

# Preparing for Contact – Tokyo

## Germane and Sasha through Lyssa Royal Holt

### 1994 – Tokyo, Japan

**Note:** This session was originally channeled with a Japanese translation, which is removed in this transcript. This tape is not available to the public, however we have many CDs that discuss this material, as well as the book *Preparing for Contact: A Metamorphosis of Consciousness*. A new revised edition was published by Light Technology Publishing in 2011.

**Lyssa:** It is a pleasure to be with all of you tonight. Once again, I am going to give a brief introduction about how I began as a channel for those of you who haven't heard the story. Throughout my childhood I was always very interested in psychic phenomenon but in 1979 I had a UFO sighting with my family and that really put me on the path to what I am doing now. At the time I was in college studying psychology. So one of the studies I had was in hypnosis. In studying hypnosis I learned to put myself in a hypnotic trance for stress and relaxation. While I was in this self hypnosis I began to realize that my intuitive ability would increase. So you can see how combining the UFO sightings with putting myself into trance really created the foundation for what I am doing now. I continued to be interested in psychic phenomena and had a very interesting dream which was the turning point. In the dream an entity materialized and touched all of my chakras and he said, "You will be a channel." So I began the process of training to become a channel in 1985. It's a long process of development which I think never ends. I really don't believe that I was chosen to do what I am doing but rather that I simply made an agreement with other entities and we work together as a partnership. I think that channeling is something that everyone can do. It's similar to the idea that some people are born with a natural ability to do sports. Some people have to work a little harder at sports. So perhaps I was born with a natural ability but it doesn't mean that I am the only type of person that can channel. Even someone who works very hard can channel as well.

So the type of channeling that you are going to see tonight I call semi-conscious channeling. What that means is that I don't totally leave my body. That the choice that I made with the entities because I really did want it to be a partnership. So I enter a trance state which to me feels as if I am asleep and dreaming. The entire channeling session feels like a big dream to me. So when I wake up after the session if I don't really think about what happened during the session then it fades from my memory just like a dream when in the morning you are waking up.

Tonight you are going to hear from two entities. The first calls himself, Germane. There is no connection to St. Germain. The name was chosen because in English, the word "germane" means coming from the same source. He chose that name to reflect the idea that he as well as we are all coming from the same source. Germane is neither a "he" or a "she" but is actually a group consciousness who happens to be quite interested in galactic history.

The other entity that you are going to hear from tonight calls herself Sasha. Sasha is a physical female extraterrestrial from the Pleiadian star system. She also says that she is a future self of mine. My connection with Sasha in some ways is much stronger than the one with Germane

because we are reincarnationally connected. We really have an emotional connection. In her society she is what she calls a psycho-sociologist or cultural engineer. She specializes in working with planets that are just about ready to open contact with the galactic neighborhood.

I am now going to enter the channeling state which takes about twenty seconds or so. [Pause]

**Germane:** Alright, this is Germane. Greetings to you. Well it is a pleasure to be with all of you this night. We have lots of exciting information to share with you. The whole idea of extraterrestrial contact has been getting a lot of interest lately. Humans are beginning to sense that the time is near. And in fact we would agree with that idea. However, contact itself, the way it occurs, may be very different from how it is imagined. So tonight we are going to give you an overview about contact, how it can be brought about and how you can understand it.

We have outlined seven steps which are part of opening to contact. And these, even though they are numbered from one to seven, don't necessarily have to be in this order. Each of these seven steps is an essential part of the entire process.

For thousands of years upon Earth humans have been in contact with extraterrestrials. However, for the most part the extraterrestrials were worshipped by the humans. It was never an equal exchange. This has created all sorts of conflicts throughout history and it has created various types of religious worship. And basically because the early humans felt that these extraterrestrials were more powerful than them, they gave their power over to them.

You as a mass consciousness have now decided not to repeat this pattern. And so you are going to do it a little differently this time; you are going to create contact from a point of centeredness and balance. And so the seven steps that we are going to describe will illustrate for you the essential part of your own evolutionary process as you open for contact.

**The first one is very obvious—acknowledge inevitability.** What this means for you as individuals is as follows: That you go within and you begin to search your feelings about ET contact. Begin to sense it's inevitability. And feel comfortable with that inevitability. Begin to perceive it as a solid reality rather than simply just a hope. Because when you hope you keep something outside of yourself and you never bring it to you. So hoping for contact is not the same thing as acknowledging its inevitability. As you create its reality within you, you will then manifest that reality outside of you.

**The second component is personal truth versus disinformation.** What this means is that you begin to explore all the extraterrestrial information that is available to you. And you begin to be discerning. It's alright to throw this stuff out if it doesn't feel right. Begin to build within yourself a personal truth about your beliefs in extraterrestrial contact. Don't be so concerned about what's right and what's wrong but rather simply what feels right inside. As you do this the natural thing that will happen is that it will help you reaffirm the belief in the reality of ET contact. It's very important for you to acknowledge your personal truth about this extraterrestrial contact. All information that is presented to you in books and on television is not all true. And ultimately

the only truth that is meaningful is the one that is meaningful for you.

**The third component is to embrace humanity.** This is a very significant component because many people have these visions of the ET's landing and coming out of their ships and you all run to each other and embrace. That's an idealistic vision. How can you expect that to really happen when you can't even embrace each other? So as long as you continue to create separation between you and others of your species then bringing about contact is going to be very, very difficult. Now this doesn't mean that you have to run out and hug and love people that you normally wouldn't. What we mean by that is simply to begin to recognize that every aspect of your world is playing a very vital part in the entire planet's evolution. So even that drunk, homeless person on the street who is very unhappy is providing an important function for the entire evolution of the planet. Even the rapists and the murderers, as much as you would like to not acknowledge their presence, they too are providing a learning tool for your evolution. So that's what we mean by embracing humanity. Simply learn to stop judging each other. And allow what is there to be there. It is only then that you really allow an alien presence in your reality.

**The next component—number four, is interspecies communication.** You have, for instance, an alien species on Earth right now. The dolphins and the whales—cetaceans—have the same type of consciousness as humans but very, very different realities. And therefore communication between your species can be very, very challenging. You can't use language. So if you can exercise your other skills as far as communication goes you are going to exercise all the skills that you'll need to eventually open contact with an extraterrestrial being. It's been very easy to fantasize that contact will be like *Star Wars* and *Star Trek*. And all the humanoids basically look like you. We all speak the same language. But your realities are very, very different. Right now, if you imagine how different your reality is with a whale's reality you can see there is a very big gap. There is just as much of a gap in between a human and a Pleiadian. So if you can then begin to open communication with other species on your planet you are going to develop a lot of the skills necessary for opening contact with extraterrestrials.

**Another important component is number five—confronting fears.** People always see the world through their own fears. So if you are a very fearful person and always believe that someone is out to get you then you will manifest that belief in every aspect of your life. So then in opening contact with an alien race you will carry those fears into that contact and actually believe perhaps that they are out to get you. Humans will really only be able to have centered and integrated contact when they process their own inner fears. These are fears that maybe even you are not aware of with your conscious mind. So we are talking about the very, very deep ones. Literally, when you begin confronting these fears and releasing them the energy on the planet becomes lighter. You become a much easier species for the extraterrestrials to communicate with.

**Number six—integrate self and decompartmentalize.** What we mean by this is as follows: The human consciousness has many levels to it and between each level is a barrier. You keep a lot of your different experiences compartmentalized into these different levels. We will give you a

dramatic example of this. Let's say you are jumped on the street and your money is stolen and you are beaten and it was very traumatic. The experience may be so traumatic that you may begin to repress the memory of it. And for some people they may repress the entire memory of it and have no recollection consciously. What this means is that fear, that experience that caused all that fear, becomes suppressed and lodged in one of those levels that is surrounded by a barrier so your conscious mind cannot get to it. But in your day to day life you may start acting very afraid and not know why because you can't remember the memory. And those unconscious fears then begin to affect your daily life. So, of course, when dealing with extraterrestrial contact if you have unconscious fears those fears will affect the nature of the contact.

Humans seem very fragmented from the point of view of an extraterrestrial. They have difficulty communicating with you because of these many fragments. So when you begin to integrate them, these levels, the boundaries between these levels begin to disintegrate. You become a whole person rather than a series of fragments. The extraterrestrials then have an easier time communicating with you. That integrated place is a very powerful place to be.

**And the seventh component is to reclaim your power.** Now we mean this on several levels. One level could be that so many people have been claiming that there have been world government cover ups about extraterrestrial information. This information has not been released because as a people your civilization has not taken its power in order to bring about the truth being revealed. If you all came together, joined your forces and put your energy into the world you would have the truth within a few days. That's one way we mean reclaiming your power.

Another way is on the personal level. And this relates to step five and six. Reclaiming your power simply means to do whatever necessary within yourself to make yourself clear and integrated. And that may mean confronting your fears. Humankind is poised right now on a threshold. You are like butterflies just getting ready to break from the cocoon. This is a difficult place to be. But it is also a tremendously powerful place to be. If you all do want to bring about contact with extraterrestrials think about the steps which we have just presented. And think about what you are willing to do in order to bring about contact. We guarantee you that as you transform yourselves you will bring about this desired contact. ☆ [Germane departs]

**Sasha:** Well, greetings to all of you. This is Sasha. We are very excited to be with you this night. We would like to begin by presenting some information that may help you begin to understand the contact experience. For a moment we are going to talk about the human brain wave states. And we are going to simplify it in order to present the information clearly. There are four main brain waves states that humans experience.

There is the *Beta* state which is the when you are wide awake. It is a state where the brain is having a lot of activity. It is a very finely focused brain wave state. And it is the state where you spend most of your day. Then there is the *Alpha* brain wave state. When you are in Alpha you are in light meditation or you are daydreaming. So when you are driving your car or even watching television your brain slows down a little bit and goes into a meditative state called

Alpha. It is a state where you are not really thinking but you are kind of “vegging out.”

Then there is the *Theta* brain wave state. Theta occurs primarily as you are falling asleep. It is the state between awake and sleep. Also, those of you who do deep meditation may enter Theta as well.

And then there is the *Delta* brain wave state. And Delta is what occurs while you are sleeping.

All of these brain wave states occur simultaneously. So while you are in Alpha the other three are in a low level. Whenever you have a spiritual experience, a vision or receiving psychic information, you are either in Alpha or Theta.

We as extraterrestrials when we communicate with humans we must communicate with you in your most receptive brain wave state. Beta, which is your awake state, is a very finely focused and intense brain wave and we find it very difficult to communicate with you in this state. We simply cannot densify our energy and focus it in your dimension enough to really effectively communicate with you while you are in Beta.

So, therefore, we rely on Alpha, Theta and Delta brain wave states in which to communicate with you. Because those are the brain wave states where you are receptive to our communication. Now here is the paradox. Among yourselves, among your people, you have this belief that the only valid experience happens in Beta. So, for instance, when you are waiting at the coffee shop and your friend comes to visit you and your friend says hello and sits down, that is happening in Beta. You consider that very real and very valid.

However, our contact doesn't happen in Beta for the most part. This is why humans keep saying, “Why aren't there any ETs visiting?” It is because you are expecting us to come in your Beta reality. Some ETs who are not too much evolved more than you may be able to visit you in Beta. The ETs like the Pleiadians and Essassanis, we cannot reach you in that state. It is a realm we cannot enter. So instead we communicate with you in Alpha, Theta and Delta. However, to you communications in those realms are invalid. You think it is just a dream or just a vision and it really has no meaning at all. And then you still sit there and say, “Where are you?” We have been there all along. But we are communicating with you in the only realms that we can reach you. It is now up to you to begin to validate the communication in those other realms. We are sure that most of you have probably some day been taking a nap on the couch and maybe someone in your family has walked into the room and woken you up and said, “I'm going to my friends house for dinner.” And then you fall back to sleep. When you wake up later you can't necessarily remember that was a dream or if that really happened. And so it becomes very spotty in your memory. Contact is similar to that. When we contact you we do it in Alpha, Theta or Delta. Alpha would be in light meditation. Theta would be in a very deep meditative state. Delta would be during sleep. But once you come back into the Beta reality the communication in those realms has been totally invalidated. So preparing for contact is not really that you are waiting for the ETs to come to you. Instead what it entails is you beginning to awaken to the contact that has already been going on all along.

Many of you have been listening to us talk about the transformation from third to fourth density. Well, one of the things that is going to transform is your brain. You are going to begin spending less time in Beta and more time in Alpha and Theta. And what's gradually going to begin to happen is that Alpha is going to begin to be the valid reality for you. As you begin to switch from Beta to Alpha you are then going to begin to validate our communications a lot more. So this entire idea about preparing for contact is really a metamorphosis of consciousness. We have been here all along. And we are communicating on the only channels that we can get to you. You'll just learn to tune your radios differently. That's part of what's going to happen as you transform.

I have done a lot of work personally with civilizations as they transform from third to fourth density. I have watched them begin opening to contact. It's an amazing, exciting process. So please do not think of it as a burden. Germane gave you seven steps. We will add one more. Begin to **validate the experiences that you have** outside of Beta. Perhaps you may want to get a notebook and begin to log all of the different thoughts or visions that you have on a daily basis. Even if you doubt that they are real. Maybe some of you might want to go to a hypnotic regressionist and have them take you back to some of the contacts that you have had that you have blocked from your memory. Most of you in this room have had contacts that you are not consciously remembering. But as the boundaries begin to disintegrate in your consciousness you are going to start remembering.

We are going to tell you a story that happened to the channel. This is going to demonstrate to you what we mean by contact that has not been remembered with your conscious mind. The channel and her friend were once driving in a very remote area of the desert. It was Indian reservation land and there wasn't another car as far as you could see from horizon to horizon. The channel was driving and all of the sudden she heard a voice in her head, not really a voice but like a sensing, that said, "Something is going to happen." And, of course, like most humans she got really afraid. But suddenly right after she heard that message the car died. No power—nothing. She rolled to the side of the road and put the brake on and turned the car off. There was plenty of gas. She and her friend got out of the car and opened the hood. They looked inside and could see nothing wrong, shut the hood and got back in the car, started the car. It worked fine and they drove away. Now that's her memory of the experience.

Do you want to know what really happened? When she and her friend got out of the car and opened the hood their consciousness started shifting. They very rapidly went into Alpha and then Theta. While in Theta, me, myself, came and met them. It was a very brief encounter. We went away. They went to Theta through Alpha and then back to Beta. They got in the car and then drove away. Because they live in Beta they did not even notice that there was an interruption. As a defense mechanism the mind created the perception of a continuous time stream. But, yet, there was contact. Now if the channel and her friend were not compartmentalized in terms of the boundaries between the levels of their consciousness this experience would be remembered. Instead, well the memory did effect them but not consciously. For after they drove away they kept saying to each other, "Don't you feel like something

happened back there?" The sensing is always there. You just may not trust the sensing and then forget about it. Most of you have had experiences very similar to what was described.

We are going to tell you one more story. This story we always enjoy telling it because it's kind of fun. It's going to describe for you step by step what happens during contact between a colleague of mine and an Earth female. We will call this Earth female, Mary. Mary lives in an urban city area of the United States. And one night she was working very late in her office alone. This office was in a high rise building. Her soul had planned that night to have a contact. But, of course, the personality, Mary, was not aware of it. So Mary was working at her desk with her head down and suddenly she felt kind of dizzy and disoriented, very tired. She looked up and saw a very incongruous image. There is a petite woman coming into the office and this woman didn't look quite right. First of all, this woman was wearing a man's business suit and it hung very loosely over her body. It looked very unnatural. Also there was something about the woman's face who walked into the office that looked strange. Mary felt her mind go into a state of overload and confusion. The next thing she knew she woke up on her couch in the office. When she woke up on her couch in the office she thought she had had a dream. And she thought she had a dream of a strange woman coming into the office but she just said to herself, "Oh, what a strange dream. I'll go back to work." She didn't even realize that she didn't remember going to the couch to fall asleep.

We will tell you what really happened. Mary was sitting at her desk with her head down. My colleague was a Pleiadian. A very small woman. My colleague walked into the office in the traditional typical Pleiadian jump suit and Mary had her head down. She began to sense an energy shift. This energy shift was very rapid and it caused her to be somewhat disoriented. What happened was that her brain waves were shifting very rapidly from Beta through Alpha and into Theta. As she was barely holding on to her consciousness she looked up and saw this woman in this strange business suit. The Pleiadian was not wearing this strange man's business suit. But while Mary's brain waves were changing so rapidly her consciousness tried very hard to make sense of the image that was coming towards her. So, in a sense, what she saw was kind of like a dream image. It was her way of trying to translate alien energy into something familiar. Of course, she wasn't that successful because the image itself was very incongruous. So Mary's consciousness entered Theta and that's when she lost her connection with the Beta reality. The Pleiadian then came to Mary and they had an exchange of energy and communication. After that communication exchange was finished the Pleiadian helped Mary over to the couch and sat her down. Mary then fell into a deep sleep in order to integrate the experience that she just had. The Pleiadian departed. Mary woke up on the couch having thought she had a very strange dream.

How many of you have had dreams about extraterrestrial contact? Many of you. And you have often asked them, "Was this real?" Please recognize that those contacts are real. You just simply, at least right now, have not learned how to integrate them into your Beta consciousness so they seem very, very vague. They seemed very real. But as you begin to pay more attention to these experiences that you have you are going to begin dissolving the barriers between the levels of your consciousness. That's really how you begin to prepare for contact. And it's a very intense transformational process. But you as a species are now ready to begin this process. You can

allow it instead of being a burden to be something fun and enjoyable for you.

*I would like you to tell me the difference between the higher self and the future self?*

Well, alright, we will use Germane's famous diagram for that. This usually tends to make these concepts a little easier to understand. Imagine that this circle is the oversoul. The oversoul is the part of you that projects out into many different lifetimes. So let's say that all of these different lives coming from the oversoul are different lifetimes. And, of course, there is an infinite number. This outer line here of the wheel is the higher self. So you see the higher self connects all the different lifetimes that you have. From lifetime to lifetime you have the same higher self. And this is how if you were to go into the realm of the higher self like through regressive hypnosis that you can go to any lifetime by traveling the line of the higher self. Being human you differentiate between past lives and future lives. This is because you live in linear time. However, from the entire soul point of view the past and the future exist simultaneously. There is no difference. So the channel then would be one of these lines. Sasha unfortunately cannot write it in Japanese characters [laughter]; it is another one of these lines. Whenever the channel goes into her meditative state, the trance state, she enters the realm of the higher self and then travels to Sasha's lifetime. Sasha travels. Sasha goes into the higher self realm and travels towards the channels life time and somewhere in the middle they meet. Does that answer your question?

*I thank you very much. Are there different selves for each one of us in the audience?*

We would say yes to that question for your planet has a very, very strong Pleiadian connection. It's very likely that each and everyone of you will at some point in the future choose to have a Pleiadian life time. Of all the extraterrestrials available to communicate with telepathically we Pleiadians are the closest to humans in terms of easy to contact. Whenever you are communicating with a extraterrestrial often, not all of the time, but often that extraterrestrial is, in fact, a future self of yours.

Interesting that you ask the question because at the end of this night we are going to do a closing meditation. In that meditation we are going to help you begin to connect with an extraterrestrial energy. In some cases for some of you the entity that you contact will be a future self. Thank you for your question.

*As I was listening to some of the information I was wondering if I could have been intuiting it in my own way?*

Ah, excellent observation.

Yes, it is a form of channeling. And the channel who perhaps you listened to or gone to see also experienced the same phenomena that you are talking about. They always benefit from the advice that they give to others. Channeling does not have to be done by a separate entity in order for it to be valid for your own higher self is equally wise. And ultimately the source of the

information is really not as important as the information itself. Does that answer your question?

*Can we separate the different levels of consciousness by taking away the elements of our past which are not desirable?*

First of all we would never recommend to chase away or deny any elements of yourself that are undesirable. They must instead be confronted and befriended. For those parts within all of you are very important parts. They are teachers for you. You may automatically assume that if there is a part of you that you do not like it is there to teach you something. So if you chase it away you never learn the lesson. If you seek to befriend it and learn about it then eventually it will integrate within you. Thank you for your question.

*I was looking forward to tonight. In number four to become friends with the other species on the planet. You mentioned two species – whale and dolphin. Is it okay to start communicating with them on the dream state?*

Oh, yes, that is actually the easiest level to start.

*I dreamed I saw a great number of whales in the bay. I looked up in the sky and there were many stars. I saw stars with a pale color and other stars with a very deep color. And there was a woman standing next to me and she told me that the stars that change color are the stars that we can see from this reality – third dimension. And the stars in the deep color are the stars that are in another reality, not of this reality. I was focusing my attention on the silver stars in the sky. The night before as I was going to sleep I wished that I would like to learn more about the unconscious world.*

Of course, also you have begun the process of opening to contact which the symbols of the whale and the stars in the dream are quite obvious in communicating to you. Dream symbols can convey a lot of information. And there are no coincidences in dreams. It is all synchronicity and it is all communication.

*Regarding the channel and her friend when they were out in the desert and she got a message that something was about to happen and then her car lost power and they got out of the car and opened the hood ... Did the contact happen physically?*

In terms of whether the contact happened physically, the answer to that is yes and no. [laughs]. Remember – reality is a projection of your perception. And right now you are awake. You are in Beta consciousness and so the reality that you are creating from a Beta consciousness is a physical reality. The one you are use to every day. If I was to walk through that door physically something would change. Your brain waves would have to change in order to perceive me. So let's say that you all went into Theta brain wave state and began to perceive me. Because you are in Theta then the reality that you are projecting is a different one than the reality you projected with Beta. So it is a version of physicality but it is not the same physicality that you are in every day. They overlap. This may be confusing to understand. We apologize. So what happened to the channel is that she got out of the car and she and her friend – their consciousness – shifted

into Theta. At that point, she and her friend existed simultaneously, their bodies, in a physical Beta reality and in the quasi-physical Theta reality. The contact with me happened in that quasi-physical state of reality. If a truck driver drove by the question then is, "Would he see me?" If he stayed in Beta awake, no, he would not see me. He would see the channel and her friend standing vaguely looking off into space. If he chose to enter the Theta reality then he would see me for these realities overlap. What is the second part of the question?

*What kind of communication do you have with your channel apart from channeling?*

Well, we actually have quite a lot more communication with her than she realizes. We will be giving some personal information for her so you all will be privy to it. [Laughs.] She has not heard this before. Before this life when she came into this incarnation she made a choice. She wanted to bring the energy of her Pleiadian self onto the Earth plane and blend it with her Earth self. She wanted to heal herself by growing enough to, in a sense, energetically connect with me. So as she grows and evolves in this life she becomes more Pleiadian-like. Very, very often I confer in the dream state. But it is not really like I teach her. It's more that she begins to awaken to what she already knows. This is what happens when you allow the energy of two different lifetimes to begin to blend in the realm of the higher self. You begin to benefit from these other lives.

And then the question might be, "Do I benefit from her life on Earth?" Absolutely, yes. You may be thinking how I could possibly benefit from her, a human. But recognize my excitement is to help the contact program open up on your planet. And as I interact with this channel I learn about Earth people and therefore she enriches my work. Not only that, but I am in touch with a past self of mine which is her and I grow from that. Does that answer your question? Thank you very much.

*I saw what looked like a UFO or a strange light. Can you tell me what this means?*

Were you the only ones to see this or were there others with you?

*We were the only ones.*

Did anything happen strange in your dreams that night?

*Nothing really.*

Nothing that you remember in your dreams. This was very much more of a personal experience for you and not necessarily meant to be documented? Often future selves will come to people on Earth and you would make contact by visually seeing what looks like a UFO or a strange light. This is an unfolding process for you that you are in the middle of so we don't want to really talk too much about it. We would rather let it unfold for you. But simply begin playing with the idea that inside that ship was someone very, very close to you and see where that idea takes you.

*You say that the Pleiadians have the strongest connection to Earth but what about the other planets?*

We would say that Earth most certainly has the strongest connection. We certainly don't want to skip over the important part of your question but much of this information is available already in the book [*The Prism of Lyra*]. Simply we do not want to repeat the entire long story for the entire group who has probably heard it before. However, we Pleiadians have a genetic connection to humans. And the genetic connection has also helped us to form an emotional connection as well. So it's much simpler than us being a bunch of ETs wanting to help you out. You are important to us because literally you are a part of our immediate family. As far as the other planets in the solar system we would say that the only real connection that we feel would be from Venus and that's on an energetic level. In a sense, Venus is a receptacle for Pleiadian energy. It holds Pleiadian energy in the solar system.

We will take the last question before the meditation.

*Are there other ET groups trying to communicate with humans and do they have different methods of communication?*

That is a very good question. Yes, there are many different ET groups communicating with you presently. We all have our different methodologies as to how we communicate with you. Some extraterrestrials give spiritual information. Some ET groups try to warn you but use very a fearful message in order to do so. Within the ET groups that are contacting you which are many there are groups that are not very much evolved more than you, all the way to groups that are more highly evolved than Earth humans. You are going to find that the groups that communicate through fear are the groups that are a little bit lesser evolved. So if they get you all worked up and in fear about all the terrible things that are going to happen then we would suggest that you really go within and take what information you can use but not necessarily give in to the power of that fear. For the same information about your planet's transformation can be communicated using fearful messages or using messages of love. It is up to you to choose which type of information that you prefer. And that has to do with Step #2—personal truth and disinformation.

As far as whether we see any cataclysms for your planet we do not perceive anywhere near the gloom and doom stories that are being told. The Earth changes on the planet are going to be in direct proportion to how willing you all are willing to change within yourselves. If you resist confronting your fears and integrating yourselves then the planet will have to release that energy as Earth changes. But if you choose to confront your fears and work on your own personal growth then the planet will have no reason to create dramatic Earth changes. You and the planet are very closely connected. Thank you for your question. ☆

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