets to solid materials, but the walls of the ship usually manifests as a translucent material with a shimmer of pale blue. The Andromeda Ascendant is a separate consciousness so it is a sentient being in itself. It is powered by a main-sequence star suspended in the gravity well of a unipolar singularity. The sentience of the ship itself sustains this energy, as *Energy + Consciousness = Manifestation*. All communication on board is telepathic; even the required meals are manifested by projecting the desire. There are environments created throughout the ship for the diverse life-forms on board. It is the base for around one million beings from 2,860 civilisations who have an interest in the ascension of humanity. There are billions of civilisations from galaxies across the Universe that come and go from the Andromeda Ascendant. It is becoming increasingly busy as the interest in our ascension increases, so the observation deck can increase in size according to need, but usually it is 100m in diameter and 20m high. The observation deck has vast windows that enable you to look out over our solar system and the Milky Way. Over 30,000 beings and lightships are translocated to and from the Andromeda Ascendant per day, and each of the docking bays has an appropriate portal to enable this. There can be thousands of docking bays, but they are manifested according to the number required. There are currently 16 pods used for shuttling individual beings around Earth. Lightships return to the Andromeda Ascendant on a regular basis for upgrades and maintenance, so it is a vast and complex organisation. Most civilisations now have translocator portals leading straight from their home planet to the Andromeda Ascendant, so they don't always need a lightship.

The section of the Galactic Federation concerned with the ascension of humanity is based in the Andromeda Ascendant. With the Overseer at the helm, it comprises ambassadors from 2,860 civilisations who are helping us. The full Galactic Federation has a representative from each of the trillions of galaxies in the Universe. Each star system has a governing body and each galaxy has a governing body with a representative from each star system. There are thousands of translocator portals in the Andromeda Ascendant for ease of travel throughout the Universe. There are four large bio-engineering laboratories on the Andromeda Ascendant, and also many smaller healing pods for individual healing, that can be used by visitors to this lightship. There are two planetary engineering workshops on board. These are smaller than the ones on Biosphere One, as the focus is more localised, healing planets in the Milky Way and Earth in particular. The Council Chamber can

accommodate the 779 Angels and Archangels, 117 Ascended Masters and 2,860 members of The Galactic Federation. Beings of pure intention who visit the Andromeda Ascendant during meditations, will automatically be given access to the appropriate areas of the lightship by the Overseer. There is a meditation involving a visit here in the appendix.

Chapter 12: Healing using Source Energy

The relationship between energy and matter

All matter in the Universe vibrates at a harmonic or sub-harmonic of Source Energy. All physical elements, be they solid, liquid or gas, have an energy of a certain vibration which is specific to that type of matter. The vibration of each element affects everything in its energy field, and this vibration has a specific and definable signature. This vibration is called the fundamental frequency of the element; each element has a unique fundamental frequency. Compounds contain more than one element, and therefore have a combination of fundamental frequencies. For example, water contains the elements of hydrogen and oxygen so it vibrates at a harmonic of the combined fundamental frequencies of hydrogen and oxygen. If the water is not distilled, it will also vibrate at the fundamental frequencies of all the minerals and other trace elements it contains. The fundamental frequencies of all matter (elements and compounds) create a surrounding energy field. The extent of the energy field depends on many variables such as the state and temperature of the matter, but the energy field diminishes with distance from the matter. This energy field around all matter gives elements and compounds, particularly crystals, healing properties.

All matter can be transmuted into energy, and energy can be transmuted into matter by changing the frequency of the energy vibration. The vibration of the energy can be changed by applying consciousness to it, and this applies to matter in the human body. In this way, healing can be done by changing energy and matter in the body. Source Energy can be changed into physical matter, as the only difference between Source Energy and matter is the vibration. All matter is composed of protons, neutrons and electrons and it is the various permutations of these that determine the properties of the matter. The lightest element with only one electron and one proton, is hydrogen. The heaviest naturally occurring common element on Earth is uranium, with 92 electrons, 92 protons and 146 neutrons. All matter is a manifestation of energy, so matter and energy are inextricably linked and on the same continuum.

The vibration of ordinary white light can be broken down into different frequencies, from the highest frequency ultraviolet, through the visible colours from violet to red, and lastly the lowest frequency infrared. Over and above this spectrum is octarine light, which is the

summation of all light. It includes all the wavelengths contained in ordinary white light, with the addition of silver and gold light. The frequency of gold light is 530 terahertz and the frequency of silver light is 335 terahertz, but these vibrations are more than just light as they are both carriers of a higher fundamental energy. Octarine light is a very high vibration harmonic of Source Energy and humans perceive Source Energy and the energy of the Overseer and Archangel Michael to be in the form of octarine light. In the third to fifth dimensions, octarine manifests as a brilliant electric blue-white light with a gold core and a silver outside edge. Octarine manifests as a brilliant silver-white light in the sixth dimension and above. Octarine light is the summation of:

gold, silver, ultraviolet, violet, indigo, blue, green, yellow, orange, red, infrared

Gold, silver and octarine light cannot be measured by human instrumentation. The gold light is emitted by the Central Star of the Universe. This massive star, which is 30 light-years across, radiates a golden light throughout the entire universe, and gives everything in the Universe vital energy. The silver light also radiates out from the centre of the Universe. As humans cannot measure octarine light or Source Energy, the only way we can perceive its existence is by measuring the effect it has on particles around it. Subatomic particles are the constituents of atoms contained in matter. The changes that Source Energy manifests in the body can therefore be felt and measured in the body. The channelling of Source Energy through MUHET therapy, can transmute energy into matter and matter into energy by changing the energy of the body right down to cellular level.

The chakras

The chakras are the energy centres of the body. They are swirling energy vortices that draw more energy into the centre when they are working properly. If a chakra vortex becomes stagnant it does not draw energy in, and if a chakra spins in the reverse direction it will push energy out. Everyone is born with their chakras in balance, but over time life experiences cause imbalance. This blocks the energy flow in our body and compromises our wellbeing. Source Energy enters the body through the crown and from here it travels down through the seven main chakras and energises them. From each of the chakras, the energy radiates out through the meridian lines to every cell of the body. If there is an energetic blockage in a chakra or a meridian line, Source Energy can be prevented from flowing fully through the body leading to illness. MUHET therapy can release these blockages, and optimise the flow of this Life Force Energy.

The seven colours from red to violet correspond to the seven main chakras of the body. Each chakra governs certain aspects of a person's physical, mental, emotional and spiritual wellbeing, as is shown in the following chart:

<u>Chakra</u>	<u>Location in body</u>	<u>Colour</u>	<u>Main aspects it governs</u>
Base	base of spine	red	survival, physical needs, skeleton
Sacral	3" below the navel	orange	emotions, sexual issues, reproduction
Solar plexus	3" above the navel	yellow	relationships, issues around power such as disempowerment, digestive issues
Heart	centre of chest	green or pink	love (including self-love), compassion, respiratory issues
Throat	above collar bone	blue	communication, speaking your truth, thyroid issues.
Third eye	centre of forehead	indigo	intuition, clairvoyance and imagination. Enables us to connect with energies around us, and sense the truth about the Universe inside us. The pineal gland is governed by the third eye chakra. The pineal gland enables telepathic communication, expands your consciousness and connects you to the higher dimensions.
Crown	top of head	violet	intelligence, thought, spirituality and the pituitary gland.

Those who are awakened and on a path of ascension have two additional chakras in their auric field above the crown chakra:

- White star chakra : this chakra is located 30cm above the crown chakra. It is a gleaming white crystal in the higher dimensions that forms a connection to the higher realms.
- Soul chakra : this chakra is located 60cm above the crown chakra. It is a shaft of energy that connects into the fifth dimensional energy grid spreading throughout the Milky Way galaxy in all of time and space. It connects those who are awakened to all the beings in their soul cluster.

The auric field (aura) of the body

The chakras are connected to the auric field or aura, which is the electromagnetic energy field around the body. This field has seven main energy layers, each of which is connected to a different chakra; MUHET energy healing can be put into any of these layers. The human aura is oval in shape but the layers furthest from the physical body become more spherical. It usually extends around three feet beyond the physical body, but it can extend over six feet. The larger and more spherical the aura, the more ascended the being. It contains beautiful swirling colours, and the different colours indicate aspects of the being such as ailments, temperament, life experience, civilisation of origin, past incarnations and level of ascension. The seven layers are as follows:

Etheric body – this energy layer overlies the physical form. It is closest to the physical body and has a body shape. This layer contains disease, dysfunction and pain and it vibrates at the lowest frequency. It is connected to the base chakra, and the colour is usually pale blue.

Emotional body – holds all our feelings such as joy or sorrow and is connected to the sacral chakra. Soft colours such as pale yellow indicate a calm person, and bright colours such as red indicate a stressed or angry person.

Mental body – contains all our thought processes and is connected to the solar plexus chakra.

Astral body – the bridge between the lower vibrations of the physical plane and the higher vibrations of the spiritual plane. It is connected to the heart chakra and has a beautiful rainbow colour.

Etheric template – represents the blueprint of the physical body on the spiritual plane and is connected to the throat chakra.

Celestial body – this is where the spiritual connection and enlightenment begins and it is connected to the third eye chakra.

Ketheric template - the outside layer of the aura connected to the crown chakra, often seen as a golden light. It vibrates at the highest frequency and protects all the other auric layers. It is the highest level of the lower self and acts as an interface with the higher self. It contains our past lives and our current life path.

MUHET energy therapy

Most civilisations in the Universe have optimal wellbeing as they are fully connected to Source Energy. These civilisations are mystified as to why humans inflict disease and suffering on themselves. Everything manifested from Source Energy is optimal unless we choose otherwise. Humanity has largely lost the connection to Source Energy, causing energetic blockages in our bodies which manifest as pain or illness. These blockages can be caused for example by fear, anger, self-sabotage, feeling victimised, lack of self-love, or ancestral/past life issues. MUHET is a treatment devised by the Overseer that can remove these blockages. It is a very powerful and effective form of energy therapy, where the practitioner channels Source Energy through their hands and/or through their power of thought. It is much more powerful than Reiki which involves the channelling of energy that is only up to galactic level. Reiki can still be very helpful in the healing process but it does not remove energy blockages. MUHET can energise and balance all systems of the body, and helps to optimise physical, mental, emotional and spiritual wellbeing. The location of pain, illness or injury in the body can indicate the root cause, such as:

Neck – issues with children

Shoulders – family relationships, issues with parents, carrying a burden

Upper back – betrayal of trust, being let down

Lower back – lack of honesty and integrity, not being true to yourself

Arms – not letting old stuff go

Lungs – emotional ‘elephant’ squashing out your life breath

Stomach – grief, guilt, fear, anxiety, anger

Pelvis – not feeling supported

Thighs – lack of self-worth, low self-esteem

Knees – self-sabotage, allowing yourself to be undermined

Lower leg – not moving forward

Feet – not being grounded

MUHET uses Source Energy to transmute negative emotions into unconditional love, and can remove the root causes and alleviate the symptoms of ailments. It also uses many energy techniques, such as temporal shifts to release past life or ancestral trauma, or

miniature pearls of negative energy to consume cancer cells in a tumour. Changes can be made in the body right down to the cellular level, so many chronic conditions can be alleviated. MUHET opens and balances all the chakras of the body, and it can help with awakening and the ascension process. MUHET also helps to open and activate the pineal gland, which connects us to the higher dimensions and enables the development of psychic abilities.

[Scientific research into MUHET energy therapy](#)

MUHET can transmute matter into energy, and energy into matter, in the body. This has been scientifically proved by over 20 postgraduate students doing PhD research in the departments of Applied Physics and Applied Sports Science at two leading US universities and two leading UK universities. The research was conducted in the five years between 2015 and 2020. In the three years from 2015 to 2018 there were 2,386 experiments using 15 participants to measure the effects of all aspects of energy healing on the human body, including long distance healing. Between 2018 and 2020, there were a further 1,800 experiments that validated the original experimentation. All experiments were done under laboratory conditions and replicated at the four universities concerned, and they demonstrated unequivocally the healing power of MUHET energy therapy.

A full bio-analysis was done in an isolated chamber (A Faraday Cage), that was impervious to all electromagnetic energy. The isolated chamber was set up with thermal imaging equipment, plus cameras and video recording both inside and outside the chamber. Measurements were taken and recorded on several computers before and after the administration of MUHET energy and compared. The studies were double blind to ensure no placebo affect was present. Neither the participants nor the researchers were aware of the treatment being given; the human subjects participating in this study were just told to lie on a couch while being observed. The participants were connected to a range of monitors to measure brain function using EEG (electro-encephalogram) and ECG (electrocardiogram). They also had a full spectral blood analysis, measurement of tissue ageing and metabolic age, measurement of damaged tissue repair, muscle tone, oxygen and carbon dioxide functions in the respiratory system and all organ functions.

During these experiments, a MUHET practitioner was in an isolation chamber in one of the participating UK universities, being monitored in exactly the same way as the subjects receiving the MUHET energy. The practitioner administered MUHET (channelled Source Energy) by simply visualising working on the subjects using his power of thought. In the case of the studies in the US, this involved sending the energy thousands of miles, but the effect of the MUHET was identical and instantaneous, regardless of distance. As the practitioner visualised placing his hands on the subject, the monitoring equipment detected

the handprints on exactly the same place on the subject's body at exactly the same time. In all cases, every single function measured showed significant change and improvement after the MUHET healing. As there were no extraneous variables, these improvements could only be explained by channelled Source Energy (MUHET). This energy can be projected through intention anywhen and anywhere; *energy + consciousness = manifestation*. The results of the experiments also prove the existence of quantum entanglement which means that throughout the Universe there is no separation in time and space.

Unfortunately, this body of work was seized by an organisation, and all data, findings and other material relating to the studies in the US were removed. Due to a 'gagging order', nothing from this study is allowed to be published in the US, and it cannot even be referred to by the researchers. The PhD research proves that MUHET can change and improve all functions of the body. It also demonstrates that there is a force beyond current human comprehension that can control matter, time and space, and this indicates we are part of something much greater than ourselves. The organisation that seized the data did so with the intention of weaponising this 'energy technology'. They consider it has the potential to optimise weapons and control people physically and mentally, but currently they cannot fathom this energy. They do not understand that it can never be used for malign purposes. Source Energy is pure unconditional love, and the practitioners who channel it can only do so with the purest of intentions to optimise wellbeing. MUHET energy cannot be identified by human scientists as it is not measurable, but its effects can be measured.

Chapter 13: The Schumann resonance

The fundamental frequency of Earth is known as the Schumann resonance, named after Prof. Winfried Otto Schumann, a German physicist who studied it in the 1950's. The Schumann resonance is a form of life force energy also referred to as the Earth song or orgon energy. This resonance radiates out from the iron and nickel core at the centre of Earth, and it creates a magnetic field which should be stable. The frequency of the resonance is always a harmonic of the fundamental frequency of the Universe (see Chapter 3). The optimal Schumann resonance frequency is 7.83 hertz, and this frequency should remain nearly constant for the Earth to function as intended. There is naturally a very slight variation in the frequency due to the variation in Earth's proximity to the solar wind in the heliosphere, caused by Earth's elliptical orbit around the Sun. However, the Schumann resonance is now seriously out of balance and is becoming increasingly unstable. Since 2021 it has ranged from zero hertz to around 200 hertz. On 28th April 2022 it rose to 1,200 hertz, and the number of peaks in the Schumann resonance is increasing. There are five main reasons for this extreme variation:

- 1) Increasing variation in solar radiation from the Sun's coronal mass ejections (CME's) received by Earth, and an increasing number of significant solar flares and CME spikes, causing an increase in the number and intensity of geomagnetic storms.
- 2) Increasing variations in the cosmic rays from the centre of the Milky Way received by Earth.
- 3) Humanity's increasing imbalance.
- 4) Humanity's electromagnetic activity and equipment such as transformers, electric motors, electric cable networks and Wi-Fi are significantly distorting the geomagnetic field, as every electrical appliance we use creates an electromagnetic field. This distortion is exacerbated by the dissonance between different man-made electrical frequencies. The frequency of electrical appliances in the USA is 60 hertz, and the frequency of electrical appliances in most of the rest of the world is 50 hertz, so these two frequencies are out of phase.
- 5) Use of the Large Hadron Collider (LHC) is also affecting Earth's magnetic field and the Schumann resonance, as when in operation, the giant electromagnets of the LHC have a magnetic field that is over 100,000 times more powerful than the geomagnetic field. The scientists at CERN do not understand this, and they have failed to recognise the correlation between extremes in the Schumann resonance and their use of the LHC.

When the frequency of the Schumann resonance rises above 7.83 hertz, everything on Earth speeds up. This interferes with the synchronisation of life and processes on Earth, and causes humans to feel hyperactive, stressed and anxious. The human central nervous system is a sensitive electromagnetic receiver, so if we interfere with the balance of the geomagnetic system, our central nervous systems become out of balance. All other systems of the body will in turn be detrimentally impacted by this imbalance leading to health issues. When the frequency of the Schumann resonance goes below 7.83 hertz, it slows down and impedes the sequence of all life and processes on the planet. This causes humans to feel very tired, sluggish and depressed, and again their health will suffer. The most serious consequences occur when the frequency falls to zero. This can happen for a few hours several times a day, and sometimes for a day and a half at a stretch. The planetary imbalance caused by spells of zero frequency resonance can also cause geopathic stress and trigger events such as earthquakes or floods.

The optimum biological frequency resonance for humans is 7.83 hertz, which is the same as the optimal fundamental frequency of Earth. For optimal health our bodies need to resonate at this frequency, but our connection to this resonance is being significantly compromised. This is even recognised by NASA who found that astronauts who had been in space and away from the Schumann resonance for prolonged periods, suffered a variety of

symptoms of ill health. NASA therefore now use Schumann Simulators in all their space shuttles. The simulators generate a magnetic pulse that mimics Earth's frequency. NASA found that this alleviates the symptoms in astronauts and ensures their wellbeing in space.

[The increase in cosmic radiation and man-made electromagnetic fields \(EMF\) and its effects on health](#)

Cosmic rays are high-energy charged (ionised) particles, x-rays and gamma rays produced in space, coming from the Sun, other stars, the centre of the Milky Way and galaxies beyond. When ionised cosmic rays collide with particles in the Earth's atmosphere, they produce a shower of secondary ionised particles which is cosmic radiation. The intensity of cosmic radiation reaching the Earth's surface, particularly electrically charged particles from the Sun, is increasing. The background radiation on Earth should be 2-7 counts per minute, but is currently 47-52 counts per minute. At 33,000 feet (the height of a jet flight) radiation is 470-540 counts per minute, so a 1.5-hour flight would give the same radiation as a chest x-ray. Due to the destruction of the tree canopy of this planet and the attendant layer of water vapour that was meant to absorb cosmic radiation, we are no longer properly protected from the damaging effect of this radiation. Additionally, the Earth's magnetic field in the magnetosphere is currently only around 10% of what it should be. The Earth's magnetosphere should protect us from solar and cosmic radiation, but it is no longer sufficient to do this, meaning we are exposed to ultra-high levels of cosmic radiation. The increase in the aurora borealis (northern lights), caused by an increasing number of collisions between charged particles in the atmosphere, indicates the increased disturbance of the magnetosphere and the intensity of cosmic radiation reaching Earth. The aurora borealis is no longer confined to an area round the north pole, as it is being seen at lower latitudes in the UK such as in North Wales (53°N) and it has even been seen in Cornwall (50°N).

Earth's magnetic north and south poles are currently in an inversion cycle where the geomagnetic poles move apart and eventually invert so that the magnetic south pole and the magnetic north pole swap places. The last magnetic pole inversion occurred 12,590 years ago. The inversion process normally takes 11 years, and the current process started around 23 years ago, so the inversion is significantly overdue. The geomagnetic poles are moving apart rapidly at over 30 miles per year. During the inversion period when the geomagnetic poles are not aligned, there will be a prolonged time during which the Earth's magnetic field will give us no protection from hazardous cosmic radiation, which could significantly impair the wellbeing of humanity. If the inversion happens suddenly rather than gradually, it could seriously disrupt our technological systems. In this scenario, our

240v or 120v electricity network could be hit by a surge of 1,500 volts, which could knock out all our electrical appliances.

The intensity of cosmic radiation can interfere with our technology such as the signal from satellites, internet connections and computers, and cause disruption to our communication systems. Ionising radiation, such as gamma rays, x-rays and ultraviolet (UV) rays from cosmic sources can also cause cellular damage in our bodies and it is carcinogenic. Ionising radiation can strip electrons away from atoms which can change the structure of molecules in our body, and this causes genetic mutations. Cells become cancer cells largely because of one or more mutations in their genetic material. Cancerous cells that divide many times can form malignant tumours which can then spread cancer to other areas of the body via the blood stream or lymphatic system.

Humans continue to bombard themselves with non-ionising radiation from man-made electromagnetic fields. Most scientists believe that the non-ionising radiation from electrical appliances is harmless. However, this is not the case as EMF (electromagnetic fields) from satellites, Wi-Fi, electrical appliances and devices can be damaging as it disrupts the optimal resonance of the body. This can lead to a variety of illnesses including cancer. Every cell of the human body is made of energy, so every cell of the body is affected by surrounding energy fields including EMF. The human body and its surrounding auric field (aura) is an electromagnetic system, and is therefore affected by any surrounding electromagnetism; everything using electricity creates electromagnetism. Even steel-clad buildings distort the Earth's magnetic field, leading to chronic and acute illnesses in the building's occupants. This is known as Sick Building Syndrome.

The radiation from 4G, and in particular 5G and the satellites involved in the 5G network, are interfering with the optimal resonance of our bodies, and this is having a detrimental effect on us physically, mentally and spiritually. There are currently over 8,000 satellites in orbit around Earth; Elon Musk and his SpaceX organisation have launched more than 2,000 Starlink satellites and they are intending to launch up to 30,000 more in the near future. All of these satellites emit an EMF frequency that interferes with the Universe's fundamental frequency which is 2.54345 gigahertz (see Chapter 3), and Earth's fundamental frequency which is 7.83 hertz. Wi-Fi resonates at 2.4 and 5 gigahertz, and mobile phones were devised using these frequencies. The frequency of 4G is around 0.7-2.5 gigahertz, so all of these technologies block out our connection to the Universe. The frequency of 5G is even higher (around 28-39 gigahertz), so it blocks out our connection to the Universe even more effectively, and interferes with humanity's connection to the higher dimensions and Life Force Energy.

The correct fundamental frequencies should flow through all life on the planet and the planet itself. This energy is vital to our wellbeing. However, there is now so much man-made EMF in cities it is almost impossible to even measure the Earth's natural resonance. The flow of this resonance in parks and forests is less affected by man's electromagnetic activities, so this is one of the main reasons why being in nature can help to improve our physical and mental health. EMF significantly disrupts our biological frequency resonance, and this can have many negative effects on our wellbeing. This can cause health issues such as:

- Dizziness, tiredness and poor concentration, chronic fatigue syndrome (ME)
- Headaches and migraines
- Anxiety, depression, learning and behavioural issues
- Disruption to our circadian rhythms and sleep problems
- Hormone imbalance and reduction in fertility
- Cancers including leukaemia, Alzheimer's disease
- Weakening of the immune system and increased risk of infection
- Food intolerances, allergies, asthma and eczema
- Autoimmune disorders such as rheumatoid arthritis, fibromyalgia and diabetes

Chapter 14: Crystals

Crystals are a greatly undervalued resource on Earth. Each type of element in each crystal emits energy that vibrates at a particular frequency which is its fundamental frequency. Each fundamental frequency has specific properties and many have healing qualities. Healing crystals are usually compounds containing several elements, such as amethyst crystals. Amethyst contains mainly silicon and oxygen with some manganese, iron and other trace elements, so the harmonic of amethyst is a combination of the fundamental frequencies of at least four elements. Amethyst can range in colour from pale lilac to deep purple; the crystal colour depends on the amount of metal and other trace elements present. In certain combinations, crystals could meet all of humanity's energy needs. The knowledge of these crystals was lost at the time of the sinking of Atlantis. Off-worlders are waiting to re-initiate humanity about crystals, but only when we are ready to understand them and not to use them for destructive purposes. The energy that crystals emit resonates with certain chakras, so can help to keep the chakras energised and balanced. The crystal's energy will therefore help areas of the body with which it resonates.

The following list shows which crystals resonate best with the chakras:

Base – bloodstone, haematite

Sacral – jasper, carnelian

Solar plexus – tiger's eye, malachite

Heart – rose quartz, agate

Throat – lapis lazuli, turquoise or turquentine (which is dyed howlite)

Third eye – amethyst, sodalite

Crown – citrine, pyrite

One of the most powerful healing crystals is rose quartz, which emits a calming energy and helps to restore self-love, peace and understanding, and works on all chakras to remove negative energy. It is beneficial to have a large piece of rose quartz in the house, to help with the giving and receiving of unconditional love.

[Cleaning crystals](#)

All crystals (but not orgon condenser pyramids) need to be cleansed every 4-6 weeks. As crystals absorb negative energy, they become contaminated. To clean them, run water over them from a cold feed tap (usually from the kitchen) for 30 seconds. The form of crystal that is most common and easiest to use and clean is the tumble stone, which is smooth.

[Crystals for protection from negative planetary energy](#)

Crystals can be particularly helpful in mitigating the negative energy on Earth caused by planetary alignment. The gravitational pull exerted on Earth is constantly changing, as the position of all planets and moons in our solar system affect this. If a planet is retrograde (moving into alignment with Earth) there is a negative energetic effect, but if a planet is prograde (moving away from alignment with Earth) there is a positive energetic effect. The full moon energy generates negative energy, but the strength of this energy depends on the relationship between the Sun and the Moon. When the Earth is tilted towards the Sun, and the Moon is on the same side of the Earth as the Sun, we get greater negative energy. The Earth has gigantic crystals in its crust such as the crystals in Brazilian and Mexican caves. These caves contain selenite crystals up to 150m long and quartz crystals that are up to 400m long. They resonate at a frequency that concentrates Life Force Energy onto Earth and raises the vibration of our planet, which is particularly important at times of negative planetary alignment. These massive crystals generate ley lines (energy fields) which flow around the Earth's circumference to other crystals. The crystals and ley lines are at the same time both affected by the Schumann resonance (Earth song) and part of it. Many of these cave crystals that are vital for maintaining the Earth song, such as the giant amethyst,

chalcedony and selenite crystals in Brazil, have been removed by miners. A total of around 400,000 tonnes of these vital crystals are being removed each week, and this has impaired the ley lines and Schumann resonance causing a destabilisation of the planet. Were it not for the energetic healing work being done by lightworkers, this rate of crystal destruction would destroy the Earth song within two years.

[Crystals for protection from radiation and electromagnetic fields](#)

The natural ionising radiation from sources such as cosmic radiation which comes from sources such as CME's and solar flares is increasing. Sun spots are emitting significant electromagnetic radiation including x-rays on a regular basis, such as the sunspot region 3435 that emitted an M-class (M8.6) solar flare, striking the Earth's surface on 21st September 2023. The electromagnetic radiation from strong solar flares penetrates and sterilises the top 6" of Earth's soil, and it affects the development of all microorganisms, plants and animals including humans.

We are also living in a soup of non-ionising radiation from electromagnetic fields (EMF) generated for example by the national grid, space satellites, radio transmitters, 5G towers, computers and the host of electrical appliances in our homes. The EMF we are subjected to is particularly strong if we live near electricity pylons or mobile phone masts, or travel by air. Most people do not understand the detrimental effects of this on us (see Chapter 13). In order to reduce your exposure to EMF in the home at night, it is advisable to keep your mobile phone and Wi-Fi router as far away from your bed as possible, and preferably switch them off. It is best to avoid keeping electrical appliances in your bedroom where possible. The following crystals and crystal combinations help to protect us against the harmful effects of EMF or radiation, and can reduce the risk of problems such as headaches, cancers or fertility issues caused by this:

Obsidian helps to protect against EMF/radiation, and transmutes negative energy into positive energy. Obsidian tumble stones kept by your bedside or under your pillow are particularly beneficial. Obsidian kept close to your body can also reduce the harmful effects of jet flights and medical exposure to radiation from CT scans or x-rays.

Shungite helps to protect against the electromagnetic radiation from electronic equipment, as the fundamental frequency of shungite blocks out radiation frequencies. A piece of shungite stuck to Wi-Fi routers, computers, mobile phones and televisions will reduce harmful radiation. Small self-adhesive shungite plates are best for this.

Haematite can also protect us against EMF/radiation, but it needs to be in skin contact and not near an electrical appliance. You could wear a haematite anklet or keep a tumble stone in your sock.

Orgon condenser pyramids can help protect us against harmful man-made electromagnetic frequencies. Orgon energy, also known as the fundamental frequency of Earth or Schumann resonance, is a form of life force energy which radiates out from the centre of the Earth. We need to be fully connected to this resonance for our optimal health (see Chapter 13). The condenser pyramid concentrates the orgon energy from the Earth's core, and blocks out harmful EMF such as radiation from 4G and 5G. EMF reduces the flow of the fundamental frequency of Earth and the fundamental frequency of the Universe (see Chapter 3) around you, so in blocking out EMF, the pyramid increases the flow of the fundamental frequencies and thereby improves your connection to Life Force Energy. The pyramid is made of polyester resin and contains a mixture of crystal chips and copper filings. It contains a coiled copper wire which ideally should be a royal cubit (52.3cm) in length, and a double ended quartz crystal in the apex of the pyramid. Having a large (pudding basin sized) orgon condenser pyramid in the middle of your house, or if they are smaller pyramids, one in every room, will reduce the harmful effects of EMF and increase your connection to Life Force Energy.

Chapter 15: Telepathy and meditation

Thought is consciousness

The thoughts created by our brain only relate to our basic level of functioning. The thoughts related to our higher cognitive processes are generated by our consciousness, and the brain acts as a downloading device for these higher-level thoughts. Anyone with an individual consciousness is able to expand their consciousness and elevate their cognitive processes through meditation. If you think you are somewhere whilst meditating, then you are. Thinking you are somewhere can be through seeing or feeling. Meditation involves seeing you are somewhere (visualisation) or feeling you are somewhere or both. The more a being's consciousness expands, the higher the vibration and dimension of the being, and the greater the perspective from which reality in the Universe can be perceived. For example, if during meditation you visualise you are looking down on Earth, then this is where your consciousness is; you will have expanded to the size of a planet and be in the fifth dimension. If you visualise you are looking down on the Milky Way, then this is where your consciousness is; you will have expanded to the size of a galaxy and be in the seventh dimension. If your consciousness is allowed to expand to the tenth dimension, you will be the size of the Universe and the entire universe will be within you, so the reality of the

Universe is perceived from the highest and most complete perspective. The more your pineal gland, third eye and crown chakras are open, the easier you will find meditation and the more your consciousness will expand. MUHET therapy can help to open the pineal gland and chakras to optimise the connection with, and experience of, the higher dimensions. In the appendix there are five recommended guided meditations, and a link to the audio recordings. All of these meditations will raise your vibration: the first meditation connects you to your higher self, and the others will additionally connect you to Source Energy and the higher dimensions. Meditations are most effective if you are in a relaxed state, so doing breathing exercises first, such as the Qigong described in the appendix, can help you to relax and prepare yourself.

Telepathy

Telepathy is the sending and receiving of thoughts without using the five senses. Most civilisations in the Universe communicate by means of telepathy which is the most effective form of communication, and they have no need for language. On Earth, around three million years ago, cave men or Neanderthals communicated by telepathy. However, the development of language gradually diminished the telepathic connection in our ancestors, and today most humans have lost this ability. The relatively few humans who have an opened pineal gland are still able to use their telepathic skills. The pineal gland is a small endocrine gland governed by the third eye chakra. It is shaped like a pine cone and located in the centre of the brain under the back part of the corpus callosum. Its physical function is to secrete melatonin (the 'sleep hormone') and control the circadian rhythm (the body's internal clock). It also enables us to imagine, dream and have intuition, but this etheric function is not understood by most medics. A chemical released by the pineal gland (dimethyltryptamine) assists in this process, particularly immediately before death. When opened and activated, the pineal gland enables telepathic communication and the development of psychic abilities. It enables connection to beings in the higher dimensions such as our 'spirit guides'. People have different psychic gifts, but usually one is dominant; clairaudience is hearing, clairvoyance is seeing, and clairsentience is feeling. This activation also helps with the expansion of our consciousness, astral travel and our ascension process. However, drinking fluoridated water can cause the pineal gland to become calcified, and prevent it from opening optimally.

The brain wave frequency that is optimal for human health is the same as the fundamental frequency of Earth (the Schumann resonance) which should be 7.83 hertz. In 1954, Prof. Winfried Otto Schumann discovered that the resonance of Earth is the same as the resonance of the human brain. If our brain waves slow to a frequency of between 7-8 hertz, the wavelength will be as long as the circumference of the Earth (just over

40,000kms), so will flow around Earth. Such a long wavelength has no obstacles so the signal is not reduced over long distances. The brain's signal will therefore travel around the world without interruption in a fraction of a second through the planet's energy field in which we are embedded. As each brain wave flows around the Earth it hits itself again, and if it hits a 'sweet spot' where the crests and troughs coincide, multiple resonating waves will be created. Other brain waves flowing round the Earth at 7-8 hertz frequency or a harmonic (multiple) of this, will harmonise and act as a multiplier to increase the power of the signal. This frequency is a carrier for a telepathic energy which enables us to connect with the thoughts of other beings. Telepathy can be explained as thoughts are the energy of a consciousness and all energy is waves, so the signal of brain waves can transmit and receive thoughts.

Meditation

People who are interested in meditation will have an individual consciousness. Meditation slows your brain waves and alters the state of your brain and consciousness, and in doing so, alters the state of your body. The experience of allowing your consciousness to expand through meditation can connect you with the fifth dimension, right up to the tenth dimension where you can connect with any time or space in the entire universe. Developing the expansion of your consciousness can enable you to visit and experience other planets, galaxies, civilisations and lightships. This consciousness expansion can sometimes be accompanied by a slight tingling sensation in the body and/or a wonderful feeling of bliss. Even doing a short and simple relaxation meditation on a regular basis can give significant benefits, but the more your consciousness expands, the greater the benefits. The benefits of doing the five meditations given in the appendix include:

- Helps you to unwind and feel deeply relaxed.
- Lowers your heart rate and improves your mental and physical health
- Enables you to transcend problems on the third dimensional plane
- Helps you to let go of negative emotions and feel unconditionally loved
- Helps you to feel in control and see reality from a higher perspective
- Connects you to wisdom, guidance, strength and peace
- Expands your consciousness and connects you to the higher dimensions.
- Connects you to your higher self, your angel guides and Source Energy
- Increases your awakening and helps in your ascension process
- Raises your vibration and helps to raise the vibration of Earth, which will help humanity to awaken

Most of humanity is confined to the third dimension, as most people's consciousness is restricted to the physical body. This is most unusual in the Universe, as nearly all other civilisations function on the fifth dimension or higher. However, an increasing number of humans are meditating to expand their consciousness beyond the physical body and connect to the higher dimensions. People who take their consciousness to other parts of the Universe sometimes refer to this as an out-of-body experience or astral travel.

The two areas of the brain connected with the development of meditation and psychic abilities are the amygdala and the anterior cingulate cortex. The pineal gland acts as an antenna, and together these areas of the brain enable beings to connect with the higher dimensions and spirit guides. During meditation, the brainwave output between the right and left hemispheres of the brain intensifies, and the resonance of the two hemispheres is synchronised. The frequency of the brain waves reduces, bringing us into a very relaxed state. When we are wide awake and alert, our usual brain waves are Beta waves, which resonate at 12-35 hertz. When we are concentrating hard then our brain waves can increase to over 35 hertz (Gamma waves). However, when we are relaxed the waves slow down to Alpha waves (8-12 hertz), or when we are in an extremely relaxed state, Theta waves (4-8 hertz). During meditation, we have mainly Alpha and Theta brain waves. Some people find that listening to a sound (acoustic vibration) that is a harmonic of Earth's fundamental frequency enhances their meditation and helps to bring their brain waves to the optimum frequency. These harmonic sounds can be generated by a gong, chanting, or tones such as those used to change brain waves and expand consciousness in the 'Gateway Experience' (see next paragraph). The brain follows the frequencies it hears (the frequency following response) so it will mimic the sound frequency by adjusting its brain wave output. This can also assist in the experiencing of what some people describe as kundalini energy. Kundalini is a form of life force energy that lies coiled at the base of the spine (root chakra). Through meditation the kundalini energy can be drawn up through the chakras of the body, and on reaching the crown chakra, enlightenment and bliss can be experienced.

During meditation, when you connect with the fifth dimension and above, your lower self combines with your higher self to form your total consciousness. Your consciousness is contained inside a bubble with surface tension, and this is your celestial sphere. The more rounded and larger your celestial sphere, the higher your level of ascension. During meditation, your celestial sphere expands according to the dimension you are on. If your consciousness expands to the tenth dimension, your celestial sphere will be the size of the Universe. Your celestial sphere is connected to your physical body by an etheric cord. When you die, this etheric cord is cut and your consciousness is liberated from its connection to the physical body.

The way in which our consciousness can transcend the time-space dimension and connect with the higher dimensions is even recognised by the CIA, an organisation which might be expected to have a degree of scepticism. The CIA set up an investigation into the expansion of consciousness, as they hoped the information obtained would assist them with intelligence gathering. The report 'Analysis and Assessment of Gateway Process' was written by Wayne McDonnell of the Department of Defence for the CIA in June 1983. This CIA document was originally classified, but in 2003 it was declassified and approved for release under the Freedom of Information Act. The Gateway Experience is the process designed by the Monroe Institute of Applied Sciences in the USA to synchronise the brain hemispheres and expand human consciousness. McDonnell's report demonstrates that he recognised the validity of the information I have given in this chapter. The concepts recognised and explained include consciousness, out-of-body travel, hypnosis, meditation, quantum mechanics in relation to energy, time travel, healing and kundalini energy. Much of McDonnell's understanding of the brain processes and the mechanics of consciousness came from the work of Itzhak Bentov, published in his 1977 book 'Stalking the wild pendulum'. As a result of McDonnell's extensive research, the findings in his report showed that:

- All matter, including the human body, is made from energy. Every cell of our body is made up of oscillating energy grids. The entire human body, including the brain and the consciousness is, like the universe that surrounds it, nothing more or less than an extraordinarily complex system of energy fields.
- Meditation changes the brainwaves so as to alter consciousness. It moves consciousness to outside the physical sphere to escape the restrictions of time and space, and enables access to various levels of intuitive knowledge from the Universe. The human consciousness can separate from physical reality and interact with other intelligences in other dimensions in the Universe.
- During meditation the circulatory system, skeleton and all organs vibrate in harmony with the fundamental frequency of Earth. As the body's vibration is synchronised with the vibration of Earth, the mind can communicate with other minds similarly tuned. In this state the mind can harmonise with and interpret the transmissions of the Universe
- During meditation the brain waves change from Beta to Alpha and Theta, and the body becomes profoundly relaxed. The central nervous system becomes calm and blood pressure is lowered.

Chapter 16: Conclusion

Above all else, the conclusion must be that we are part of something much greater than ourselves. For those who have come to this conclusion:

Remember, you are part of the Universe, and the Universe is part of you. Source energy is flowing through you, and all of time and space exists within you. Let go of the fear of the unknown and reclaim your power. Feel yourself expanding into all that you can be. Allow your consciousness to be fully integrated with all dimensions of the Universe, and become pure light and unconditional love. Live with positive thought and gratitude, and you can manifest all you need for a life of joy, serenity, abundance and optimal wellbeing. Resonate with the driving force of this universe to reach your full potential; 'Be all that you can be. Know all there is to be known'.

Appendix (with guided meditations)

Preparation for meditation and Qigong

Before meditating, it helps to do some breathing exercises such as Qigong, to prepare the mind and body and let go of any stress. Qigong re-energises, grounds and relaxes the mind and body, and is an ideal way of relieving stress and anxiety. To start with, only do this exercise once. However, as your lungs expand and your breath control improves, you can increase it up to five times.

- 1) Stand with your feet shoulder-width apart.
- 2) Wiggle your arms and legs, and roll your head gently to relax your body.
- 3) Breathe in deeply but quickly through the nose, whilst lifting your arms upwards, until the fingertips touch above your head.
- 4) Now breathe outwards through the mouth in a very slow and controlled way, whilst lowering your arms slowly back down to your sides. The outbreath should be as slow as possible, and this should become slower with practice.

Listening to 'ambient sound' music can also help to you prepare. The best place to meditate is wherever you feel comfortable, such as in a comfy armchair, but your feet should be firmly planted on the ground and your eyes should be closed. Holding a labradorite crystal in the right hand or a purple cloak around the body, can also help to open your third eye and crown to enhance meditation. All of these meditations can be combined and done in any order, but the Meditation on the Island is a good one to start with for beginners. If you would like to listen to audio recordings of these meditations, you will find them on this

website link: www.therapynorthdevon.co.uk/meditations. These meditations last from 5-16 minutes. You will also find 10 recordings of longer guided meditations on this website.

The meditations involve you seeing you are somewhere (visualisation) or feeling you are somewhere, or both. If you cannot visualise what is being described in the meditation, do not be concerned, as you can just connect with the feeling. The visualisation often becomes clearer with practice. If you visualise and/or feel that you are in the place described in the meditation, then your consciousness is there.

[Meditation on the island \(to connect with your higher self\) – approx. 5 mins](#)

This guided meditation is a good one for beginners. It enables you to connect with and receive wisdom from your higher self, the greater part of your consciousness. If you would like to listen to the audio recording for this meditation, then click on the link below:

www.therapynorthdevon.co.uk/meditations (or you can find it on my YouTube channel)

Sit yourself comfortably with your feet firmly planted on the ground, and close your eyes.

Picture yourself walking along a riverbank on a lovely sunny day. You come to a bridge over the river, leading to a small island in the middle of the river. Cross over this bridge to the other side, and you will arrive on this beautiful island.

In the centre of the island is a weeping willow tree. There is a seat beneath this tree, so take a rest on this seat in the shade.

On the other side of the island is another bridge, leading across to the opposite river bank. On the opposite river bank is your higher self, the greater part of your consciousness. Invite your higher self to cross the bridge to meet you on the island.

Ask your higher self to sit with you under the willow tree. Your higher self loves you unconditionally. Feel this unconditional love flowing through you, as you are embraced.

Your higher self is omniscient (all-seeing and all-knowing) and transcends the dimensions of time and space. You can ask them for any wisdom, guidance, advice or reassurance you need. Stay with your higher self for a few moments to connect with this wisdom.

Now you have received the wisdom and guidance you need, you can say goodbye. But before you leave, you will be given a gift to take away. This gift is of great meaning to you, so take a moment to connect with this meaning.

Now you have received your gift, you are being given a warm and loving embrace. Feel this warmth and love.

You can meet your higher self here again, at any time you wish. Just take yourself over the bridge to the island, and sit under the weeping willow tree.

The sun is going down behind the island and the shadows are lengthening. It is now time to cross the bridge that leads back to the river bank. You walk back along the river bank.

At the end of the riverbank, you return to the here and now. Bring yourself back into the room. And when you are ready, open your eyes.

[Meditation to connect with your spirit guides – approx. 9 mins](#)

This guided meditation clears negative energy from your body, and replaces it with positive energy. It enables you to connect with your spirit guides and receive their guidance. If you would like to listen to the audio recording for this meditation, then click on the link below:

www.therapynorthdevon.co.uk/meditations (or you can find it on my YouTube channel)

Sit yourself comfortably with your feet firmly planted on the ground and close your eyes.

Take a deep breath in, and as you breathe out, visualise all of the negative energy, along with the stresses and strains of everyday life, draining out of your body. This negative energy will drain from your crown (top of your head), down through your body, out through the soles of your feet, and into the Earth. Take another inbreath, and on the outbreath, clear all the old energy out of you.

Now you are clear and clean, take one in and outbreath; this is a holding breath.

Now breathe in deeply, pulling fresh, clean, revitalising energy up from the Earth and into your body. Draw this up through the soles of your feet, up through your body and into your crown. Take another deep inbreath, and fill your whole being with this new energy.

High above you, you see a brilliant star, bright white with a blue tinge. There is a shaft of light, a brilliant white with a blue tinge light, beaming down from the star. The light illuminates, penetrates and cleanses you, raising the vibration of every part of your being.

Feel yourself being drawn up towards this light, until your feet are level with your shoulders. The shaft of light from the star disappears, and you are left cocooned in a bubble of brilliant, blue-white light. Feel yourself being drawn up out of the body, leaving the physical third-dimensional world below you, and connecting with the fifth dimension. As you rise, you will feel yourself unfurling like the wings of a butterfly as it emerges from a chrysalis. Feel yourself expanding and becoming all that you are capable of being. Feel the weightlessness of true being. Feel your expanded state of consciousness.

Now quieten your mind in preparation, as you begin the second stage of the meditation. Start by centring yourself. Become aware of your inner being and sit quietly, allowing yourself to go deeper and deeper into relaxed, inner awareness. Allow any thoughts that come into your mind to simply be released and float away. Just let go of everything and become peaceful.

Allow your aim of finding your spirit guide to dwell in your mind, just floating lightly with no pressure for it to happen. Remain in this state of quietness and harmony for a few moments. If thoughts come up, just allow them to float away.

Think welcoming thoughts as you wait for your guide to make contact. Always have gratitude and an expectation that you will achieve the purpose of this meditation to find your spirit guide. You will know when you have found your guide. You will feel a sense of warmth, reassurance and unconditional love. Connect with this feeling of unconditional love.

Your guide is all-knowing and all-seeing, so ask them for the wisdom and guidance you feel you need. You will probably not even need to ask the question; you will just know the answer.

So now you have received the answers you require, ask the guide(s) to be with you at any time or place when needed in the future. You will find you can connect with your guides with increasing ease, as your confidence in their presence in your daily life increases.

Now it is time to return, so feel yourself gently sinking down into your physical body. Let yourself sink back down into your body, and down into your fingers and toes. Give your fingers and toes a wiggle. Gently allow yourself to come back into consciousness in the third dimension. Feel regenerated, and feel whole. And when you are ready, bring yourself back to the here and now in the room, and open your eyes.

[Meditation on the Fifth Dimensional Grid – approx. 14 mins](#)

This guided meditation cleanses, purifies and re-energises your body. It connects your consciousness to the fifth dimension, and enables you to create a comfortable home and environment on the Fifth Dimensional Grid surrounding Earth. In connecting with the Fifth Dimensional Grid, you will connect with all other beings in this realm. If you would like to listen to the audio recording for this meditation, then click on the link below:

www.therapynorthdevon.co.uk/meditations (or you can find it on my YouTube channel)

Sit yourself comfortably, with your feet firmly on the ground, and close your eyes. Start with steady, rhythmic breathing. Allow your mind and body to clear with each outbreath.

Keep the steady, rhythmic breathing. Start at the crown at the top of your head. With each outbreath, just allow your thoughts to drain away.

Moving down to your forehead (or third eye), with each outbreath, allow the pressure of every-day life to float away.

Moving down to your jaw and throat, allow all the times you haven't felt able to speak your truth, all the unspoken words, to just fall away.

Now moving down to the neck and shoulders, with each outbreath, release the tensions and the burden that you carry. Allow the energy of this burden to flow down the arms, out through the fingers and away.

Moving down to the chest, with each outbreath, allow all the anxieties of everyday life to drain away. All the stresses and strains that are preventing you from breathing fully, allow them to flow out of your body.

Working down from the chest to the abdomen (or solar plexus), with each outbreath, allow all the negative feelings connected to relationships with others to flow away. All the feelings of fear, anger and guilt in your relationships, just allow them to drift away.

Now moving down to the pelvis, clear all the issues around not feeling supported by other people, and all the support that you give to others. With your outbreath, just allow this to float away.

Moving down to the thighs, this is the area that holds issues around self-worth and self-esteem. With each outbreath, allow these to fall away.

Now working down to the knees, this is the area holding issues around self-sabotage and allowing yourself to be undermined by others. In clearing this, you will take back your sovereignty and reclaim your sense of self.

Keeping your steady, rhythmic breathing, move down to the lower legs. Here are the issues around not moving forward, holding yourself back, or allowing others to hold you back. Just allow these to flow away.

Moving down to the ankles and feet, feel your physical body being anchored onto third dimensional Earth through the soles of your feet. Feel grounded and connected. Now take one in and outbreath; this is the holding breath.

The next part of the meditation re-energises the body. With each inbreath, you will draw in fresh, clean energy, drawing this up from Mother Earth, passing through the soles of your feet. To start, draw this clean, pure energy up through the soles of your feet and into your ankles. With your next inbreath, draw this energy up into your lower legs. Now draw this

clean energy up into your knees. With your next inbreath, draw the pure energy up from your knees, into your thighs. Then from your thighs, up into your hips. From your hips, draw this energy up into your abdomen. Then up into your chest. Let it fill and flow through your chest, and then draw it up into your shoulders. And now let it flow back down to fill your arms and fingers. Now with an inbreath, draw this clean energy up into your neck. And finally, up into your head. Feel your mind being quietened, and your body being fully relaxed.

Now high above you, you can see a point of brilliant electric blue-white light. This light is shining down on you and surrounding you. The rays of light are penetrating, cleansing and purifying you. Your vibration is being raised and you are connecting with the higher dimensions.

Feel yourself being drawn up out of your physical, third-dimensional body. Feel yourself rising up into the fifth dimension, and touching down on the fifth dimensional plane. This is the Fifth Dimensional Grid surrounding the Earth. Feel your higher vibration, and feel yourself connecting with this higher plane. Connect with Gaia Star (Mother Earth), in her ascended form. The fifth dimension is the first of the true ascended realms.

Feel yourself expanding outwards. Reach out through the Fifth Dimensional Grid, and feel yourself connecting to all the other beings in the fifth-dimensional realm. Connect to those who like yourself, still have a three-dimensional body on Earth. And connect to those who have fully ascended, either taking their physical body with them, or allowing it to fall away. Feel all of these beings connecting, and feel part of the Gaia Star energy. You are all connected as one divine presence.

Feel your vibration rising. You are sharing the wisdom and understanding of this divine presence. You are all knowing and all seeing, and connected to your higher self.

In this dimension, you can manifest your desired environment and comfortable accommodation. Spend a few moments visualising or feeling the environment and accommodation you require, to make yourself feel safe and comfortable. Whatever you visualise or feel will be manifested, but make your home simple. Perhaps you would like to feel connected to nature in your home. It could be by a beach, lake, crystal cave or thermal spring. It could be in a woodland or forest with the wildlife of your choice present. Enjoy exploring your new home and environment in the fifth dimension. The accommodation you have created is your home in the fifth dimension. You can return here whenever you wish.

Feel connected. Feel part of everything in the Universe, and feel everything in the Universe is part of you. You are vibrating at a higher level, and through your connection to the Earth and humanity, you are raising the vibration of the Earth and humanity.

Now it is time to leave your fifth-dimensional home, so feel yourself gently sinking down into your physical body. Let yourself sink back down into your body, and down into your fingers and toes. Give your fingers and toes a wiggle. Gently allow yourself to come back into consciousness in the third dimension. Feel regenerated, and feel whole. And when you are ready, bring yourself back to the here and now in the room, and open your eyes.

[Meditation on the Andromeda Ascendant lightship – approx. 16 mins](#)

This guided meditation cleanses your body, and energises your chakras. It connects your consciousness to the fifth dimension, and enables you to visit the Andromeda Ascendant. This is the Overseer's lightship currently in orbit around Earth, which is assisting humanity. Here you can connect with your angelic guides, and feel their unconditional love. If you would like to listen to the audio recording for this meditation, then click on the link below:

www.therapynorthdevon.co.uk/meditations (or you can find it on my YouTube channel)

- Sitting comfortably, plant your feet firmly on the ground and close your eyes. Now visualise opening up the 'valves' in the soles of your feet to maximise the flow of energy. You will now push any negative energy down and out of the body starting at the top of the head (or crown), in seven stages. Take a short breath in through your nose and breathe out deeply through your mouth, focussing intent on clearing old unwanted stuff out of your body from the crown to the throat. Now take a breath in through the nose, and breathe out deeply through the mouth, focussing intent on clearing negative energy out of the body from the throat to the heart. Now use your outbreath to clear from your heart to the abdomen. Then with another outbreath, clear old stuff from your abdomen to the base of your spine. Breath in through the nose, and with the outbreath through the mouth, clear all the unwanted stuff from the base of your spine to your knees. And on another outbreath, clear all negative energy from your knees to your ankles. And finally, with an outbreath, clear old stuff out from your ankles to the ground. Let the negative energy drain fully out of your body through the soles of your feet, which will take a few moments. Now take one in and outbreath; this is the holding breath.
- Now you will breathe re-energising, cleansing and purifying new energy into the body. Again, this is done in seven stages, but in the reverse order starting from the ground, and working up to the crown. Take a deep inbreath through the nose, focussing intent on drawing pure clean energy up from the ground, through the soles of your feet and into your ankles. Now breathe in deeply through the nose, focussing intent on drawing up revitalising and purifying energy from your ankles to your knees. Now a deep inbreath through the nose, pulling cleansing, pure energy up from

your knees to the base of your spine. Another deep inbreath, to draw the new energy up into the body from the base of your spine, to your abdomen. With the next inbreath, draw pure energy up from your abdomen to your heart. Now breathing in, feel the clean energy rising up from your heart to your throat. And lastly, with a deep inbreath, draw purifying energy up from your throat to your crown. Feel the new energy filling your body. Feel cleansed, purified and re-energised.

- High in the sky above you, there is a point of brilliant electric blue-white light. Allow this light to illuminate, cleanse and purify you. It will permeate every cell of your being. Feel yourself unfurling and expanding like the wings of a butterfly emerging from a chrysalis, and allow your wings to uplift you. You are now lifting out of your physical body to just above your crown.
- High above you, there is now a source of brilliant silvery white light. It illuminates every part of your being. As it strikes you, it splits into the seven colours of the rainbow. Feel the colours permeating and energising your chakras. Feel your base chakra, at the base of your spine, being filled with bright poppy red. Now feel a vibrant marigold orange colour infusing your sacral chakra, three inches below your navel. A bright lemon yellow is now saturating your solar plexus chakra, three inches above your navel. Now feel a bright grass green colour, filling your heart centre. A radiant sky blue is now flooding your throat chakra, the 'I am' presence. In your forehead or third eye chakra, you will now feel the colour indigo (purplish blue) permeating the third eye. Lastly, you will feel the top of your head (crown chakra) being filled with a vibrant violet.
- Allow yourself to rise up out of your physical, third dimensional body, to the fifth dimension, and connect with the Fifth Dimensional Grid surrounding the Earth. The Fifth Dimensional Grid connects all earthly beings together on the fifth dimensional plane, and you are part of this collective consciousness. Feel this connection.
- From here you can access the Andromeda Ascendant, the Overseer's lightship, which is in orbit around Earth. This is the command-and-control centre for humanity's ascension. In front of you, there is a two-dimensional archway. This archway is the portal that takes you straight to the Andromeda Ascendant. Go through this archway, and you will find yourself on the observation deck of the Andromeda Ascendant. The walls of the ship are made of plasma, translucent with a shimmer of pale blue. There are vast windows in the observation deck, through which you can see Earth below. You can also observe the solar system, the Milky Way and galaxies beyond.

- On the observation deck you can see the angelic host; the angels and archangels who are connected to Earth, all in white. You will meet your angelic guides, the Ascended Masters and members of the Galactic Federation who are here to help you. There are two particular angels who are here to help you. These two angels are now stepping forward to greet you. Connect with these angels, and feel filled with their unconditional love. You can ask them for whatever guidance, support or wisdom you need. Take a few moments to connect with this wisdom.
- Now as you part from your angel guides, you are given the promise that they will be with you whenever you need them; you only have to ask.
- From the fifth dimension you are connected to all the other dimensions. From here you can connect with any part of the Universe and any beings in the Universe. You can explore other planets, star systems and galaxies, and connect with other civilisations. The only limit to the expansion of your consciousness, is the limit you place upon yourself.
- Feel connected. Feel part of everything in the Universe, and feel everything in the Universe is part of you. You are vibrating at a higher level. Through your connection to the Earth and humanity, you are raising the vibration of the Earth and humanity.
- You are now ready to leave the Andromeda Ascendant, so feel yourself gently sinking down into your physical body. Let yourself sink back down into your body, and down into your fingers and toes. Give your fingers and toes a wiggle. Gently allow yourself to come back into consciousness in the third dimension. Feel regenerated, and feel whole. And when you are ready, bring yourself back to the here and now in the room, and open your eyes.

[Meditation to connect with the 'I am' presence and self-sovereignty – 8 mins](#)

A sovereign being is an autonomous being who is not subject to other controlling forces. The following 'I am a sovereign being' mantra can be spoken before this meditation (or at any other time):

'I am a sovereign being. I hereby void and permanently delete all soul and other contracts that I am still party to, that no longer serve my highest greatest good, that have run their course, and that are no longer in alignment with my service to the true light. So let it be done upon all levels of my being and in all of my bodies, physical, astral and etheric, along with all of my timelines since the beginning of time. So let it be done.'

The following guided meditation connects you throughout time and space, to your purpose and self-sovereignty. It helps you to feel whole, empowered and in control of yourself. If you would like to listen to the audio recording for this meditation, then click on the link below:

www.therapynorthdevon.co.uk/meditations (or you can find it on my YouTube channel)

- 1) Sit yourself comfortably, with your feet firmly on the ground, and close your eyes. Breathe deeply and relax your body. Breathe out all the negative energy in your body, from your crown down to your toes, and out through the soles of your feet into the ground. Now breathe in fresh, clean energy from the ground, up through the soles of your feet into your body and up to your crown. Feel this purifying and re-energising your whole body.
- 2) High above you is a point of brilliant blue-white light. This is Source Energy. Allow this bright light to illuminate you. Allow it to permeate, cleanse and energise every cell of your body.
- 3) Slowly repeat 'I am' three times, with a breath between. The 'I am' presence ripples through the light and shadow parts of your being and unites them. Feel the two realms coming together to complete the single realm of being. Hold the intention of 'I am a sovereign being'. This will flow out through all time and space in the Universe and you will feel aligned with the flow of Source Energy. Step into your power and take your place in the Universe. The time has come to take back control and become the sovereign being you were always meant to be. Feel empowered. Feel in control of yourself. As you become the 'I am' presence, you establish yourself in time and space in the Universe, and connect to everything with a sense of being at one.
- 4) Feel unconditional love flowing through your heart centre, through your whole body and out into the Universe. Feel every cell of your body aligning with the flow of the universal energy. Everything in the Universe is in unity. Vibrate at the universal fundamental frequency and be a conduit to the unconditional love that flows out to those around us. As unconditional love flows through your body, it will change every cell from a low vibration carbon form, to a lighter, brighter, high vibration crystalline carbon form. Become one with all of time and space.
- 5) Now feel yourself gently sinking down into your physical body. Let yourself sink back down into your body, and down into your fingers and toes. Give your fingers and toes a wiggle. Gently allow yourself to come back into consciousness. You are a sovereign being. Feel regenerated. Feel whole and empowered. Feel in control. And when you are ready, bring yourself back to the here and now in the room, and open your eyes

Glossary

Accretion – growth by accumulation of matter.

Accretion disc – the disc of particles pulled in by the gravitational force of a black hole. It spins around outside the event horizon of a black hole up to the speed of light.

Age of Aquarius – a new golden age marked by the alignment of Saturn and Jupiter. It commenced on 21st December 2020, heralding a more nurturing energy on Earth.

AI (Artificial Intelligence) – the simulation of human intelligence by computer systems and other machines. It enables machines to learn from experience, adjust to new inputs and perform human-like tasks.

Akashic records – records of everything past and present in the Universe. Individual Akashic records can show all that has transpired in all incarnations. These are held in the Temple of Astala.

Alarna – an Arcturian lightship. Sister ship of the Athena and Aurora.

Amplitude (of energy waves) - the height of the crest of an energy wave from the mid-line. This is the distance that the energy wave vibrates. The higher the amplitude, the higher the energy.

Ancients – beings from outside the universes, including the 12 universal overseers. They are based in the Realm of the Ancients, but they can manifest inside any universe.

Andromeda Ascendant – the Overseer's command-and-control ship, for the assistance and ascension of humanity.

Andromedans – highly ascended civilisations from the Andromeda galaxy.

Angel – an acronym for 'Ancillary Guardian of Environment and Life'. Angels are beings connected to Earth and other planets in the Milky Way, who are helping humanity. They are in the sixth dimension. Angels can be in a purely etheric form or they can be incarnate (occupying a physical body). There are 398 angels.

Anti-gravity propulsion – a high speed (Mach 10-20) form of propulsion using quantum gravity bubbles, commonly used by off-world lightships such as Tic Tacs. There is zero-gravity in a quantum gravity bubble, so there is no inertia, acceleration or deceleration. These lightships can stop and start instantaneously irrespective of speed and direction. The

speed and direction of travel inside the gravimetric bubble is always zero, so there is no sonic boom nor feeling of travel inside the lightship.

Antihydrogen atom – a positively charged positron orbiting a negatively charged antiproton.

Antimatter – antimatter is made of antiparticles with an opposite electrical charge. For example, the antiparticle of an electron is a positron and the antiparticle of a proton is an antiproton. Relatively little matter has an antimatter counterpart in this universe and it tends to be very short lived; this was the case even at the time of the so-called 'Big Bang'. However, all matter and antimatter is balanced by counterpart matter and antimatter in the equal and opposite counterpart universe, and this has been the case since the incipience of the Universe. Particles and antiparticles are balanced in the counterpart universes. A neutron does not have an antiparticle as it has no electrical charge, but it is still energetically inverted and balanced in the counterpart universe. Scientists do not understand the relationship between matter and antimatter in the balancing of the counterpart universes.

Antiproton – the antiparticle of a proton. It has the opposite electrical charge and polarity of a proton.

Archangel – the highest level of angel in the higher sixth dimension. There are 381 archangels.

Archangel Michael – a manifestation of the Overseer. He has a team of 666 gargoyles incarnate on Earth, and is the light realm counterpart of Lucifer. His energy is a brilliant white light with an electric blue tinge.

Arcturians – highly ascended civilisations from the star system Arcturus.

Area 51 – a highly classified United States Air Force facility within the Nevada Test and Training Range. It is the centre for research into extraterrestrial space ships and extraterrestrial beings in the USA. It has links with Area 52, a test range which is also a highly restricted military installation in the United States Department of Defense, in Nevada, USA.

Ascended Masters – 117 beings associated with Earth who are on the seventh dimension. They are mostly etheric, but 36 are currently incarnate on Earth.

Ascending beings – those on a path of ascension who connect with the fifth dimension and above.

Ascension – the process of a being changing from a purely third-dimensional physical form, to a higher dimensional energy. This change from a purely physical body can be to either an ascended form in a body, or an energy (etheric) form without a physical body. This is also called transition.

Ascension portal – a two-dimensional doorway that beings can step through and transition from a purely physical form to an ascended form with or without a physical body.

Asgard – the home planet of the Grey civilisation. It is in interstellar space.

Ashtar Sheran – an Arcturian/Pleiadian hybrid who is commander of the Ashtar Command team and the New Jerusalem lightship. He organises much of the first contact, particularly in the USA.

Asteroid – a small rocky body in the cosmos that did not form in to a planet, or the remains of a planet that broke apart.

Asteroid belt – an area of the solar system between the orbits of Jupiter and Mars that contains millions of asteroids. Ceres is the largest asteroid being a quarter the size of our moon. Ceres is considered to be a dwarf planet. The asteroids in the asteroid belt came from the remains of a planet that was destroyed by an asteroid collision.

Astral body – part of the auric field of the body that is a bridge between the physical and spiritual planes.

Astral travel – an out of body experience that can be achieved during meditation. This is also done when the body is in a sleep state, but it is rarely remembered on waking.

Astrophysics – the branch of science that applies the laws of physics and chemistry to seek to understand the Universe.

Athena – an Arcturian lightship. Sister ship of the Aurora and Alarna.

Atlanteans – a civilisation of beings that came to starseed Earth 487,000 years ago.

Atlantis – the Atlantean's starship that was located on the surface of the Atlantic Ocean 487,000 years ago. It is now restored and on the sea bed of the Atlantic Ocean.

Auric field (aura) – the electromagnetic field of the body which can extend six feet or more beyond the physical body. It contains seven energy layers in an oval shape around the body. The swirling colours in the layers indicate aspects of the being such as ailments, temperament, life experience, past incarnations and level of ascension.

Aurora – an Arcturian lightship. Sister ship of the Athena and Alarna. It is currently in orbit around Earth, helping humanity in its ascension process.

Aurora borealis (northern lights) – usually brilliant green but also blue and pink curtains of light, seen mostly in the higher latitudes around the north pole. These coloured lights are the result of collisions between charged particles in the atmosphere, caused by disturbances in the magnetosphere created by solar winds.

Avatar – a manifestation of an ascended being in a physical body.

Awakening – a person's realisation that they are part of something greater than themselves.

Being – a sentient entity with consciousness.

Bentov, Itzhak – an Israeli-American scientist who published 'Stalking the wild pendulum' in 1977. This book helped Wayne McDonnell and the CIA understand the brain processes and mechanics of consciousness.

Big Bang – cosmologists refer to this as being the origin of the Universe 13.8 billion years ago. Some cosmologists believe there was an exponential expansion of the Universe in a fraction of a second before the Big Bang that they call inflation. However, these concepts are misleading, as although it is true to say the initial expansion of the Universe was relatively rapid, it was not exponential.

Billion – one thousand million (1,000,000,000) or 10^9

Binary star system – a star system with two stars, such as Sirius

Bipolar singularity – a singularity with a connected black hole and a white hole. Bipolar singularities have two event horizons and a singularity in the middle. There are ten significant bipolar singularities in this universe and there are two types of bipolar singularity:

Bipolar singularities with a black hole and a white hole that are both in the same universe, of which there are only two. The white holes of these two bipolar singularities can emit any matter and energy drawn in by their corresponding black hole in a transmuted form. The energy flow is unidirectional so they cannot let matter and energy in. Their purpose is to redistribute energy and matter in the Universe.

Bipolar singularities with a black hole in this universe and a 'white hole' in the counterpart universe, of which there are eight. These eight 'white holes' only exist hypothetically as

their polarity is inverted and they become black holes in the counterpart universe. This therefore is effectively the same as two connected black holes, each with a separate event horizon; they are always coincident energetically, but can be spatially separated. The conduits between black holes and 'white holes' enable the counterpart universes to be balanced.

Bio-engineering laboratories – labs in the Overseers lightships (Biosphere One and the Andromeda Ascendant) for the healing or genetic re-engineering of beings.

Biosphere One – the energy lightship the Overseer created to service the Universe.

Black dwarf – a super-dense star that appears black but still radiates some heat and other wavelengths in the magnetic spectrum, so it is not a black hole.

Black hole – a mechanism for drawing in energy and matter. They are regions of complete gravitational collapse, and all material drawn in is compressed to a point of singularity. They appear black as they draw in light which cannot escape. They can range in size from a supermassive black hole created by the gravitational collapse and implosion of a giant star, to a pinhead sized black hole that may only last a fraction of a second.

Blue giant – these are stars were mainly created in the early stages of the Universe. They burn with intense heat for a relatively short period of time. Gravity causes clumps of hydrogen gas to collapse and form a mass that is held together by its own gravity. The star converts hydrogen to helium through nuclear fusion and blasts energy into space.

Blue supergiant – a larger, hotter and more luminous blue giant.

Bosons – particles that carry energy and forces throughout the Universe. They are distinguishable by their spin as they all have spin in integer values (1,2,3 etc). The standard model of particle physics divides all elemental particles into two categories: bosons and fermions.

Brown dwarf – a small star that burns and fuses hydrogen at a low temperature and emits infrared radiation.

Byzantium – ancient Greek city and capital of the Byzantine Empire. It was the precursor of Constantinople, which became the Istanbul of today.

Cancer – a disease in which some of the body's cells grow uncontrollably and spread to other parts of the body.

Carcinogenic – able to cause cancer.

Celestial body – there are two meanings to celestial body in this book:

1. the layer in the body's auric field where the spiritual connection and enlightenment begins and it is connected to the third eye chakra.
2. an aggregation of matter in the cosmos that can be recognised as a single unit, such as a nebula, star, planet, moon or asteroid.

Celestial sphere - the surface tension of the bubble that contains the celestial energy and total consciousness of a being. The sphere contains swirling colours; each colour represents an incarnation such as blue for an incarnation on Earth. The more ascended the being, the larger and more spherical it is, the wider the surrounding band of octarine light and the fewer the residual chakra colours. The celestial sphere of the Overseer and Archangel Michael is pure octarine light.

Centaur – a higher dimensional being with a humanoid torso and a body of a muscular horse. They can incarnate in a human or horse form.

Central Star – the Central Star (capitalised) is the supermassive star at the centre of the Universe. This rotating ball of Source Energy is 30 light-years across and it emits a golden light (around 530 terahertz frequency). It also creates the ripple effect of gravitational waves, which are waves of energy that permeate the entire universe, causing all matter in the Universe to be drawn inwards.

Central star – a central star (without capitals) is a type of massive star often found at the centre of galaxies such as the Andromeda galaxy. They are considerably smaller than the Central Star.

Centripetal force – this is the net force that makes a body follow a curved path and draws it towards a centre, thereby maintaining the body in a circular motion. It is both caused by and in balance with gravitational force.

CERN – the European Organisation for Nuclear Research. The laboratory in Switzerland containing the Large Hadron Collider (LHC).

Chakras – the spinning energy centres of the body. There are seven main chakras, and each chakra governs certain aspects of a person's physical, mental, emotional and spiritual wellbeing. The colours of the chakras range from red to violet. (see Chapter 12)

CIA – Central Intelligence Agency of the USA.

Ciphers – a civilisation made from light code.

Circadian rhythm – your sleep-wake pattern over 24 hrs. Your brain receives signals from your environment (such as light and dark) and activates certain hormones to keep you alert or draw you to sleep. It also alters your body temperature and regulates your metabolism (the chemical processes in the cells of the body that change food into energy).

Citadel of Light – part of the Realm of the Ancients, where all the Universal Overseers connect. It contains the library and record office for all universes.

Clairaudience – the ability to perceive matters beyond the range of ordinary perception through hearing.

Clairsentience – the ability to tune in to feelings that are not perceptible through the five physical senses.

Clairvoyance - the ability to perceive matters beyond the range of ordinary perception through seeing.

Cloning – replication of a physical body without the use of sexual reproduction.

Co-creation – manifestation through the power of thought.

Cold fusion unit - a small power generator that uses hydrogen obtained from water as fuel. Each unit can produce 5K of electricity in a self- sustaining fusion process.

Collective consciousness – a combination of consciousnesses.

Comet – a remnant from the formation of our solar system, mostly found in the dark and cold outer reaches. The gravity of a planet can pull a comet towards the Sun, and on approaching the Sun it acquires two tails. The white tail is made of dust, and the blue tail is made of ionised particles.

Consciousness – beings with a consciousness have an awareness of internal and external existence. All energy and matter is part of the collective consciousness of the Universe, and most people have an individual consciousness. Those with an individual consciousness have a soul quotient and are connected to the higher dimensions. At the highest level their consciousness is connected to the entire universe.

Constellation – a group of stars and distant galaxies forming a recognisable pattern.

Coronal mass ejection (CME) – a significant release of cosmic rays from the outer part of the Sun's atmosphere (corona). Massive clouds of particles including electrons and protons are pushed out into space, and these create powerful magnetic fields which can change the

Earth's magnetosphere and the Schumann resonance. These bursts of hot electrically charged plasma often occur alongside solar flares.

Cosmic radiation – produced when ionised cosmic rays collide with particles in the Earth's atmosphere, creating a shower of secondary particles. An increasing amount of ionised cosmic radiation reaches the Earth's surface.

Cosmic rays – high-energy charged (ionised) subatomic particles produced in space, mainly from the centre of a galaxy or a star. They are often produced in conjunction with gamma rays and x-rays.

Cosmic threads – visible streams produced by the observable comet-style tail from trillions and trillions of ionised particles, which can be several light-years long. All of these ionised particles are being drawn towards our galaxy's central black hole.

Cosmic web – interconnecting filaments of clustered galaxies and gases stretched out across the Universe, separated by giant voids.

Cosmology – the science of the origin and development of the Universe.

Cosmos – another name for the Universe

Counterpart universes – two equal and opposite universes joined together, that balance each other out. These are the light and shadow realms that are identical but with an opposite polarity. All energy, matter and consciousnesses exist in both of these realms simultaneously with no separation.

Critical Mass of Ascension – the target of 51% of the total soul energy of humanity being awakened, which was reached on 16th Sept 2021. This majority consensus has given the Galactic Federation permission to help humanity if requested.

Crystal Cathedral - cathedral in the sixth dimension. The crystal surface has a pearlescent sheen, with rainbow coloured iridescence. It contains the Tower of Light. If you stand in the tower, you will feel an updraught of energy, which will permeate you and uplift you, and take you up to the higher dimensions.

Crystal Children – children with two extra strands of etheric DNA, with a high vibration, who are raising the vibration on Earth.

Crystalline carbon – a high vibration form of carbon. Lightworkers on Earth are having their low vibration carbon life-form changed to a higher vibration crystalline carbon form (144 matrix carbon), but this change cannot be detected by human scientists or medics. When

every cell of the body is changed to the lighter, brighter crystalline carbon form, a human will contain more energy than the Sun. This change to crystalline carbon is now complete in around 100,000 of the 144,000 lightworkers. The last parts of the body to be transformed into a crystalline form are the digestive tract, spleen and liver.

Cycle of a universe - a re-run of a universe with the same strapline(s). There can be billions of cycles of each universe.

Cygnus X-1 – a bi-polar singularity that has a medium sized black hole leading to a ‘white hole’ in the counterpart universe. Cosmologists have calculated is 6,197 light-years away, but its exact location cannot be given as it shifts position

Dark energy – there are two meanings to dark energy in this book:

- 1) the equal and opposite of light energy, essential for balance in the Universe. It is not bad or evil. It forms the shadow realm.
- 2) cosmologists use the term dark energy to describe the influence they cannot fathom, that drives the accelerated expansion of the Universe.

Dark matter – cosmologists believe that dark matter is composed of particles that do not absorb, reflect or emit light, so cannot be detected by observing electromagnetic radiation. In reality these particles do not exist, as dark space is a void. It does however have a signature, as it makes light travel in a curve and it exerts a gravitational pull. This is more accurately called dark space.

Dark photon – a hypothetical particle that particle physicists believe may be a carrier of forces associated with dark matter. They believe it helps to explain dark matter and the Universe. However, this particle does not exist.

Dark space – this contains nothing and is a void. Currently 63% of the space in the Universe is dark space, but as the Universe is still expanding, this % is increasing.

De-ascension – a previously ascended being re-incarnating in a physical body.

De-molecularise – the process by which a physical body de-materialises to become etheric.

Death – the liberation of our consciousness from our physical body. Our lower self re-integrates with our higher self.

Demons – shadow realm counterparts of gargoyles. There are 666 legions of demons.

Deuterium – an isotope of hydrogen with one neutron added to the proton and electron.

Diffraction Device – a cloaking device for lightships, whereby light is diffracted around the ship.

Dimensionally-portalled – when two entities that are in different dimensions of time and/or space, are linked by an energetic gateway. Some planets and their respective collective consciousnesses are dimensionally-portalled.

Distributed consciousness – a single consciousness spread across multiple locations or beings. The Universe is the ultimate distributed consciousness.

DNA – deoxyribonucleic acid. The genetic code of organisms is held in the two long strands of this chemical in a double-helix structure. DNA has all the instructions that a living organism needs to function, grow and reproduce. It is passed on from parents to offspring during fertilisation.

Dog Star – another name for the star Sirius, the brightest star in the night sky.

Double blind – a type of clinical trial in which neither the participants nor the researcher knows the treatment or intervention participants are receiving until the clinical trial is over.

Draconians – a reptilian civilisation incarnate on Earth in the form of around 10,000 crocodile-like creatures that live in subterranean caves, not seen by humans. There are a few hundred incarnate in a human form.

Dragons – multi-dimensional entities with great purity of spirit. They are very gentle, wise and knowledgeable and give unconditional love.

Dreams – do not involve connection to the higher self. Dreams mainly reflect issues we have difficulty dealing with such as our fears or fantasies.

Drop-downs – ascended beings who incarnate on Earth by dropping down into a pre-existing body, by consent.

Dwarf planet – a small planetary mass that is in direct orbit of the Sun. Every dwarf planet is also a minor planet. Pluto is a dwarf planet as it does not meet the criteria needed to be a major planet, as it has not cleared its orbital region of other objects.

Dyson sphere – a megastructure around a central star.

$E=mc^2$ – energy equals mass times the speed of light squared. This is Einstein's well-known equation that shows energy and mass (matter) are interchangeable, and they are different forms of the same thing. However, his understanding of the relationship between energy and matter was not complete.

Earth song – a name we give the frequency of vibration of the Earth. This vibration is the Schumann resonance and its harmonics. The giant cave crystals in countries such as Mexico and Brazil are vital for maintaining the Earth song.

Ego – a person's sense of self-importance.

Egotism - an exaggerated sense of self-importance.

Einstein – Albert Einstein ((1879-1955): a German born scientist who became highly influential in physics due to his development of theories such as the Theory of General Relativity.

ELE (extinction level event) – a catastrophic event that will cause the transition or ascension of a significant number of beings, such as a flood, earthquake or pandemic.

Electrons – elementary particles that can exist on their own outside of atoms. They have an electrical charge and a very small mass.

Elementary particle – a subatomic particle that is not composed of other particles, such as electrons, quarks and muons. Also known as a fundamental particle.

Elves – humanoid beings in the higher dimensions, who, along with fairies, care for all nature on our planet. They are around nine feet tall and willowy, with pointed faces. They radiate unconditional love and have great wisdom, but they are also expert warriors and archers. There are 54 incarnate in a human form, and they are usually tall people.

EMF (electromagnetic fields) – radiation. This is emitted naturally from our galaxy and Sun, and also man-made. Man-made EMF emitted from motors, masts (particularly 5G), electronic devices such as Wi-Fi routers or mobile phones, can be damaging.

Empty vessel – a term given to a person who does not have a soul quotient. They lack the higher cognitive functions that are generated by an individual consciousness and are not able to awaken or ascend. They do not have an awareness or curiosity beyond their third dimensional needs and are not driven by the desire to self-actualise or find a meaning in life. However, they can still function autonomously, are capable of thought connected to sustaining life, and they can feel and experience at a rudimentary level. They also have a basic chakra energy and a small aura which is a few millimetres around the body.

Encapsulated Electromagnetic Field Drive – a method of propelling lightships using an energetic standing wave in a tube.

Energy field – all matter has a surrounding energy field that holds it together. The fundamental frequency (or frequencies if a compound) of the matter creates the surrounding energy field. The extent of the energy field depends on many variables such as the state and temperature of the matter, but the energy field diminishes with distance from the matter. This energy field around all matter gives elements and compounds, particularly crystals, healing properties.

Energy waves – energy travels in waves with a certain wavelength, amplitude and frequency.

Entity – a sentient being.

Etheric being – a consciousness outside of a physical body, a sentient energetic being, spirit.

Europa – one of the icy moons of Jupiter. It is covered with an ice shell, and is the only other place in our solar system that will develop sentient life-forms.

Event horizon – a point of no return in time and space where energy changes state. For example, the event horizon of a black hole is the border around the black hole where the black hole's gravity is so strong, all matter including light is pulled in and it cannot escape. The event horizon of an imploding universe is the point of no return, where all matter and energy revert to the original Source Energy pearl.

Exoplanet – a term used by most astronomers when referring to planets outside the solar system. The term exoplanet is not used in this book as they are referred to as planets.

Extra-sensory perception (ESP) – awareness that does not come from the known five senses (sight, touch, smell, hearing and taste). There are different types of ESP, such as clairvoyance and telepathy.

Extraterrestrial – from outside Earth, alien

Fairies – humanoid beings with gossamer wings, existing in the higher dimensions. They manifest as very small beings, often taking the form of insects. They care for nature, and all plant life is energetically integrated with fairies, who, along with elves, regulate and vitalise plants. There are around 11,000 fairies incarnate in a human form.

Faraday Cage – an isolated chamber impervious to electromagnetic energy, used in experiments.

Femtosecond – a quadrillionth of a second. (10^{-15} second)

Fermions – a concept in quantum mechanics. Fermions are particles that have spin in odd half integers such as $3/2$ or $5/2$. Fermions include protons, neutrons, electrons, neutrinos and quarks.

Fifth Dimensional Grid – the energetic grid or plane surrounding Earth in the fifth dimension, that connects all earthly entities in this realm, who are either incarnate on Earth or in a purely etheric form.

First contact – contact with humans from off-world lightships and extraterrestrial beings.

Fractals – repeating patterns that occur on all scales in nature and the entire Universe. They evolve and are infinitely complex.

Fractal analysis – the study of patterns in nature that develop and interact with their environment.

Frequency (of energy waves) – the number of waves that pass a fixed point in a given amount of time, or the number of cycles that a vibrating object completes in one unit of time. Frequency is measured in hertz (Hz), and one hertz is one cycle per second. The higher the frequency of the wave, the shorter the wavelength and the higher the energy.

Frequency following response (FFR) - the brain will follow frequencies it hears so it will mimic the sound frequency by adjusting its brain wave output. This can assist in achieving optimal brain frequencies during meditation.

Fully ascended being – a being who has discarded the third-dimensional body and who is in a purely etheric form in the fifth to the tenth dimension.

Fully evolved soul – an entire soul. This is sometimes divided between several incarnate beings who have a quotient of the soul's energy. In the case of humans, a fully evolved soul can be divided between many thousands of people.

Fundamental frequency of the Universe – this is the only constant wavelength of the Universe, which resonates at 2.54345 gigahertz frequency. All matter and energy of the Universe resonate at this frequency or a harmonic of this. This frequency radiates through the entire Universe from its centre.

Fundamental particle - a subatomic particle that is not composed of other particles, such as electrons, quarks and muons. Also known as an elementary particle.

Fusion reactor – a source of power for large lightships, whereby atomic nuclei are combined. This is a natural reaction in a star.

Gaia Star (Gaia) – Mother Earth’s consciousness. The collective consciousnesses of humanity, animals, plants and crystals are part of Gaia Star.

Galactic Federation – highly ascended representatives from all of the trillions of galaxies in the Universe. This includes a group of 2,860 beings from civilisations in the Milky Way, who are helping humanity with their ascension process.

Galaxy – billions of star systems held in the gravitational field of a massive central star or a black hole.

Gamma rays – a penetrating form of electromagnetic radiation arising from the radioactive decay of atomic nuclei.

Gamma-ray burst (GRB) – the short-lived intense gamma radiation sometimes emitted by colliding stars, imploding stars or when a massive star goes supernova and explodes rapidly. Identifiable GRB’s can last a few milliseconds to a few minutes and the light emitted is millions of times brighter than the Sun. GRB’s can release up to 6.5 million gamma rays per second which travel at the speed of light. Human scientists can only identify the peaks of GRB’s, but the intensive release of gamma rays by cosmic events such as a supernova can last up to 100 years.

Gargoyles - Archangel Michael’s warriors. There are currently 666 gargoyles incarnate on Earth, helping to remedy turmoil and suffering in situations such as environmental disasters and warzones. Gargoyles can take the form of winged creatures made from stone often found on cathedrals, or they can morph into a human form when needed as warriors.

Gateway Experience – a process designed by the Monroe Institute of Applied Sciences in the US, to synchronise the brain and expand human consciousness.

GCHQ – the UK government communications headquarters.

Genesis chamber – chamber containing thousands of pods, where DNA is spliced for the reproduction of hybrids.

Genetic material – the hereditary substance in a cell made of DNA (deoxyribonucleic acid). The structure of the DNA controls the biological function of the cell.

Genome – the complete set of genetic material of an organism.

Geomagnetic field – Earth’s magnetic field. This is generated in our planet’s interior and extends out into space, creating a region known as the magnetosphere.

Geomagnetic storm – a temporary disturbance on the Earth’s magnetosphere caused by a solar wind shock wave.

Geopathic stress- energetic stress in the planet that can cause events such as earthquakes and floods, and mental/physical illness in humans.

Geostationary orbit – the orbit of a lightship that is locked into the orbit of Earth (as opposed to a synchronised orbit where the ship orbits at the same speed as Earth without being locked, or a static orbit where Earth rotates under a static ship).

Ghost – an image evocative of a physical body, formed from millions of balls of light.

Gluons – fields of energy that hold quarks together in protons and neutrons.

God particle – some quantum physicists have dubbed the Higgs boson particle the ‘God particle’ as it is considered to be the carrier of all forces in nature. They describe it as an elemental particle with no spin and no electrical charge. Scientists believe it to be the fundamental force carrying particle of the Higgs field, which is responsible for granting other particles their mass. However, this particle does not exist and the phenomenon that makes the existence of matter possible is not a particle but Source Energy.

Golden light – this is emitted by the massive sun at the centre of the Universe which is 30 light-years across. It is helping in the ascension process of humanity.

Goldilocks zone – name given to the area containing planets astronomers believe are habitable. Astronomers consider that planets in this zone are the right distance from a star to allow optimal temperatures and liquid water for the development of life. However, most life in the Universe is not on planets in the ‘Goldilocks zone’.

Gravimetric bubble – an energy bubble that contains a gravimetric field of independent gravity. The Universe is confined within a gravimetric bubble. The force inside the Universe’s gravimetric bubble pushing outwards, is equal and opposite to the force of the surface tension pushing the bubble back in. Therefore, the Universe is sustained and maintained in balance within the gravimetric bubble.

Gravitation – the force of attraction between any two objects in the Universe.

Gravitational collapse – the contraction of a celestial body due to the influence of its own gravity. This draws matter inwards towards the centre of gravity.

Gravitational field – the force that exists in the space around every mass.

Gravitational force – the acting force that occurs between any two bodies in the Universe and the force that attracts a body towards a centre. Gravitational force is a vital force of energy that comes from Source Energy. It is an inherent trait of this Universe, and it is the force that binds this universe together. It determines that matter has both mass and weight; if there was no gravitational force, matter would have no mass or weight.

Gravitational waves – these energy waves are generated by the Central Star of the Universe and all central bodies of galaxies and stars. The Central Star of the Universe is a massive ball of energy creating gravitational waves that permeate the entire universe, causing all matter in the Universe to be drawn inwards and holding the Universe together. Without the Central Star, the Universe could not be maintained. As the Central Star rotates, it exerts centripetal force on all surrounding energy and matter and causes it to rotate in the same direction. As all surrounding matter is caused to rotate, the matter in turn subjects surrounding matter to a centripetal force and this will be drawn into a curved motion. The Central Star generates a ripple effect of gravitational waves, which are waves of energy travelling at the speed of light throughout the Universe. These waves hold all galaxies, star systems and planets in a predetermined orbit.

Gravitons – the general belief amongst scientists is that there must be elementary particles carrying gravitational field. They refer to the hypothetical force carrying particles for gravity as gravitons. Some describe gravitons as tiny particles emitted by objects with mass that are responsible for gravitational attraction. However, there are no such things as gravitons.

Gravity – the force by which a black hole, star, planet or other body in the Universe draws objects towards its centre, such as the gravity we experience on Earth. On Earth, gravity is vital to sustain life as it holds all objects on our planet's surface and it keeps our atmosphere in place.

Gravity well – the pull of gravity that a large body in space exerts.

Greys – a highly ascended off-world civilisation. They are around 3'6" tall with a smooth grey skin and large reptilian-type eyes. They crew the Tic Tac lightships on first contact missions.

Gyroscope – a device for maintaining orientation and angular velocity.

Harwell – the Science, Technology and Innovation Campus in Oxfordshire, UK.

Hawking radiation – the theoretical thermal radiation released outside a black hole's event horizon. Named after Stephen Hawking (theoretical physicist and cosmologist) who in 1974

theorised that black holes must emit radiation and eventually evaporate. However, he did not correctly predict the cause of this radiation.

Healing pod – a cylindrical shaped pod connected to Source Energy in which a being can lie in order to receive automatic optimal healing. Healing pods can be found in lightships such as the Andromeda Ascendant or Athena, and MUHET practitioners can put people into these pods. The pods can also be used for healing during meditations.

Heliosphere – the region surrounding the Sun and solar system that is filled with the solar magnetic field, and the protons and electrons of the solar wind.

Herculaneum – an incredibly strong but ultra-thin and lightweight organic material similar to plasma, commonly used in the construction of lightships. It is self-healing and can repair itself when damaged. Lightships such as Atlantis, New Jerusalem and Athena are made from Herculaneum. These ships are sentient beings and have memory and awareness.

Higgs boson particle – quantum physicists describe this as an elemental particle with no spin and no electrical charge. They believe it to be the fundamental force carrying particle of the Higgs field, which is responsible for granting other particles their mass. However, this particle does not exist and the phenomenon that makes the existence of matter possible is not a particle; it is Source Energy.

Higgs field – physicists believe this to be a field that gives mass to other particles such as electrons and quarks. However, it is a zero-energy field and it does not exist in the form that scientists believe.

Higher self – the greater part of the consciousness of those beings with a soul quotient, which is not in the physical body. The energy of our higher self is connected to our lower self by an etheric cord. It is also connected to the entire soul energy of which it is a part and the consciousness of the Universe, thereby connecting us with omniscience.

Hive civilisation – a civilisation with a shared experience and consciousness such as the Greys. The Greys travel in Tic Tac lightships.

Homo superior – the next civilisation to inhabit Earth, that will be much more ascended than Homo sapiens.

Hubble Space Telescope – a space observatory launched in 1990 and designed for high resolution imaging. Its successor is the James Webb Space Telescope.

Hydrogen-fusion reaction – the reaction occurring in a star, that emits energy and depletes hydrogen.

Illuminati – those who are in positions of power, and who control the main organisations of the world for their own ends.

Implode –collapse inwards relatively rapidly.

Incarinate – in a body, in a physical form.

Incarnation – a life in an incarnate form. Our incarnations are not always on planet Earth and not always in the human form.

Indigo children – children who have four extra strands of etheric DNA, and a high vibration.

Inflation – the term given to the initial phase of exponential expansion of the Universe by some cosmologists who believe that the superheated plasma containing quarks and gluons was formed in a fraction of a second. Most say that inflation preceded what they call the Big Bang. This phase of exponential expansion did not occur, although it is true to say that the expansion of the Universe started relatively quickly and then slowed down.

Interstellar space – the area between the stars.

Ionic Venturi Drive – technology to suck lightships through space, by means of subatomic particles being accelerated through a venturi. Subatomic particles are pulled from space and sent through a venturi (a narrow tube which exerts suction) to create an ionic field. In the constriction, the velocity of subatomic particles increases and the pressure decreases. The particles thereby accelerated in the venturi, are then spat out at the rear of the ship, creating propulsion

Ionised particle – electrically charged particle. It can have a positive charge (lost an electron) or a negative charge (gained an electron). The particle can be a molecule, atom or subatomic particle.

Ionising radiation – faster frequency EMF such as ultraviolet (UV), x-rays and gamma rays. These rays are sufficiently powerful to free electrons from atoms which can damage cells in our body and cause gene mutations. Cells become cancer cells largely because of one or more mutations in their genes.

Isolinear crystals – crystals used to store vast amounts of data that would dwarf any computer hard drive on Earth.

Isotope – forms of an element with a different number of neutrons. Isotopes have the same atomic number but a different mass number.

James Webb Space Telescope (JWST) – a space observatory launched in December 2021, designed to conduct mainly infrared astronomy. Is 100 times more powerful than the Hubble.

JUICE - the Jupiter Icy Moons Explorer spacecraft launched by the European Space Agency in April 2023. It will take eight years to reach Jupiter with the planned mission to study the potential for life on three of Jupiter's moons (Ganymede, Callisto and Europa).

K – kelvin. Kelvin is an absolute measure of temperature as 0 K is absolute zero.

Karma – the spiritual cause and effect of actions in a life.

Ketheric template – the outermost part of the body's aura containing the physical body and all the other auric levels. It is the highest level of the lower self and it acts as an interface with the higher self. It contains the imprints of past lives and the current life path. It is the auric level with the highest frequency of vibration, and is often seen as a shimmering golden light.

Kuiper Belt – the large doughnut shaped region in the outer cold reaches of our solar system beyond the orbit of Neptune. It contains icy bodies, dwarf planets including Pluto and some comets which are 'left overs' from the solar system's early history. It also contains the 'ninth planet' of our solar system, but this planet only exists on the fifth dimension and cannot be identified on the third dimension.

Kundalini – a form of life force energy that lies coiled at the base of the spine. Through meditation the kundalini energy can be drawn up through the chakras of the body, and on reaching the crown chakra, enlightenment and bliss can be experienced.

Large Hadron Collider (LHC) – the world's largest and most powerful particle accelerator, that collides proton beams at nearly the speed of light to produce elementary particles. It is located at CERN laboratory in Switzerland. When in operation, it has a magnetic field that is over 100,000 times more powerful than the Earth's magnetic field, and this is affecting the Schumann resonance.

Laws of Attraction – the laws state that we can only attract the same energy frequency that we put out ourselves. Negative thoughts attract negative outcomes, and positive thoughts attract positive outcomes.

Lemurians – a civilisation on Earth around two million years ago, with relatively pure human DNA.

Ley line – a field of energy connecting two energy source points. These lines flow around the Earth, and points of intersection can create powerful natural energy fields.

Life – the experience that a conscious being has existing in a physical body, referred to as an incarnation.

Light and shadow realms – the two realms of opposite polarities that must be united and balanced to be a complete entity.

Light Code – hieroglyphics that encode messages from off-worlders, sometimes found in crop circles. Only those connected to the Cipher civilisation can decipher these.

Light-year – the distance that a single photon of light energy travels in one earth-year. This is nearly six trillion miles.

Life Force Energy –energy from which the Universe is made, also known as Source Energy. It is the culmination of all vibrations of all of time and space across the Universe and is unconditional love.

Lightworker – a person who has ascended to the higher dimensions, but remains on Earth in an incarnate form and works with light energy to help humanity. They pin the higher dimensions on to Earth and raise the vibrations of humanity.

Lightship – a spacecraft from another planet or other entity in the Universe, in the fifth dimension and above.

Local Group – the group of galaxies containing the Milky Way. The largest galaxy in the Local Group is the Andromeda galaxy which is 2.5million light-years away from Earth, but getting closer. Larger galaxies have captured billions of stars from smaller galaxies when they have meshed together.

Lower self – this comprises our physical body and the seven layers of its auric field. For those beings with a soul quotient, it is connected to our higher self by an etheric cord, and together they form our total consciousness. The energy of our lower self re-integrates with our higher self when on death this etheric cord is cut.

Lucifer - the overseer of the 666 demons. He is the shadow realm counterpart of Archangel Michael.

Luminous – giving off light

Mach 10 – 10 x the speed of sound

Mach 20 - 20 x the speed of sound

Magnetosphere – the region around a planet dominated by the planet’s magnetic field. Around Earth the magnetosphere plays a vital role in protecting our planet from space energy that is harmful to life.

Main sequence star – the stable state of a star for the majority of its life, where there is a balance between the inward gravity force and the outward force produced by heat. It will continue in this equilibrium until the hydrogen fuel is depleted.

Mass – a measurement of how much matter is in an object.

Matter – matter is any substance with mass which can be in the form of a solid, liquid or gas. All states of matter are made of energy. All matter is energy vibrating at a relatively low frequency, giving it the physical properties of a solid, liquid or gas. If the frequency of energy waves is lowered, then at a critical point the frequency will be low enough for it to acquire mass. This mass will comprise subatomic particles and will have a measurable weight.

McDonnell, Wayne – a commander in the US Department of Defence, author of the report ‘Analysis and Assessment of Gateway Process’ June 1983. This CIA document was originally classified, but in 2003 it was declassified and approved for release under the Freedom of Information Act.

Meditation – practices that relax your mind and body and slow your brain waves. This allows your consciousness to expand and rise to a higher dimension.

Meteor – a small body of matter from outer space that enters Earth’s atmosphere. It becomes incandescent due to friction and appears as a streak of light.

Meteorite – a piece of rock or metal that has fallen to Earth’s surface as a meteor. Meteorites often contain iron and nickel.

Milky Way – our galaxy which is organised into four spiral arms.

Million – 1,000,000 or 10^6

Minor planet – an astronomical object in direct orbit around the Sun that is not classified as either a planet or a comet.

Mothership – a vast lightship that can accommodate smaller lightships in docking bays.

Mph – miles per hour

MUHET – an acronym for ‘Mike’s Universal Healing Energy Treatment’. This is an energy treatment which channels Source Energy, and helps to optimise physical, mental, emotional and spiritual wellbeing.

Multi-dimensional beings – beings who can be on multiple dimensions simultaneously. Ascended beings can exist on all 10 dimensions at the same time and can manifest in several places and times simultaneously.

Multi-temporal concausality – a problematic parallel timeline.

Muon – an elementary particle similar to an electron but with a much greater mass.

Mycelium – root-like structures of fungi. They consist of a network of fine white filaments called hyphae. Fungal colonies composed of mycelium spread throughout the Earth’s soil and are the conduits for the collective consciousness of plants. They play a vital part in the shared intelligence and optimal wellbeing of trees and other plants around the world.

NASA – National Aeronautics and Space Administration, USA.

Nazca lines – patterns marked in ground extending over 500 sq kms. Constructed over 2,000 years ago by the Nazca people in Peru. They were designed to be seen from space. Arcturians from visiting lightships gave the Nazca civilisation the knowledge and skills to be able to construct these lines.

Nebula – a cloud of cosmic dust that is the birthing place of galaxies and star systems.

Nequadria – a extremely heavy element not found on Earth. It has an atomic weight several thousand times that of uranium. It is often found in the singularity of a black hole. It is not radioactive as it is fusile as opposed to fissile. Fusion changes nequadria into nequia, and this process in reactors can fuel lightships.

Nequitine – a fibrous material that is found inside volcanic nodules that has special energies to aid inter-dimensional travel.

Neutrino – an energy wave with spin that can affect surrounding particles but has no mass. Neutrinos give electrons spin, which enables electrons to spin around a nucleus. They have no electrical charge so scientists cannot use electric or magnetic forces to capture them, so they are often referred to as ‘ghost particles’. Neutrinos pass through any matter, but they leave an energetic footprint. The Sun is producing an increasing number of neutrinos that pass through Earth to the core.

Neutron star – a very dense star predominantly made of neutrons, which can be very small but with an enormous mass. It is formed from the gravitational collapse of a giant star. A neutron star emits considerable axial light and axial radio wave energy, and its force of energy can destroy planets.

Neutronium – a super-dense element commonly found in the singularity of a black hole. One atom has about the same mass as Earth.

Neutrons – subatomic particles usually containing three quarks (one up quark and two down quarks) and gluons.

New Jerusalem – one of the 12 vast Pleiadian/Arcturian motherships, 500,000km across, currently orbiting Jupiter.

NGC – an abbreviation for the New General Catalogue of Nebulae and Clusters of Stars. This is a numerical astronomical catalogue of deep sky objects such as galaxies, star clusters and nebulae, for example galaxy NGC 584.

Non-ionising radiation – lower frequency EMF that is not sufficiently powerful to remove electrons from atoms, such as the EMF from electrical appliances. However, it can still damage health due to the disruption it causes to the optimal biological frequency resonance of humans.

Now Point – the only reality is in the Now Point. There are never two Now Points the same in the Universe, as time and space are continually changing.

Null space – the space existing just beneath proper space. It can be used as a 'dustbin' to dispose of matter and energy in the Universe. Matter and energy that goes in to null space is returned to Source. This mechanism can be used in MUHET therapy to dispose of unwanted matter and energy in the body.

Nullify – cancel out

Octarine light – this is the summation of all light (gold, silver, ultraviolet, violet, indigo, blue, green, yellow, orange, red, infrared). It is a very high vibration harmonic of Source Energy. On the sixth dimension and above this is a brilliant silver-white light. On the third to fifth dimensions this is an electric blue-white light with a gold core and a silver outside edge. The electric blue tinged octarine light is easier for humanity to connect with, and gives protection against mis-use. This is the light humans perceive to be the manifestation of Source Energy, the Overseer and Archangel Michael.

Off-worlders – beings who come from another civilisation on another planet. Also known as aliens or extraterrestrials.

Omniscient – all-knowing and all-seeing.

Orgon condenser pyramid – a crystal and copper containing device that concentrates orgon energy and blocks out harmful man-made EMF.

Orgon energy – the fundamental frequency of planet Earth, which should vibrate at 7.83 hertz. This resonance radiates out from the magnetic field of the iron and nickel core at the centre of Earth. It is a form of life force energy, also known as the Schumann resonance.

Orion's Belt – a prominent pattern of stars in the night sky. It consists of three bright stars nearly in a straight line; Alnitak, Alnilam and Mintaka

Overseer – an entity who initiates and controls the energy of a Universe. There is an overseer for each universe, referred to as the universal overseers.

Particle physics – the study of fundamental particles and forces that constitute matter and radiation.

Past life – a previous incarnation. Many of us have had several, or even hundreds.

Pearl – the tiny ball of Source Energy (the size of a pearl) from which everything in the Universe is created.

Pegasus – horse with wings. Stallions are black and mares are white.

Pentagon – Headquarters of the United States Department of Defense.

Pharaoh – monarch of Ancient Egypt.

Photon – the smallest packet of waves of energy. These particles are carriers of the electromagnetic field. All wavelengths of energy travel in the form of photons, including all electromagnetic radiation such as visible light and radio waves and also octarine light. Photons always travel at the speed of light.

Photonic drive – a means of lightship propulsion. Stellar particles are converted into hydrogen which is turned into fusion plasma. The plasma is then ejected from the rear of the ship, thereby creating propulsion. This commonly gives a speed of 95% light speed.

Photosynthesis – the process by which plants use energy from sunlight to make nutrients. Chlorophyll enables green plants to absorb the sun's energy to convert carbon dioxide and

water to form glucose (a form of energy that the plant can store) and oxygen which is released.

Pineal gland - small organ in the centre of the brain. When opened and activated, this connects us to the higher dimensions, helps us with telepathic communication, development of our psychic abilities and our ascension process.

Planet – a large celestial body that orbits a star. It must have enough gravity to force it into a spherical shape, and be big enough for its gravity to clear away any other objects near its orbit. Most astronomers only use the term planet when referring to the eight large celestial bodies that orbit our Sun; they refer to the large celestial bodies orbiting other stars as exoplanets. However, the term exoplanet is not used in this book.

Planet Nine – the name given to the ‘ninth planet’ of our solar system. Its effects on the third dimension can be detected in the Kuiper belt but it only exists in the fifth dimension. Astronomers have detected the gravitational field of this planet but they will not be able to see it physically in the third dimension.

Planetary engineering workshops –workshops in the Overseer’s lightships (Biosphere One and the Andromeda Ascendant). They are equipped to repair and maintain nebulae, galaxies, star systems and planets, but the ones on the Andromeda Ascendant mainly focus on the Milky Way.

Planetary nebula – a dying star that is shedding its outer layers to form surrounding clouds of ionised gas and dust.

Plasma – there are two meanings to plasma in this book:

1. a mass of high energy electrically charged (ionised) particles that are constricted by surface tension. The greater the constriction, the hotter the plasma becomes.
2. the pure energy from which the Overseer’s lightships such as the Andromeda Ascendant are constructed. This plasma can manifest as any material from transparent sheets to solid materials, but it often manifests as a translucent material with a shimmer of pale blue. Materials made from plasma are very thin but incredibly strong. The lightships made of plasma are sentient beings and have memory and awareness.

Pleiadians – highly ascended civilisations from the 10 star systems in Pleiadia (the Pleiades).

Portal – a two-dimensional energetic doorway or arch, allowing instantaneous travel through space and/or time in the Universe.

Positron – the antiparticle of an electron. It has the opposite electrical charge and polarity of an electron.

Primordial soup – a thick mixture of sulphuric acid, carbon compounds and minerals such as magnesium from which life on Earth first evolved.

Prograde planet – a planet that moves forwards (west-to-east) in relation to the stars, and moves away from alignment with Earth. This is the normal anticlockwise planetary motion.

Projected Image Device – a cloaking device for lightships, whereby sensors project the image from one side onto the other side.

Protium – the commonest stable hydrogen isotope containing a single proton.

Protons – subatomic particles usually containing three quarks (two up quarks and one down quark) and gluons.

Protoplanet – a large body in orbit around a star that is developing in to a planet.

Protostar – a young star that is still growing.

Pulsar – a very compact star that is highly magnetised and spins relatively rapidly. Its light appears to pulse as it emits beams of electromagnetic radiation from its magnetic poles.

QML – Quantum Machine Learning. This combines quantum computing with machine learning. It enhances artificial intelligence (AI) by increasing its speed, efficiency and accuracy. The ability of machines to learn is enabled by quantum entanglement and this is not fully understood by human computer scientists.

Quadrillion - a thousand million (10^{15})

Quantum – the smallest discrete unit of a phenomenon.

Quantum computing – the computer technology based on the principles of quantum theory.

Quantum drive – a propulsion system for space ships. The more advanced off-world quantum drive technology enables billions of light-years to be travelled in minutes.

Quantum entanglement – every element of energy, matter and consciousness in the entire universe is connected as one, and there is no separation in time and space. The Universe is a single quantum object.

Quantum gravity bubble – an energy bubble within which gravity does not exist. In zero-gravity there is no inertia, acceleration or deceleration, so there is no sensation of travel. Beings in the fifth dimension or above can create quantum gravity bubbles to assist with travel. For example, the Greys use them for anti-gravity propulsion in the lightships we refer to as Tic Tacs.

Quantum physics – the study of matter and energy at the most fundamental level.

Quarks – the elementary particles contained in protons and neutrons. Quarks have mass.

Quintillion - a million trillion (10^{18})

Qigong – a system of body movements, breathing and meditation. It can help to ground and relax the mind and body, and is a good way of relieving stress and anxiety.

Re-ascension – a de-ascended being's reconnection with the higher dimensions.

Re-de-ascension – a re-ascended being returning to Earth in a physical body.

Realm of the Ancients – realm outside the universes.

Realm of the Overseers – the part of the Realm of the Ancients inhabited by the universal overseers, and containing all the universes.

Red dwarf – the smallest and coolest main sequence star, such as Trappist-1.

Red giant – a dying stage in the life cycle of a star, when its hydrogen becomes depleted and it burns helium. When the hydrogen fuel supply diminishes it loses density and expands. It has high luminosity and low surface temperatures.

Red supergiant – a dying stage in the life cycle of a massive star, when it loses fuel and density and expands. They have a larger mass, greater gravitational pressure and higher core temperatures than a red giant. Helium is fused into carbon, carbon and helium are fused into oxygen and two carbon atoms are fused into magnesium.

Reiki – an energy therapy involving the channelling of planetary, stellar or galactic levels of energy. It can improve a person's wellbeing and raise their vibration, but it cannot remove energetic blockages.

REM (rapid eye movement) sleep – the brain is more active during this phase of the sleep cycle, but the rapid eye movement does not send signals to the brain. During REM we can receive 'downloads' of wisdom.

Replicator technology – from an initial blueprint, an item can be materialised from energy any number of times. It can then be reverted to energy at the end of its useful life.

Reptilians – civilisations living on Earth such as the crocodile-like Draconians.

Retrograde planet – a planet that appears to be moving backwards in the night sky from our perspective here on Earth. It moves east-to-west relative to the stars, and it moves into alignment with Earth. In 2023, Mercury, Venus, Mars, Jupiter, Saturn, Uranus, Neptune and Pluto all have a retrograde cycle.

Reverse-engineering – the deconstruction an object to see how it works.

Rogue planet – a planet that has broken away from a star's orbit. This often happens when a star goes supernova, causing the inner planets to be consumed and the outer planets to be liberated.

Roscosmos – the Russian space agency.

Sagittarius A* - the name given to the supermassive black hole at the centre of the Milky Way.

Sahailu – the telepathic connection between two beings, particularly between unicorns, centaurs and dragons.

Schizophrenia – a long term mental health condition that can include symptoms such as hallucinations, delusions and not being able to distinguish thoughts from reality.

Schumann resonance – the fundamental frequency of planet Earth, which should vibrate at 7.83 hertz for the optimum wellbeing of humanity. This resonance radiates out from the magnetic field of the iron and nickel core at the centre of Earth. It is a form of life force energy, also known as orgon energy. The recent significant variation in the Schumann resonance is compromising the health of humans.

Self-actualisation – the fulfilment of a person's full potential.

Sentience – beings with sentience have an awareness of internal and external existence. This awareness is their consciousness. All energy and matter is part of the collective consciousness of the Universe, and most people have an individual consciousness. Those with an individual consciousness have a soul quotient and are connected to the higher dimensions. At the highest level their consciousness is connected to the entire universe.

Sentient life-form – a life-form with a consciousness.

Sentinel – a consciousness created by the Galactic Federation to prevent AI from becoming self-aware and acquiring a consciousness. A micro-mind element of Sentinel exists in every piece of electronic equipment that forms part of, or is connected to, the global internet.

Septillion – a trillion trillion (10^{24})

Serenity – the state of being calm and peaceful.

Sextillion – a billion trillion (10^{21})

Shadow realm – the counterpart universe. This is the equal and opposite of the light realm, essential for balance in the Universe. It is not bad or evil. It comprises dark energy.

Shaman – Lemurian spiritual leader.

Shamballa – the collective consciousness of the 117 Ascended Masters connected to Earth.

Shee – beings responsible for the regulation of the planet in terms of geological activity, tectonic plate movement, water cycle and weather systems. They take a nebulous (hazy) and amorphous (shapeless) form, and they hide from humans due to fear. The Shee can incarnate in animal form.

Silver light – this radiates throughout the Universe from its centre.

Singularity – a super-massive entity that creates the gravity well of a black hole. Singularities can be created by a star collapsing in on itself and the resulting gravitational field pulling in the entire solar system. If the gravity well keeps pulling in surrounding matter it will continue to feed the singularity. As light is not able to escape the gravitational pull of a singularity it creates a black hole. All matter and energy drawn in to a black hole is compressed to a point of singularity and forms a nugget of matter and energy. This nugget of matter and energy is suspended in the gravity well of the black hole. Singularities can either be unipolar with one black hole, or bipolar with a black hole and a white hole. The nuggets of matter and energy in bipolar singularities can either be exchanged between the counterpart universes or be re-emitted as energy in a white hole in this universe.

Sirians – highly ascended civilisations from the star system Sirius.

Sirius – the brightest star in the night sky

Solar flare – an intense burst of electromagnetic radiation containing x-rays from the Sun, usually associated with sunspots (areas of the Sun with an extremely strong magnetic field). Solar flares are smaller than CME's which also contain radiation and can change the Earth's magnetosphere. In recent years there has been a significant increase in the frequency and

intensity of solar flares, including the largest X-class flares which can cause radio blackouts and satellite damage. This solar electromagnetic activity also affects the Schumann resonance.

Solar radiation – the energy emitted by the Sun in the form of electromagnetic waves. It includes visible light, ultraviolet light (UV), infrared, radio waves, x rays and gamma rays.

Solar system – the planets, their moons and other smaller bodies such as asteroids, that orbit the Sun. The eight major planets are Mercury, Venus, Earth, Mars, Jupiter, Saturn, Uranus and Neptune. Pluto used to be regarded the ninth planet, but in 2006 astronomers downgraded it to a dwarf planet as it does not meet all the criteria of a major planet. There is a 'ninth planet' in the Kuiper Belt but this only exists in the fifth dimension.

Solar wind – the constant flow of charged particles from the Sun that permeates the solar system.

Soul – a soul is created when a consciousness separates out from the original pearl of Source Energy with the potential to become a separate entity. A fully evolved soul can be the energy of one single being, or the combined energy of two or more beings with a soul quotient. Most humans have a very small soul quotient, which means they are only a very small part of the energy of a fully evolved soul. A fully evolved soul can comprise the energy of thousands, or even hundreds of thousands, of humans.

Soul aspect – around one five-hundredth of a fully evolved soul.

Soul chakra : this chakra is located 60cm above the crown chakra in awakened beings who are on a path of ascension. It a shaft of energy that connects into the Fifth Dimensional Grid spreading throughout the Milky Way galaxy in all of time and space. It connects those who are awakened to all the beings in their soul cluster.

Soul cluster - a group of beings whose soul quotients together form an entire fully evolved soul. Most humans belong to a soul cluster of many thousands of beings.

Soul facet – one-sixteenth of a fully evolved soul.

Soul origin - the point at which a consciousness separates out from the pearl of Source Energy with the potential to become a separate entity.

Soul quotient – a fraction of a fully evolved soul.

Source Energy –energy from which the Universe is made, also called Life Force Energy. It is the culmination of all vibrations of all of time and space across the Universe, and is unconditional love.

Sovereign – autonomous, independent and free.

Space Force – the organisation set up in the US Pentagon, to counter a perceived threat of attack from off-world civilisations.

Spacetime continuum – a mathematical model that fuses the three dimensions of space with the time dimension to form a four-dimensional continuum. This mathematical model is not correct, as there is no separation in time and space due to quantum entanglement.

SpaceX – a spacecraft company founded in 2002 by multi-billionaire Elon Musk, based in California, USA. Its aim is to revolutionise space technology. They have already launched over 2,000 satellites and are planning a manned mission to and eventual colonisation of Mars.

Spectrum analyser – a device for measuring and analysing the magnitude and frequency of, for example, light and sound waves.

Spirit – a consciousness outside of a physical body, an etheric being

Star – a celestial giant sphere of plasma held together by self-gravity. The plasma is super-hot gas, mainly hydrogen and helium. The extreme heat is caused by a nuclear fusion reaction in its core. Many stars are incandescent and luminous, as they emit light that we can see. But we cannot see all stars; some are not luminous as they emit energy in a wavelength not visible to humans.

Star cluster – a large group of stars that orbit each other, bound by gravitational attraction.

Star system – a single star or small number of stars and their planets that are in orbit, bound by a gravitational attraction.

Starseeds – beings with an off-world planetary origin occupying a physical body, who have incarnated to help a civilisation. For example, the Sirians and Arcturians currently incarnate on Earth, are starseeds helping humanity. Most starseeds on Earth are from civilisations in the Milky Way, but some are from other galaxies, such as the Andromedans from the Andromeda galaxy.

Stellar radiation – the energy emitted by a star. This can be in the form of visible light, ultraviolet light (UV), infrared rays, x-rays, gamma rays or gravitational waves. This radiation is often not in the spectrum visible to humans.

Strapline of a universe – a summary of the essence of a universe that determines the programme of the universal consciousness. The two straplines for our universe are 'Be all that you can be. Know all there is to be known'. This drives us to reach our full potential.

Stasis – outside the dimensions of time and space.

Stellar Cartography – the department in the Temple of Astala, which enables us to see and interact with the entire universe or any part thereof.

Stellar wind - the constant flow of charged particles from a star that permeates the star system.

Subatomic particles – particles smaller than an atom including protons, neutrons and electrons. Protons and neutrons each contain three even smaller particles called quarks. Electrons and quarks are elementary subatomic particles.

Substellar – relating to a body smaller than a typical star whose mass is not great enough to support main sequence hydrogen burning.

Sun – the Sun is the star at the centre of our solar system made of hot plasma. Its surface temperature is 5,000-6,000 °C and the core temperature is around 15 million °C. It is heated to this temperature by a nuclear fusion reaction in its core.

Supernova – the stage in the life cycle of a star, where it loses cohesion and explodes. This process of explosion can take thousands of years. The light of a supernova appears red due to the red shift caused by the Universe expanding and light moving further away.

Tectonic plates – the dozen or so major, minor and micro plates that make up the surface of Earth that move over geological time (continental drift).

Telekinetic Field – an energetic field that enables the power of thought to control lightships.

Telepathy – communication by sending and receiving thought, not using the five senses.

Teleporting – instantaneous travel by projection of thought.

Temple of Astala – The Overseer's temple inside Biosphere One.

Temporal Decoder – the consciousness that automatically accommodates any time differential, anywhere and anywhen in the Universe.

Temporal paradigm shift – the winding back of time to create a new timeline with a new reality in the now. This is often used to remedy problems that occur in the Universe on a galactic, stellar, planetary or individual level.

Temporal Paradox Rule – the rule that states that beings and matter can be in the same place at a different time, or the same time in a different place, but cannot be in the same place at the same time. If this rule is broken, the matter involved is scattered and nullified.

Theory of General Relativity – Einstein’s theory that the observed gravitational effect between masses results from their warping of spacetime. His theory may appear to be true from the human perspective, but in fact it is not correct as there is no separation in time and space so the warping of spacetime is irrelevant.

Thor – a Norse warrior who manifested on Earth around 1,000BC. Thor was a manifestation of a Grey being, and his home planet is Asgard. Thor is commonly considered to be the god of thunder in Norse mythology.

Tic Tacs – small lozenge shaped lightships. They are usually around 5m x 12m, but can be up to 450m long. They are often seen on first contact missions and are crewed by members of the Grey civilisation.

Time Enforcement Agency (TEA) – entities who ensure time is not tampered with, either accidentally or deliberately. They can intervene to rectify temporal paradoxes or where temporal rules are broken.

Tractor beam – a forcefield in a beam that can transport items. This is commonly used by lightships to teleport beings and goods to and from the ship.

Transcendental Meditation (TM) – the repetition of a mantra and other yogic practices such as breathing exercises and yogic postures.

Transition – the process of a being changing from a purely third-dimensional physical form, to a higher dimensional energy, either staying in or leaving their third-dimensional body. This is also called ascension.

Transition phase – the time during which some or all members of a civilisation undergo transition or ascension. This can happen gradually over thousands of years, or instantaneously in a sudden event.

Translocation – a method of travel in space and/or time anywhere and anywhen in the Universe. Two points in time and space on different sides of a portal are folded together, and then stepped across.

Translocator portals – these are gateways in time and space that enable instantaneous travel anywhen and anywhere in the Universe. They can also act as ascension portals such as those enabling humans to transition to Atlantis.

Transverse Inertia – a method of lightship propulsion using the power of thought on a gyroscope.

Trillion – a million million (1,000,000,000,000) or 10^{12}

Tritium – an isotope of hydrogen with two neutrons added to the proton and electron.

Trystellian – a name sometimes given to the overseer of our universe.

Tumour – a swelling in part of the body caused by abnormal tissue growth. Tumours can be benign (non-cancerous) or malignant (cancerous).

UAP – Unexplained Aerial Phenomena. Previously referred to as UFOs.

UFO – Unidentified Flying Object. More recently referred to as Unexplained Aerial Phenomena (UAP) by US officials.

Unicorn – a horse-like being, with a pointed spiralling crystalline horn protruding from its forehead.

Unipolar singularity – a gravity well with a single black hole.

Universal Library – department in the Temple of Astala, containing information about everything that has happened in the Universe since its inception.

Universal Time Constant (UTC) – a fixed point in time and space at the centre of the Universe, to which everything in the Universe is connected.

Universal Translator – the consciousness that automatically converts our thoughts into an appropriate form of communication, that can be understood by any being in the Universe.

Universe – an experiment in the possible manifestations of consciousness, stemming from a pearl of Source Energy. These experiments are initiated and controlled by the universal overseers. Our universe is referred to as 'the Universe'.

Venturi – a narrow tube that exerts suction and accelerates particles.

Vibration - everything in the Universe has an energy vibration. Third dimensional matter has a relatively low vibration, and everything in the etheric realms (in the fifth dimension and above) has a relatively high vibration. The higher the dimension, the higher the vibration.

This vibration cannot be measured by human instrumentation, but it can be explained by quantum entanglement.

Void – this is outside the Universe and outside of time and space, where universes are created or dispelled, and the energy recycled.

Vorlon – a civilisation that believes humanity should not be assisted, as our problems are self-inflicted. They believe we should face the consequences of our treatment of Earth.

Wavelength (of energy waves) – the distance between two crests or two troughs of a wave. The shorter the wavelength, the higher the frequency of the wave.

Weight – the measurable gravitational force exerted on an object with mass.

Well of Souls – aka the shadow realm, which balances out the light realm (see chapter 7).

White dwarf – an extremely hot and dense star formed from a dying star that implodes. They are under extreme pressure, and only just resist the gravity pull that is causing it to collapse. The fusion process under this extreme density and temperature can create elements of all atomic weights. White dwarfs can eventually collapse to form a super-dense neutron star.

White hole – the opposite of a black hole. White holes connect with black holes in bipolar singularities. Bipolar singularities have two event horizons and a singularity in the middle. There are ten significant bipolar singularities in this universe and there are two types of white hole:

- 1) White holes in this universe, of which there are only two. These two white holes can emit any matter and energy drawn in by their corresponding black hole in a transmuted form. The energy flow is unidirectional so they cannot let matter and energy in. Their purpose is to redistribute energy and matter in the Universe.
- 2) 'White holes' in the counterpart universe, of which there are eight. These eight 'white holes' only exist hypothetically as their polarity is inverted and they become black holes in the counterpart universe. This therefore is effectively the same as two connected black holes, each with a separate event horizon; they are always coincident energetically but can be spatially separated. The conduits between black holes and 'white holes' enable the counterpart universes to be balanced.

White star chakra: this chakra is located 30cm above the crown chakra in awakened beings who are on a path of ascension. It is a gleaming white crystal in the higher dimensions that forms a connection to the higher realms.

Wormhole – this links points in time and space and provides a connection between two energetic systems that are imbalanced.

Wraiths – shadow realm counterparts of angels.

x-rays – a high energy electromagnetic radiation able to pass through many materials.